

Delaware Valley Bicycle Club



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

Winter 2006-2007

The Year in Review

by Dominick Zuppo

Maybe the months don't go by so quickly for you, but I can't believe it's December. Time to prepare for visits by family and friends as the holiday season continues. And while the New Year beckons, I'd like to take a few minutes to review some of the highlights of 2006.

First and foremost are the many rides that our members volunteer to lead each month. They can be as straightforward as an out-and-back jaunt to some convenient destination or a meandering trip of new discovery. Others have a definite purpose, like last month's Frozen Turkey Thirty, where riders were asked to donate non-perishable food items used to restock local food pantries. No matter the rhyme or reason, the DVBC offers a number of opportunities to get out and about on your bike. On behalf of all who attend these rides, I'd like to thank our rider leaders for their time and dedication to the club.

In March, members of the club attended the National Bike Summit in Washington D.C. This event brings together stakeholders from user groups, industry, government, and elected officials from around the country to share their ideas and best practices. One of the main purposes of the summit is to remind our elected officials of the impact that bicycling has on such diverse fields as transportation, health, recreation, tourism, energy, and the environment.

Closer to home, the club sent representatives to the April 1st Pennsylvania Bicycle Club

Conference. Sponsored by the Bicycle Access Council, a state advocacy group, officers from bicycle clubs throughout the state met to learn about and share their experiences with other bicycle clubs. I have attended two of these meetings and been impressed by the solutions different clubs have created to deal with similar challenges.

On May 19th, the club represented alternative transportation opportunities at both the Media and Swarthmore Bike to Work Day celebrations. Later that month, we hosted our spring tour, the Bonkers Metric. Over 150 riders attended the tour, known as a challenging course due to its early appearance in the cycling calendar and the number of watersheds (and hence climbs) it encompasses.

What started out as another beautiful spring day for professional bicycle racing in Philadelphia was muted by a news report that a June 10th fire had destroyed Cycle Fit of Wallingford. And on June 23rd, the Vanguard Group of Malvern hosted its own Bike to Work day for their crew members. Designed to encourage the use of alternative methods of transportation, the DVBC attended the event along with representatives from SEPTA, the Chester County Transportation Management Agency, and the Bicycle Coalition of Greater Philadelphia.

July was another busy month. Some members of the club took a week off to bicycle around the eastern half of our state. Known as

"ToPA" (Tour of Pennsylvania), the ride was well organized and received. And when one of the attendees needed help, an unrelated and generous club member volunteered to drive many hours to retrieve and bring the rider home. Others attended the first PA Route E ride, a trip designed to travel all 52 miles of the East Coast Greenway that pass through our Commonwealth. The ride departed from the John Heinz Wildlife Refuge and headed south to the Mason-Dixon line in Marcus Hook. Riders and their bikes then boarded various SEPTA Regional Rail trains as they made their way to Trenton, New Jersey. After crossing

(Continued on page 3)

DVBC Holiday Banquet

Monday, December 4th,

7:00 pm

The Little Inn, Media

**\$10 per person for members
and their families**

To make reservations
contact Mike Broennle at
treasurer@dvbc.org

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).



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

Board of Directors & Staff

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 610.544.8630 or domzuppo@att.net

Frank Jackson, *Secretary*
 FJackson@rohmmaas.com

Mike Broennle, *Treasurer*
 treasurer@dvbc.org

Clarence Shoch, *Ride Calendar*
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Drew Knox, *Brandywine Tour Coordinator*,
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Larry Green, largreen@earthlink.net

Cheryl Lynch
 oyveyquilts@yahoo.com

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 610.254.9485 or bwadedvbc@aol.com

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

Club Affiliations



LAB



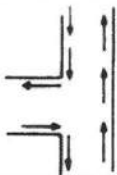
*Bicycle Coalition of
 Greater Philadelphia*

*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.



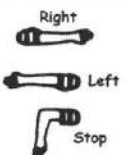
Keep right.
 Drive with
 traffic, not
 against it.
 Ride single
 file.



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!

