

Delaware Valley Bicycle Club



P.O. Box 156, Swarthmore, Pa, 19081

September 2006

DVBC's Keating a certified "Nut of Ventoux"

By Mike Keating

Sunday, July 23 would see the best riders in the world getting paid to ride the best bikes in the world on a champagne-indulging joy ride on the Champs-Élysées.

Meanwhile, a skinny-legged middle-aged guy, paying his own way, would try to ride three times up Mont Ventoux. What's wrong with this picture and how did I get myself here?

"Nuts of Ventoux" is the common term

used for members of Le Club des Cinglés du Mont-Ventoux. To become a member, one has to ride all three routes (East from Sault, South from Bedoin and North from Malaucene) in one day. I discovered this when I read an article in the Nov. 2005 issue of *Bicycling* magazine. I immediately caught Ventoux fever. All of my investigation of TDF cycling vacation packages for 2006 was based on how easily I could add this challenge at one end or the other of my trip. By an incredible stroke of good fortune, Thomson Bike Tours (the group I went with for my 2006 trip) said they were heading past Ventoux after the TDF Alps stages and made an offer. They would give me a ride there Saturday (7/22), make my hotel reservation, provide van support and optionally a

companion rider on Sunday, then give me a ride to Barcelona Sunday night for my Monday flight to Phila. Truly an offer I couldn't refuse.

After the typical late (11:00 pm) dinner in Malaucene, we set our schedule: 8:00 am start for a ride up the North route from Malaucene, descend to Bedoin then back up the South route, descend to Sault then back up and descend to Malaucene. Bedoin is the toughest followed closely by Malaucene. The Sault route shares the last 6

km with the Bedoin route. Peter Thomson (founder of the company) would decide in the morning if he would ride with me.

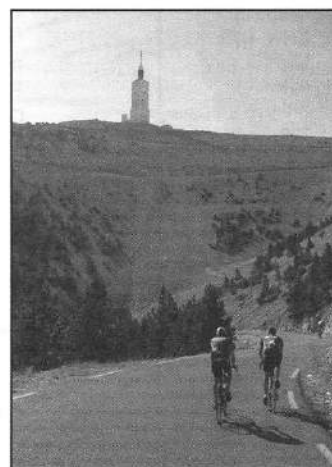
I got some sleep but woke up early and there was no way I would be able to get back to sleep. So I got in a leisurely, but thorough, session of stretching, then headed for breakfast. Would Peter ride with me today? When Peter showed up in riding gear for breakfast I had my answer. I would be riding with a former pro racer who had ridden with Bernard Hinault! What's wrong with this picture?

Based on last year's time of 2:03 from Bedoin, I figured on 6 hours of climbing with three 30-minute descents for a total ride of about 7.5 hours. Because our hotel was in Malaucene, we would have no warm-

up before the climb. This route is considered slightly easier than the Bedoin (classic TDF) ascent. With Peter as my riding partner, Eric would be in the van providing sag, water, moral support, water, food, water, confirmation of turns and water.

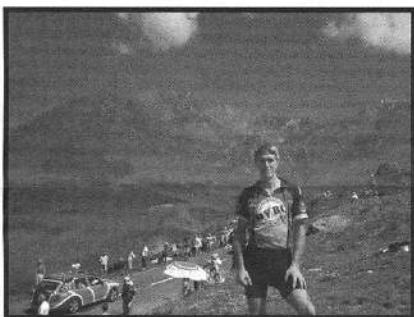
There were stretches on the first ascent where Ventoux showed its potential to be an absolute oven later in the day. We took it easy the first 3 km, in lieu of a warm-up. Eventually the true Ventoux kicks in with some stretches at 12%. The mental challenge was to focus on getting through the current stretch and not think about the remainder of the climb – and absolutely avoid thinking

"Geez, I've got two more ascents after this". Coming around a corner, one suddenly passes the tree line and sees the lunar landscape



and the distant radio tower that makes Ventoux so distinctive. My time was 1:59 – I had to push the last km or so to stay under 2:00. Last year's time from Bedoin was 2:03 and that was with no more climbing

(Continued on page 9)



Mike stands on the slopes of the mountain he would later climb three different times to become a Nut of Ventoux.

The Delaware Valley Bicycle Club
P.O. BOX 156
Swarthmore, PA 19081

<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 12th of each month.