Vermont Adventure

by Mel Stiles

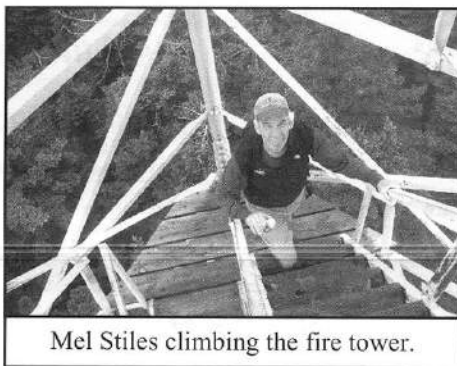
A Vermont adventure to remember and repeat – that's what we had at Buck Ridge Ski Club's (BRSC) Woodbridge Lodge when two clubs got together to hike and bike the fresh air of the Green Mountains of southern Vermont. We combined the resources of the Lodge with the biking enthusiasm of the Delaware Valley Bicycle Club (DVBC) for a trip that included meeting and making new friends, road biking on mountain and valley roads, hiking and cocktails at a wilderness pond. Of course one of the activities was simply relaxing and moving at your own pace while enjoying the early fall colors that began on our weekend. We had a small group that represented both clubs well by participating in many of the different activities. Trip participants included; Loretta and Terry McGinn, Deborah and John Esposito, David Singer, Lewis Needle, Edward Sobolewski and Mel Stiles.

Please go to the following link at the DVBC website to see a picture story of our trip http://gallery.craftech.com/dvbc/?g2_page=2 and click on the picture titled: Album 2006 DVBC/ BRSC Vermont Adventure by Edward Sobolewski.

Some trip participants arrived as early as Wednesday night to start the long weekend off, with everyone returning home by Monday evening. The weather cooperated for most of the weekend but started off with rain showers on Thursday and into Friday morning. Friday afternoon the sun came out and it was beautiful sunshine with moderate temperatures for the rest of the trip. Terry and Loretta did some sightseeing and ended up at Grout Pond to do some hiking. They hiked the pond loop which circles the Pond while enjoying the views and checking out the various picnic and tenting sites around the pond. They talked with the pond hut caretaker for some interesting info-bits.

Ed and Mel also decided it would be better for hiking than biking

because of the uncertain weather, so they decided to try the hike on the Stratton Trail. The hike started on the Appalachian Trail/Long Trail, from the trailhead on Arlington Road to the fire tower on top of Stratton Mountain. During our hike up, the weather was very overcast with poor visibility. As we finished our lunch, the clouds started to part, and the view was exhilarating. As the highest point in southern Vermont, the top of the fire tower (at just under 4000 feet in elevation) offers views of central New England that are truly spectacular.



Mel Stiles climbing the fire tower.

Dave Singer came by way of Massachusetts to check out one of the bike routes and the North River Winery, which is part of the ride. Dave said he made a wrong turn and it took him longer than he expected -- but after experiencing the wine tasting first hand, I wonder if he was "influenced" along the way. Dave was very excited about the weekend because he had with him his brand new Trek Pilot road bike and couldn't wait to ride it.

Lewis Needle started his riding with the 18-mile Handle Road loop ride. Unlike the 13-mile version, this ride includes the climb back up to the Lodge along Route 100, and therefore is more challenging. Lewis arrived just in time for dinner, tired and sweaty, and remarked that it was a pretty good climb back up to the Lodge! Lewis had wanted to do the hike and did get his chance on Monday before going home.

Deborah and John Esposito, who

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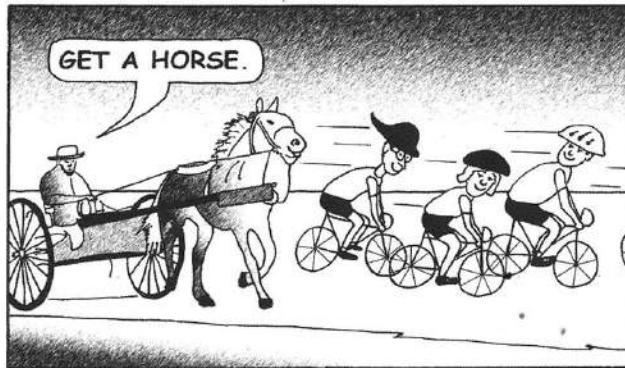
the mighty Delaware River, they picked up Route "E" in Morrisville and headed south to Philadelphia and their original point of departure.

With the end of summer came September and three important events, the first being our 30th annual Brandywine Tour. Over 300 cyclists braved threatening weather conditions and descended upon Chester County to take part in our signature event. With great planning and outstanding work by our volunteers, the show went on. On September 14th, members of the DVBC attended a long weekend of bicycling, hiking, and camaraderie in beautiful Vermont hosted by the Buck Ridge Ski Club. And perhaps as a reminder that in the seasons of life, some rain must fall, we closed the month with the poignant news of the loss of one of our own, Bob Leon.

October is generally a quiet month, so it's not surprising that one of our more inventive members decided to try something different. Inspired by the Univest Cyclosporitif race circuit, he designed the Eichele Hill Challenge. He even prepared a hearty pancake breakfast for his guests. Little did they realize the extent to which their intestinal (as well as athletic) fortitude would be tested as they ascended the namesake of the ride.

And on November 4th, I had the honor of leading the Bob Leon Memorial Ride. In what turned out to be one of the largest rides in modern club history, 36 members gathered at Kingsway High School to honor the memory of our friend and mentor.

Yes, it may be the end of the year, but much has been accomplished in the last 12 months. We've represented your interests at bicycling advocacy conferences, raised funds by sponsoring two major tours, and led enthusiasts over thousands of miles of local club rides. I hope you will join me and your fellow club members as we celebrate our accomplishments during the annual club banquet. And don't forget to plan for 2007 and all the exciting bicycling possibilities that lie ahead. See you on the road.

BONKERZ

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

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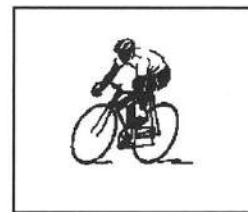
Tel: 610-565-9535 Fax: 610-565-6033