Board of Directors & Staff

Dominick Zuppo, *President*,
 610.544.8630 or domzuppo@att.net

Frank Jackson, *Secretary*
 FJackson@rohmhaas.com

Mike Broennle, *Treasurer*
 treasurer@dvbc.org

Clarence Shoch, *Ride Calendar*
 rides@dvbc.org

Drew Knox, *Brandywine Tour Coordinator*,
 bwto@dvbc.org

Antonio Rocha, *Web Page*
 484.802.8374 or tony@craftech.com

Debbie Chaga, 610.494.3033 or
 dreamer@craftech.com

Larry Green, largreen@earthlink.net

Cheryl Lynch
 oyveyquilts@yahoo.com

Peter Schmidt
 pschmid1@swarthmore.edu

Brian Wade, *Past President*,
 610.254.9485 or bwadedvbc@aol.com

Bob & Judy LaDrew, *Newsletter Editors*,
 610.383.9327 or bonkers@dvbc.org

Club Affiliations



LAB



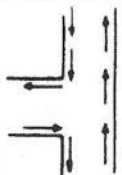
*Bicycle Coalition of
 Greater Philadelphia*

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

Ride Guidelines



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



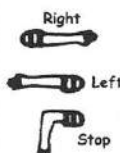
Keep right.
 Drive with
 traffic, not
 against it.
 Ride single
 file.



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



Protect yourself at night
 with the required reflectors
 and lights.



Use hand
 signals to
 indicate stop-
 ping or
 turning.

1. Arrive early and *be ready to leave on time*. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order *before* you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
7. Ride classifications:
Class D: For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.
Class C- For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.
Class C+ Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.
Class B- For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
Class B+ For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
Class A: For very strong riders: 18+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
8. Each rider assumes his/her own risk on all rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. Ride leaders are not expected to be bike mechanics.

Note: In the case of questionable weather or road conditions, the Ride Leader may decide to cancel the event. Call the ride leader if in doubt. The general public is invited to all events organized by the Delaware Valley Bicycle Club. Except for the Bonkers Metric, Brandywine Tour, Club banquet and Bonkers picnic, all club events are free to the general public. The general public is welcome!

Lyons and Alejandre Medal in Senior Games

DVBC riders Rich Alejandre and Glenn Lyons distinguished the club at this summer's Pennsylvania Senior Games. Alejandre competed in the 60-64 age group, taking gold in the 10K and silver in the 40. Lyons (55-59) won gold in the 20K and bronze in the 10.

Lyons commented that the competition is "an odd combination of a time-trial and a road race. Most of the riders who won anything had time-trial bikes, aero-bars, disc wheels, etc. Rich and I just had our road bikes. I remember feeling like I was killing myself during the races but afterwards, while cooling down, I felt fine."

Both riders qualified for the Senior Nationals in Louisville next year.

BRSC/DVBC Vermont Adventure

September 15-18, 2006

DVBC members Mel Stiles and Edward Sobolewski are also members of the Buck Ridge Ski Club. BRSC's Woodbridge Lodge is located in the Green Mountains of southern Vermont and offers many outdoor activity options. If you would like to venture to Vermont, please contact:

Mel (stilesmj@verizon.net)
856-478-4621 (h) or
Edward (sobolewski3@comcast.net) at 610-358-3055 (h)
for a copy of their flyer or go to
www.dvbc.org for more
information.

New Members!



Steven Backall Sr
Sue Connahan
John Goodchild

Ryan Kane
Charles Lewis
Mike Mikolajczyk

Eva Van Stratum

Sunday morning mountain bike rides
Call for information

Expert Sales and Services

Guaranteed lowest prices



Mountain Bikes

Hybrid Bikes

Kids Bikes



Road Bikes

Tandem
Bikes

Joggers &
Trailers



Cycle Fit of Delaware County

320 South Chester Road
Wallingford, PA 19086
610-876-9450



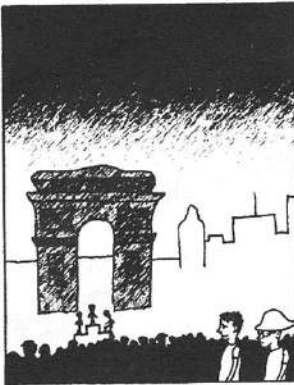
Special discounts for club members

Largest selection of bikes in Delaware County

Specializing in closeout models

BONKERZ

**CARTOONS
OF THE
DVBC**



FOR THE WORLD'S BIGGEST
BIKE TOUR THOSE AREN'T
VERY ATTRACTIVE TROPHIES.