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



DVBC Ride Calendar

Winter 2006-2007



*****December Recurring Weekday Rides*****	
6:00 pm Miles:15-20 Class:C NightRiders	Spin around Southern DelCo.in the dark. Bike lights front and rear are a must. You must call or e-mail the leader to confirm the start time and location. Very cold or wet weather cancels ride. Contact Dave Trout at 610-368-0760 Email: brider-ride@usa.net
Tuesdays 6:00 pm Miles:? Class:ALL Group Trainer Ride	Group trainer ride 6:10 at Cycle Sport. We follow training videos for a 40min to 1hr workout, not including warm up and cool down. People wishing to "ride" with us need only bring their bike and trainer. The workout is as hard or easy as you wish, so riders of all abilities are welcome. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Wednesdays 9:30 am Miles:30-60 Class:B-/B Doc's Rides	Various local routes starting from the Swarthmore area. Sometimes a lunch stop. Foul weather cancels ride. Call ahead of time for weekly plans. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Thursdays 6:00 pm Miles:? Class:ALL Group Trainer Ride	See Tuesday above for information
DECEMBER RIDES	
Saturday, Dec 2 9:00 am Miles:50 Class:B- Kountry Kitchen 50	Log some junk miles with Bob, sandwiched around breakfast. Meet Kingsway H.S., Rtes. 551 & 322, Swedesboro. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Dec 3 9:00 am Miles:35+ Class:C+ Art Museum	Art Museum 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. Bring \$ for snack. Contact Bob Martin at 610-352-2114
Sunday, Dec 3 10:00 am Miles:?? Class:B- The Winter Rule	Bike the temperature. 30 degrees, we do 30 miles. 40 out, we do 40. Fair in height thus easy to no climb. Usually head to a coffee shop or somewhere warm. This is the norm for my ride for the next three months unless otherwise noted. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Dec 3 10:00 am Miles:30-45+/- Class:B+ Somewhere	Meet at Rose Tree Park in Media for a ride to a "to-be-decided" destination. This will be a NON STOP ride between 30 and 50 miles depending on the weather and who shows up. Contact Antonio Rocha at 484-802-8374 or tony@crafttech.com
Monday, Dec 4 7:00 pm Miles:0 Class:All Holliday Banquet	The Little Inn, 9 Old State Rd, Media, 610-565-8212 Annual election of the board of directors - Announcement of contributions to organizations advocating for cycling - Annual awards: True bicyclist of the year - most improved rider - best new rider - best dressed rider [fashion awards??] - that most coveted "crash and burn" prize, etc. Video of some of the year's highlights. Good food. Cash bar. Great companionship. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Dec 9 9:00 am Miles:51 Class:B- Original "Witness" Ride	Leaves from Bob's house near Coatesville. Phone for directions. Hot chocolate & snack after. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Dec 9 10:15 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, Dec 10 9:00 am Miles: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, Dec 10 10:00 am Miles:38 Class:B- Otherwise Noted	Be advised: forty-five hundred foot of climb. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Dec 10 10:00 am Miles:30+ Class:C/B/A Show & Go	Meet at Rose Tree Park in Media for a ride to the surrounding area. This ride has no specific leader. Show up, form a group, and go for a ride. Must check the listserver for details to see if the ride is on. If you do not have access to the listserver, contact me or another member. Antonio Rocha at 484-802-8374 or tony@craftech.com
Saturday, Dec 16 9:00 am Miles:30+/- Class:C+/B- Doug's Ride	Start from the Betzwood Bridge parking lot of Valley Forge State Park. Distance and speed will vary depending upon who shows up and the weather conditions. Contact Doug Bower at 610-952-0562 or bowerdou@verizon.net
Saturday, Dec 16 9:30 am Miles:30-50+/- Class:B- Rose Tree Show 'N Go	If I can't lead the ride I'll try to find a club member who will. Start/finish at Rose Tree Park in Media. Head to Northbrook Orchards, Valley Forge, or just cruise around the neighborhood. Severe cold or precipitation cancels the ride. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Sunday, Dec 17 9:00 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. Bring \$ for snack. Contact Bob Martin at 610-352-2114
Sunday, Dec 17 10:00 am Miles:62 Class:B- Main Street Metric	Start at the R5 Wayne Train Station, do a few hills... and a mountain, then take the trail to Manayunk for coffee at the Bucks County Coffee House and take a long way home. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Dec 23 6:00 pm Miles:8 Class:ALL Jingle Bell Ride	Jingle Bell Ride around Philadelphia Museum of Art. Dress up your bike with garland and a light and come show your holiday spirit. Start in front of the museum, all classes are welcome. Contact Doug Bower at 610-952-0562 or bowerdou@verizon.net
Sunday, Dec 24 10:00 am Miles:25 Class:B- Sweater Weather	Short and Steep. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Dec 30 9:00 am Miles:30+/- Class:C+/B- Doug's Ride	Start from the Betzwood Bridge parking lot of Valley Forge State Park. Distance and speed will vary depending upon who shows up and the weather conditions. Contact Doug Bower at 610-952-0562 or bowerdou@verizon.net
Saturday, Dec 30 10:00 am Miles:43 Class:B+ Westtown-D'Town Loop	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. Brief stop if needed. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Sunday, Dec 31 10:00 am Miles:40-60 Class:B/B- Winter Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
JANUARY RIDES	
*****Recurring Weekday Rides*****	
Tuesdays 6:00 pm Miles:15-20 Class:C NightRiders	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: brider-ride@usa.net
Tuesdays 6:00 pm Miles:? Class:ALL Group Trainer Ride	Group trainer ride 6:10 at Cycle Sport. We follow training videos for a 40min to 1hr workout, not including warm up and cool down. People wishing to "ride" with us need only bring their bike and trainer. The workout is as hard or easy as you wish, so riders of all abilities are welcome. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Thursdays 6:00 pm Miles:? Class:ALL Group Trainer Ride	See Tuesday above.