OH, THOSE AREN'T THE
TOUR TROPHIES....



THE RIDERS ARE HOLDING UP
THEIR URINE SAMPLES.



For permission to reproduce, email 2ladrews@netreach.net

Fax (610) 353-8230

Phone (610) 356-1515

Accurate

Auto Tops & Upholstery

Convertible Tops - Roadster Tops - Sunroofs
Car Ceilings - Truck Seats - Classic Restorations

Edgemont Court Ind. Park
W. Chester Pk. & Miller Rd.
Edgemont, PA 19028

Jim Moore
Owner



Tancredi's Auto and Truck Repair, Inc.

(610) 833-2270
500 Fairview Road
Woodlyn, PA 19094

JOE TANCREDI
Towing Pager
(888) 975-2053



Choose Craftech Computer Solutions
for all your computing needs

610 566 0980
610 566 9340
sales@craftech.com
www.craftech.com

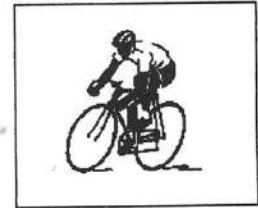
- Internet Connectivity
- Computer Hardware & Software
- Networking
- Computer Repairs
- Web Design
- Web Hosting

Media's First Internet Service Provider
a **DVBC** Member



DVBC Ride Calendar

September 2006



*****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
Tuesdays 6:00 pm Miles:20+ Class:C+/B- Booths Corner ✓	Meet at Booths Corner, Route 491 (Naaman's Creek Rd.). Terrain is flat to rolling and average pace 15-17mph. There will be breakaways for the faster riders. Contact Len at 610-558-6232 Email: lzane00@comcast.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 of time for weekly plans (No ride September 6 or 13.) 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 for our regular Wednesday night workout. 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@crafttech.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:20-25 Class:C+ Rose Tree Park N Ride ✓	Meet me at Rose Tree Park, Rte. 252 near Media, PA, for a "hills are our friends" ride through Ridley Creek State Park and the surrounding area. No worries, no one will be dropped. Contact Dom Zuppo at 610.544.8630 Email: membership@dvbc.org
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
Thursdays 6:00 pm Miles:20+ Class:C+/B- Chadds Ford Ride ✓	Meet at Chadds Ford Elementary School, Route 1 and Fairville Rd. Terrain is rolling to moderately hilly with flat finish and average pace 14-15mph. Contact Len at 610-558-6232 Email: lzane00@comcast.net
Saturday, Sep 2 8:00 am Miles:?? Class:All Brandywine Volunteers ✓	Meet at Pocopson Elementary School and ride the distance of your choice with club friends to make final inspection of course for tomorrow's big Tour. Cue sheets. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Sep 3 8:00 am Miles:26-100 Class:All Brandywine Tour	Pocopson Elem Sch, near Chadds Ford, PA. Ride 25-100 mi thru beautiful Brandywine River Valley. Registratrion: Day-of-event: \$25, or \$32 including special club membership. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Sep 9 9:00 am Miles:60 Class:B Pizza in Buena ✓	Meet at Kingsway H.S., Rtes. 551 & 322 in Swedesboro, for a flat 60-miler to the Pavilion for lunch. Tailwind home. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Sep 9 9:15 am Miles:20-26 Class:C C.U. at Selene ✓	Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside Co-op. Free parking in lot just west of the store. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

Sunday, Sep 10 8:00 am Miles:43+ Class:C+/B- Riverview Ride ✓	Join Bonnie and Len for a ride to Riverview Park. Cruising pace 15-17mph. Terrain is flat to rolling. Breakaways for the faster riders. Main group stays together, no one dropped. We'll stop at the Wawa prior to the rest stop at the park. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Sep 10 8:30 am Miles:35+ Class:C+ Art Museum ✓	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 the Sept. weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114.
Monday, Sep 11 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
Friday, Sep 15 8:00 am Miles:27-63/day Class:All DVBC-BRSC Vermont Adventure	Friday, September 15 to Monday, September 18. Ride in Southern Vermont. Mountain biking options at Mt. Snow. Stay at Buck Ride Ski Club's own Woodbridge Lodge for \$10/night/person. See ad in newsletter p.3, and call for three page email info sheets. Call Mel or Edward 610-358-3055 to reserve your spot and more info. Contact Mel Stiles at 856-478-4621 or stilesmj@verizon.net
Saturday, Sep 16 9:00 am Miles:53.5 Class:B Lancaster County ✓	Tour Amish country with Bonkers Boy & enjoy outdoor hot dogs at finish. Meet at Bob's house near Coatesville. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Sep 17 8:30 am Miles:34 or 50 Class:C+ Kountry Kitchen ✓	Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to morning breakfast. Contact Bob Martin at 610-352-2114
Sunday, Sep 17 9:15 am Miles:62 Class:B Westtown and Beyond ✓	Meet at Moylan Rose Valley train station, Manchester & Woodward Roads for a ride over the classic routes of the DVBC. Go thru western Delaware County, Chester County & maybe Delaware. Plenty of hills, farms & creeks to enjoy. Food stop at mid point. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Saturday, Sep 23 8:00 am Miles:44+ Class:C+/B- Pole Tavern Ride ✓	Join Bonnie & Len for a ride to Pole Tavern. Cruising pace 15-17mph. Terrain flat to rolling. Breakaways for the faster riders. Main group stays together, no one dropped. Start at Kingsway High School, NJ, Rtes. 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Sep 24 8:30 am Miles:35+ Class:C+ Art Museum ✓	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 the Sept. weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114
Sunday, Sep 24 9:00 am Miles:82 Class:B+ Cross Country Tour ✓	Meet at Westtown-Thornbury Elem. School on Westbourne Rd. Ride from southeast Chester County north and west into Berks and Lancaster Counties. Stops in Glenmoore and Cupola. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Saturday, Sep 30 8:00 am Miles:85+ Class:C+/B- Mays Landing Ride ✓	Join Bonnie and Len for a ride to Mays Landing. Cruising pace 15-17mph. Terrain is flat to rolling. Two WAWA stops and lunch stop at Sugar Hill Deli. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net

Regional Events

Sat. Sept. 2, Nanticoke River Bike Tour, W. Sussex Boys & Girls Club, 310 Virginia Av, Seaford, DE. 15, 30, or 64 flat along Nanticoke River in DE & MD. \$30, incl T-shirt, bottle, lunch. Ron MacArthur, 302-629-9788 (days), 302-629-3466 (nights)

Sun. Sept. 3, Brandywine Tour, Pocopson Elem Sch, near Chadds Ford, PA. Ride 25, 50, 68, 80, or 100

mi thru beautiful Brandywine River Valley. Reg. \$25, or \$32 including special club membership. Special club membership has full membership privileges substituting PDF version of club newsletter. Delaware Valley Bicycle Club.

Mon. Sept. 4, Donut Derby, Trexlertown, PA. 35-mi fun race. Lehigh Wheelmen Association

Mon. Sept. 4, Labor Day Century, McSherryst'n, PA. Hanover Cyclers

Sat. Sept. 9, Amish Country Tour, Dover, DE. 1-800-233-KENT.

Sat. Sept. 9, Civil War Century, Thurmont, MD. Baltimore Bike Club, Howard Rosenbaum, 410-653-2363.

Cont. on p.7

Regional Events cont.

Sat. Sept. 9, Peach Festival Ride, Harleysville, PA. 215-721-1817

Sat. Sept. 9, Univest Grand Prix pro race & **Cyclosporitif** ride, Souderton, PA. Watch race or ride Cyclosporitif & see finish of race. Cycle 40- or 60-mi public ride on same rte as Univest Grand Prix. Cyclosporitif at 8AM. Riders within 5-hrs eligible for \$5000 in cycling prizes from Bianchi, Bicycling Mag, & Festina Watches.

Sun. Sept. 10, NYC Century Bike Tour, New York, NY. 15-100 mi.

Sun. Sept. 10, Scenic Schuylkill Century, Lloyd Hall, #1 Boathouse Row, Phila. Ride 25-100 mi. \$20 (BCP memb), \$25 (non-memb), incl breakfast, 4 food stops on century, & pizza at end. Bike Club of Phila.

Sun. Sept. 10, Univest Criterium, Doylestown, PA. Pro race.