JANUARY RIDES CONTINUED	
Monday, Jan 1 11:00 am Miles:30+/- Class:All New Year's Ride	Meet at 11AM, so you have time to recover; Rose Tree Park on 252 in Media for a ride to start your New Year. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Saturday, Jan 6 9:00 am Miles:50 Class:B- Ride, Eat, Ride	Forecast of 78 degrees for our 1st KK ride of new year. Meet Kingsway HS, Rtes. 551 & 322, Swedesboro. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Jan 7 9:00 am Miles:35+ Class:C+ Art Museum	Art Museum 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. Bring \$ for snack. Contact Bob Martin at 610-352-2114
Sunday, Jan 7 10:00 am Miles:40 Class:B+ Westtown-Mortonville Loop	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. Brief stop if needed. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Monday, Jan 8 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, Jan 13 9:30 am Miles:30+/- Class:C+/B- Doug's Ride	Start from the Betzwood Bridge parking lot of Valley Forge State Park. Distance and speed will vary depending upon who shows up and the weather conditions. Contact Doug Bower at 610-952-0562 or bowerdou@verizon.net
Saturday, Jan 13 9:30 am Miles:30-50+/- Class:B- Rose Tree Show N Go	If I can't lead the ride I'll try to find a club member who will. Start/finish at Rose Tree Park in Media. Head to Northbrook Orchards, Valley Forge, or just cruise around the neighborhood. Severe cold or precipitation cancels the ride. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Jan 13 6:00 pm Miles:0 Class:All Eat at Sligo and Dance	Meet at Sligo on State Street in Media for a get together dinner followed by some dancing. For those interested, after dinner we can car pool into Brasil's night club in Philly for a Salsa lesson at 9PM and lots of fun after the lesson. Contact me for dinner reservations. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Sunday, Jan 14 9:00 am Miles: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, Jan 14 10:00 am Miles:40+/- Class:B- The New Age Ride	Start at the R5 Wayne Train Station and head to Ambler for coffee and return. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jan 14 10:00 am Miles:40-60 Class:B/B- Winter Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Saturday, Jan 20 9:00 am Miles:51 Class:B- Amish Tour	Meet at Bob's house near Coatesville and ride some new roads to Intercourse for lunch, then snack afterwards at Bob's. Phone for directions. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Jan 20 10:00 am Miles:2 Class:All Hidden Pond Trail	Hidden Pond Trail, Brandywine Creek St.Park. Walk the rolling, wooded slopes and floodplain of Brandywine Valley. Meet at nature center off Adams Dam Rd. Email for directions. Dogs welcome but must be kept on leash. I'll provide info packet of trail and hot soup afterwards. Contact Vera Kohut-Wolf at 215-480-9582 or liszt01@aol.com
Sunday, Jan 21 9:00 am Miles:35+ Class:C+ Art Museum	Art Museum 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. Bring \$ for snack. Contact Bob Martin at 610-352-2114
Sunday, Jan 21 10:00 am Miles:40 Class:B- Ride The Ridge	Weather permitting. 5,000 ft of climb in 40 miles. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

JANUARY RIDES CONTINUED

Sunday, Jan 21 10:00 am Miles:40 Class:B+ Westtown-Hockessin	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. Brief stop if needed. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Saturday, Jan 27 9:30 am Miles:30+/- Class:C+/B- Doug's Ride	Start from the Betzwood Bridge parking lot of Valley Forge State Park. Distance and speed will vary depending upon who shows up and the weather conditions. Contact Doug Bower at 610-952-0562 or bowerdou@verizon.net
Saturday, Jan 27 9:30 am Miles:30-50+/- Class:B- Rose Tree Show N Go	If I can't lead the ride I'll try to find a club member who will. Start/finish at Rose Tree Park in Media. Head to Northbrook Orchards, Valley Forge, or just cruise around the neighborhood. Severe cold or precipitation cancels the ride. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Sunday, Jan 28 9:00 am Miles:51 Class:B- Meet Lancaster County	Pose for a portrait at Harrison Ford's phone booth, eat in Intercourse, then snack back at Bob's house. Phone for directions to Bob's house near Coatesville. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Jan 28 10:00 am Miles:50 Class:B- The Challenge Ride	Start at the R5 Wayne Train Station and head to North Brooke Orchard. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

FEBRUARY RIDES*******Recurring Weekday Rides*******

Tuesdays 6:00 pm Miles:15-20 Class:C NightRiders	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: brider-ride@usa.net
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Thursdays 6:00 pm Miles:? Class:ALL Group Trainer Ride	See Tuesday above.
Saturday, Feb 3 9:30 am Miles:30+/- Class:C+/B- Doug's Ride	Start from the Betzwood Bridge parking lot of Valley Forge State Park. Distance and speed will vary depending upon who shows up and the weather conditions. Contact Doug Bower at 610-952-0562 or bowerdou@verizon.net
Saturday, Feb 3 9:30 am Miles:30-50+/- Class:B- Rose Tree Show N Go	If I can't lead the ride I'll try to find a club member who will. Start/finish at Rose Tree Park in Media. Head to Northbrook Orchards, Valley Forge, or just cruise around the neighborhood. Severe cold or precipitation cancels the ride. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Sunday, Feb 4 9:00 am Miles:35+ Class:C+ Art Museum	Art Museum 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. Bring \$ for snack. Contact Bob Martin at 610-352-2114
Sunday, Feb 4 10:00 am Miles:40+/- Class:B- The Music Died Ride	Start at the R5 Wayne Train Station and head to Kimberton. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Feb 4 10:00 am Miles:43 Class:B+ Westtown-D'Town Loop	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. Brief stop if needed. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net