Sat. Sept. 16, Jersey Devil Century, Parvin State Park, NJ. 25-100 mi. S Jersey Wheelmen

Sat. Sept. 16, Shoo-Fly Classic, Lehigh Valley Velodrome, Berks County Bicycle Club.

Sept. 16-17, MS150 City to Shore Tour, Cherry Hill-Ocean City NJ. Natl M. S. Soc. 215-271-1500 X-161.

Sun. Sept. 17, Hillier Than Thou, Washington, NJ. 50-100 mi. Active.com

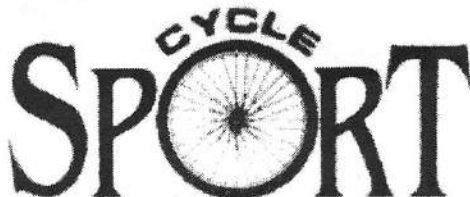
Sept. 30 - Oct. 1, MS150 Bike to the Bay, Dover, DE to Rehoboth Beach, DE.

Sun. Oct. 1, Pumpkin Patch Pedal, Thompson Park, Jamesburg, NJ. Ride 25, 50, 62, or 100 mi thru rolling farmlands. Register by 9/14 to receive a long-sleeve T-shirt. SIBA

Sun. Oct. 1, She Got Bike!, Oregon Ridge Park, Cockeysville, MD. A day of cycling, music and fun in celebration of women's cycling. Enjoy a women's-specific cycling expo and fashion show. The rides are for women cyclists of all abilities but the festival is open to all. \$14. Download flyer (PDF). Register online.

Sat. Oct. 7, Fall Bicycle Flea Market, Lehigh Valley Velodrome, Trexlertown, PA. \$5 entry fee, open 9:00am-2:00pm. 610-395-7000

Sat. Oct. 7, Sea Gull Century, Salisbury University, Salisbury, MD. Ride 63 or 100 miles on very flat terrain. The century route goes to Assateague Island. Activities include unsupported rides on Oct. 6 and 8, or do your own rides with these cue sheets. Pre-reg: \$55 by 8/30 or \$75 after. \$90 on-site 10/6-7.



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

We carry bicycles and accessories by:



SCOTT



- We service all bicycles from toddlers to World Champions.
- Special Discounts for DVBC members

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

801 N. Providence Road "Five Points" Media, PA 19063

Tel: 610-565-9535 Fax: 610-565-6033

E-Mail: cycle.sport@verizon.net Website: cyclesportmedia.com



Bike Dirt

By F.X. Pedrix



Stories are still trickling in about our club's summer Tour of PA (ToPA). I am told that **Motorolla** assumed the roll of photographer. That was a natural for him since he was first up most of the climbs and was in position to visually capture the others as they struggled to the summit. Furthermore, he gained the additional nickname of **Sven**. Since he took no sandals on the trip he had to wear biking shoes around town in the evening and the clip-clopping reminded everyone of some Scandinavian, hence the new sobriquet.

Gas Passer is by profession an anesthesiologist. He helped Buckeye lay out the ToPA route. **Dreamer** says it's a good thing he's not a brain surgeon because some of his advertised distances were off by more than a few miles. When challenged, Gas Passer would defend the discrepancy by explaining that a "slight miscalculation" had occurred. **Dreamer** says that kind of miscalculation could cause brain damage. Apparently she thinks that, unlike brain surgeons, anesthesiologists can do sloppy work and go home carefree at night.

Each day **Buckeye Boy** would reassure his charges by saying, "There aren't that many tough climbs," or "The ride's only 60 miles," or "These are not mountains: they're just long hills," or "I rode that climb on my motorcycle and it didn't seem bad." One day he even sweet-talked a lady into letting the **Silver Fox** into her house to change clothes—making the woman and her family late for church.

Despite a strict prohibition against talking politics on club rides, the names Ted Kennedy and Rush Limbaugh have been heard up and down the pace line on **Bonkers Boy's** recent Amish tours. It seems his charges got tired of being confused as Bonkers' muffled commands floated up from the rear. Did he say right, left or straight? So the group decided that "Ted Kennedy!" would represent the left and "Rush Limbaugh!" signifies right.