FEBRUARY RIDES CONTINUED

Monday, Feb 5 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, Feb 10 9:00 am Miles:52 Class:B- Shirk's Bike Shop	We'll probably browse but last time Adam bought a new bike. Lunch in Intercourse. Meet at Bob's house near Coatesville. Phone for directions. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Feb 11 9:00 am Miles: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, Feb 11 10:00 am Miles:?? Class:B- The Big Sister Ride	Moe miles then I can say. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Feb 17 9:00 am Miles:51 Class:B- Cholesterol Ride	Meet at Kingsway HS, Rtes. 551 & 322 near Swedesboro for a 17-mile ride to Kountry Kitchen, then 34 more after charging our batteries. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Feb 18 9:00 am Miles:35+ Class:C+ Art Museum	Art Museum 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. Bring \$ for snack. Contact Bob Martin at 610-352-2114
Sunday, Feb 18 10:00 am Miles:40-60 Class:B/B- Winter Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Feb 18 10:00 am Miles:62 Class:B- A Round Of Hills	Eighteen hills is par for this ride, yielding 7,500 foot of climb. Less than ten people have completed this ride. Start at the R5 Wayne Train Station and ride to Manyunk. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, Feb 19 10:00 am Miles:35+ Class:C+/B- Ride with the Presidents	Okay, unlike George Washington, I lied. Although the Presidents aren't going to be on the ride, unless Dom or Brian Wade come along, we'll still have lots of fun. It's another federal holiday so I'm going to ride my bike. Meet at the old Acme parking lot in Aston at Pennell Rd (RT 452) & Weir/Marianville Rds. Rain, snow, ice, or fallen cherry trees cancels the ride. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com
Saturday, Feb 24 9:00 am Miles:45 +/- Class:B 4500 Feet of Fun	Meet at the 320 Market Cafe in Swarthmore. Work off winter's pounds with more than a few hills. Too early to go hard, but we'll climb to keep warm. Bring food & water to eat on the road. Wet, snowy or really cold weather cancels. Warmer weather extends the fun. Spring is on the way. Contact David Cunicelli at 610 574 9811 or dcunicelli@rcn.com
Saturday, Feb 24 9:45 am Miles:35+ Class:C+/B- Debbie Does Delaware (DDD Ride)	Meet at old Acme parking lot in Aston, Pennell Rd. (Rte. 452) & Weir/Marianville Rds. Ride to the 1st State, travel thru Arden, Bellevue St. Park, the Brandywine Zoo, and possibly Fox Point St. Park on the Delaware River. Short stop a 7-11 or Wawa. Rain, snow or ice cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com
Saturday, Feb 24 10:15 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, Feb 25 9:30 am Miles:30-50 +/- Class:B- Rose Tree Show N Go	If I can't lead the ride I'll try to find a club member who will. Start/finish at Rose Tree Park in Media. Head to Northbrook Orchards, Valley Forge, or just cruise. Severe cold or precipitation cancels ride. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Sunday, Feb 25 10:00 am Miles:?? Class:B- Hills and Chills	Climb and sweat. Coast and cool off. Start at the R5 Wayne Train Station and head out/up somewhere different. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com



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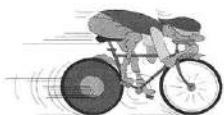
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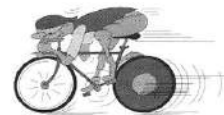
Special discounts for club members

Specializing in closeout models



Bike Dirt

By F.X. Pedrix



Last winter our Board ordered about four dozen new club jerseys predicated upon the body sizes of you members at that time. Then spring came and a funny thing happened. Everybody started riding and, the more you biked, the more those pounds came off. By the time you were ready to buy new jerseys there was a serious gap between your actual weight and the Board's earlier mental image of you. The net result is that there are some handsome DVBC jerseys left over, but in sizes rivaling the mainsail of an America's Cup Yacht. If exceptional cold prevents you from riding this winter, contact the **Dominator** about buying a stylish jersey that will fit you like a glove.