Because **Jane Mingey** had never attended one of our club picnics, many of us didn't know who she was. But we knew we liked her after she sent an email wondering, "Where is the picnic? I may need to sneak away and find a TV to watch Floyd.... I'll find a bar if you let me know where the picnic is. We just have to see it!" Jane may be considered pathological the rest of the week but with the DVBC on weekends she is one of the gang. We sat with her in the LaDrews' living room and thrilled to Floyd's every pedal-stroke as he clinched the Tour with a great TT on the penultimate stage. Imagine how deflated we felt when some days later we heard about the synthetic testosterone.

Or how disillusioned ToPA riders were when they got back **Mr. Buckeye's** "A" sample after his inspiring performance on Day 5 of that tour. Although he'd been wearing pink that day, no one suspected the presence of record levels of estrogen. Probably the hot pink toenails he sported two weeks earlier on GOBA should have been a warning.

On the subject of drug-aided performances, the president of BCP wrote in his newsletter, "The C+ ride had about 20 riders this past week, and as we were pace lining down the MLK Drive, my heart also pumping out of my chest, I thought I was in the peloton of Le Tour, well, at least with a B+ group. I dropped off when we hit over 24 mph, or 38 kph." My spies have learned that the power for that pace line was provided by the DVBC's **Juror # 6**, who has found an unprecedented level of fitness this year and swears it is not from a hypodermic needle.

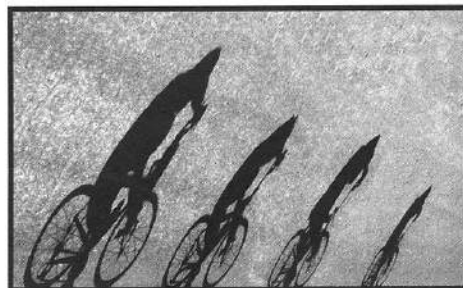
D'ster to the **Perfessor** before a recent West Grove Ride: "I am bringing a frame hammer, vice grips, hack saw, and a pipe wrench so I can adjust the problems we discussed last Saturday on your bike. I really can fix that 'little' problem you have with the slack in your frame. I have experience with these problems."

The DVBC's **Jim Walls**

distinguished himself in the August 12-13 Tour de Christiana by finishing 12th overall in a CAT-4 field of 100. Jim has qualified for Cat 3 and says, "I look forward to riding with the better cyclists.... The lion's share of the races I did this year were 3/4's anyway.... I may do some pro 1,2,3 races in the future to see what it feels like."

Competition is heating up for the coveted 2006 **FX Pedrix Crash and Burn Award**. **Cheryl Lynch** made an early bid by separating her shoulder in a nasty July crash. A few weeks later, **Jack Cunicelli** one-upped her in his own accident when a good-Samaritan motorist found him lying unconscious on the highway. Aside from the head injury that kayoed him, Jack sustained some busted ribs and a broken collarbone. Not to be outdone, the feisty Cheryl bounced back a few days later with another crash that generated her own broken collarbone. She says that the workers in Bryn Mawr ER are starting to recognize her. Lest this turn into one of those Middle East rivalries where each volley is answered with escalated violence, let me remind Jack and Cheryl that, while the C & B award is indeed prestigious, your well-being is important to all of us. Get well and ride safely!

Keep riding and send me your rumors, exaggerations, innuendos or outright lies.



Cindy Monteith, Nancy Schwarz, Bob LaDrew and Drew Knox are pictured (l. to r.) riding on an August 5 Amish ride. Well, actually it is their shadows, which Dominick Zuppo captured photographically while riding at the back.

(Continued from page 1)

and two rest days to follow, so I was ok with my time. I felt a little tired at the summit but we would have a half-hour 22 km descent to Bedoin. We would pass the Simpson memorial (the site of British rider Tommy Simpson's 1967 death) where I stopped for the obligatory photo op.

After a short food stop, we began the Bedoin ascent. The first 2 km are very strange – you actually head away from Ventoux briefly then make a left turn and go up a relatively gentle incline through farm fields that give no hint of what is to come. Soon enough you are in the 8-10% grades. I remembered this from last year when we began the 9 km stretch at an average of 9% with a couple of kms averaging over 10%. When you reach the restaurant the road bears left, you see the 6 km sign and the grade flattens out a little. The worst is over but you still have some 8+% climbing left. Again one can see the distant buildings at the summit and several of the next few switchbacks. I find it best to focus on the current visible stretch of road immediately ahead rather than stare at the summit which doesn't seem to be getting any closer. The last 200 meters are so steep it seems like there should be another pair of switchbacks before the summit. All of a sudden you go around a sharp curve to the right and have a nasty 18% stretch of 30 meters to get to the summit. It was getting hotter and had the potential to be stifling for our 3rd climb in the hottest part of the day.

With the completion of the second climb, in 1:53—ten minutes faster than last year—my legs were now pretty tired, but the descent to Sault would offer recovery time. The Sault route coincides with the Bedoin route until just after the restaurant at 6 km. There you branch left for Sault. The very first stretch is then actually uphill for a few hundred meters. This descent is the least mountain-like of any we did – major stretches where one has to pedal to maintain 20 – 25 mph as opposed to coasting at 30. As a result, the descent took 42 minutes and finished in another oddity – a half-kilometer ascent into Sault.

We took an extended food stop in Sault. I might not complete the third climb but it wouldn't be due to bonking. Intermittent cloud cover prevented this from being a real scorcher. The cloud cover was most welcome. I didn't feel great as we started, due to the terrain. I'm more comfortable straining up 6% or more grades rather than what Sault offered – slight (at least visually) uphill with slight head wind. When I see very modest speeds on such stretches I get discouraged and wonder how I'll deal with 8+% later on. One stretch goes past a field of lavender that provided a marvelous sight and aroma.

There were very few stretches that went above 4% so we did some speeds of 14 to 15 mph. To me this seems like faux Ventoux. We eventually passed a solo rider who looked beat but promptly jumped on my wheel. After a stretch he jumped ahead and I rode his wheel. We alternated for about 3 or 4 km – the only drafting I did all day. Eventually I needed a break and he rode ahead. When Peter and I restarted we eventually passed the rider again but he was too worn down to try and ride with us. We stopped at the restaurant and he showed up a few minutes later. He was doing the same thing we were and Sault was also his last climb.

The last 6 km (where the road joins the South route from Bedoin and the true Ventoux resumes) were a struggle at times and I needed to take two breaks, but eventually came around a corner preparing mentally for the last two switchbacks when I suddenly realized I was at the base of those nasty last 30 meters. As usual, at that point I was in too low a gear to stand and too high a gear to reasonably maintain while seated so I started stomping the pedals in a frenzy. I guess the excitement of completing the challenge gave me some adrenaline

as I actually was accelerating up this stretch and had people staring at me probably wondering, "What the heck is this bozo doing?" Crossing the

summit was an incredible high (no pun intended) with heartbeat and respiration already off the chart due to the fast finish and the realization that I had done it.



Atop Ventoux, Mike raises his bike in celebration of his accomplishment.

After getting the certificate stamped and buying a Ventoux jersey, we then started the 30-minute descent back to our original town of Malaucene. We got stamped, did a brief clean up (we had checked out of our hotel before we started), loaded the bikes on the roof rack and started our 6-hour drive to Barcelona. As we approached Barcelona, Peter said I would stay at his house as the airport hotels were expensive and not conducive to packing a bike into a travel case.

What an incredible day. I was certainly tired but not all that sore. In particular the minor saddle sores were less of a factor today than on several other days. Got to bed about 1:00 but I probably didn't sleep more than 30 minutes – that wasn't a problem. No riding tomorrow and plenty of time to sleep on the plane.

Here is a link to the *Bicycling* magazine article: <http://www.velovacations.com/StaticControls/Misc/DearMontVentoux.pdf> and the Nuts of Ventoux web site: <http://les.cingles.du.mont-ventoux.club.fr/index.htm> (in French). The link to the translated page is so lengthy it is impractical to include. Instead, use "Cingles du Mont-Ventoux" (include the quotes) in a Google search for a link to a translated page.

Next month: Mike Keating at the 2006 Tour de France. Mike biked much of this year's Tour route and was waiting at the mountain tops (often in his DVBC jersey) to watch the Tour stars as they passed by mere inches away.



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



Expiration Date: 11/30/2006

BOB & JUDY LADREW
139 GABEL ROAD
COATESVILLE PA 19320

1502081284 F010



Application for DVBC Membership

(Expires 1 year from date joined/renewed)

Annual Membership: \$15.00 per household.

Check one: ☐ new member or ☐ renewal

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

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

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

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

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

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

Please send your check or money order to the:

Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081

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)