And speaking of our Board, its former secretary, the **D'ster**, recently made a curious confession to one of my spies. He said that when recording minutes of the meetings his mind often wondered. Upon snapping back to reality he would realize he'd missed most of the previous discussion but he knew the Board members so well he could just imagine what each had said about a topic so he wrote that down. Usually, by the reading of the minutes at the following meeting everyone had forgotten what they'd said anyway so the minutes slid through.

On **Bonkers Boy's** October Amish ride the **Polish Prince** announced that today would be his record 26th century of the year. Just minutes later he heard a ping as a rear-wheel spoke broke. Ordinarily this would not be a problem but the Prince has a pair of wheels with just a handful of spokes. His was rubbing not just on the brake but also on the chain stay. The Prince's record century was in jeopardy until **Buckeye Boy** stepped up and cocked the wheel in the frame so it barely avoided rubbing. Minus one set of brakes, the Prince crawled

cautiously home from Intercourse to complete his 100-miler. He has since added two more and says his century season has now concluded. After all, the Prince does not want to be fanatical.

Not surprisingly, after making the repair **Buckeye Boy** remained on the scene discussing electronic fence technology with a local farmer while his cronies rode over the hill to lunch.

Best wishes go out to our new Rides Coordinator, **Clarence**, who is on the shelf with a double knee replacement. We know Clarence will work hard in his rehab and join our pace line soon. Clarence has been doing a nice job assembling our club's ride calendar each month.

One of **Bonkers Boy's** Lancaster County rides was entitled "Shirk's Bike Shop" and **Water Boy** took that title seriously. What **Bonkers** had in mind was browsing but **Water Boy** fell in love with a Colnago Master Light bike he just had to have. He returned a few days later to complete the purchase and unveiled it the following weekend at a ride he was leading. In the words of **Dreamer**, "... his first official DVBC ride was great. At the start he had



donuts, coffee and hot chocolate, and he had giveaways. I got a pair of cycling gloves and socks. At the end of the ride he provided lunch, balloons, and there were pony and camel rides. This guy really knows how to lead a ride!"

And now the answer to last month's quiz question: The **Bonkers Metric** traverses no fewer than five of our areas major watersheds. Can you name them? The answer, provided by **Water Boy**, is: Ridley, Crum, Darby, Chester and Brandywine.

Dreamer's "Debbie-Does-Delaware" ride was well attended. In fact, among others, Dom, Doug, Dan, David and Debbie did Delaware.

For his November 11th "Chadds Ford Peregrination," the **Perfessor** promised his riders "a few screaming downhill." What he didn't say was that the screaming would be aimed at him



for directing his charges down a long, steep, rock-strewn dirt road that was so hair-raising **Silver Fox** abandoned the ride after experiencing ToPA flashbacks.

Last month **Plastic Boy**

took the **Canadian Lightning Bolt** for a ten-day stay in his native Portugal. Although the two enjoyed visiting Plastic's homeland, the weather was so disappointing the two did not ride. As a result of the inactivity, Plastic seemed to be suffering on a recent Kountry Kitchen ride as he let the Bolt do most of the work back to the parking lot. ☺

The DVBC welcomes Woodstown's **Big Red** to its membership rolls. Although the flatlander doubted his own climbing ability, he was among the first up every hill on a recent Lancaster County ride.



Results are mixed on **Grease Monkey's** new 30 x 32 gearing. On one hand, she says, going uphill is ten times as easy. The downside: it takes ten times as long.

The **Rear Admiral of the DVBC Navy** recently shared some of his insight about human nature with one of my moles. He said that, as a ride leader, you can't yell to the group, "Turn right!" because everyone will think you are not talking to them. Instead, you have to shout, "Turn right, stupid!" They will all turn, look and pay attention, assuming you are speaking to them personally.

At final count, 36 riders came out on a chilly morning for the November 4th Bob Leon Memorial ride to Kountry Kitchen. No one present could remember such a large turnout for a DVBC ride. Though saddened by the recent loss of our friend, the riders were uplifted by the memory of many great rides with Bob.

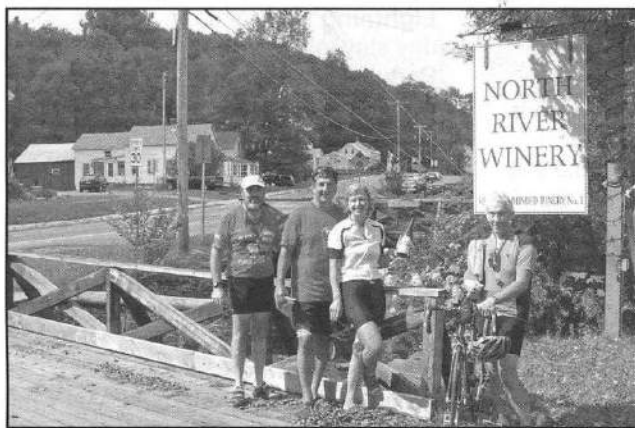
Keep sending your exaggerations, lies, innuendos and deceptions to me and my spies.



(Continued from *Vermont Adventure*, page 3)

were guests on our trip, decided to check out the activities at the Iron Hill event at Mount Snow on Saturday after their biking. They put a bid in during a charity event for lodging, dinner, and other goodies packages, and won! John, who is the President of Blue Ridge Ski Club (BRSC same initials as our club and a member of the Council) in the Allentown area, and his wife Debbie, had so much fun they joined our club! Wow, what a compliment!

After a great pasta dinner, graciously prepared by Terry and Loretta the night before, we awoke on Saturday morning to great weather. After a breakfast prepared by everybody, we started our first good biking day as a group.



Riders enjoyed a post-ride visit to the winery for tasting.

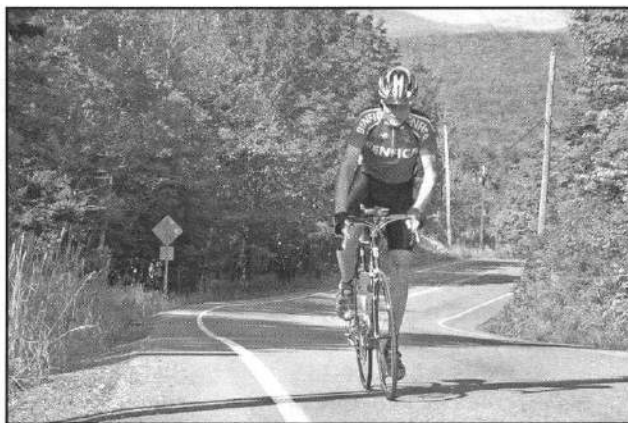
Everyone seemed anxious to do the winery tour so we all quickly agreed to that route with two different options. Some of us rode the distance from the lodge to the winery, where we met the rest of the group, and started the ride from Jackson into Massachusetts. We all enjoyed the ride, the beautiful riding weather and the town flea market and

country fair at Colrain. We also enjoyed the wine tasting after the ride at the North River Winery back in Jackson.

Saturday night most of us loaded up in John and Debbie's sports van and rode the 8 miles to Grout Pond to enjoy a wine and cheese happy hour in the peace and quiet of the wilderness.

Sunday was another beautiful day with four of us riding the northern ski area route of about 60 miles traveling near Magic Mountain, Bromley and Stratton ski areas with Mount Snow in view near the end. Others went to the Iron Hill downhill mountain bike race, completed their cleaning at the lodge and headed for home.

On Monday, the rest of us cleaned up the lodge and



Ed Sobolewski enjoying a Vermont climb.

headed for home. Two exceptions were Lewis, who finally did his Stratton hike, and Ed, who had an early morning ride.

We hope to repeat this trip again next year. An earlier date of mid August is being suggested to try and avoid the more active biking time of mid September.

DVBC members, it's time to check in!

On New Year's Day, just before making your 2007 resolutions, add up your 2006 biking miles and send us a synopsis of your riding year. It could include your miles ridden, year's highlights, and your goal for 2007. But you may not want to write about numbers at all. Perhaps you'd like to write about ways in which biking has affected your life; the strangest/funniest thing you saw while riding; lessons you've learned from the road; or a litany of sensations experienced while riding. You get the idea. The main thing is write. It's your personal stories that make the newsletter interesting and worth reading. We would love to hear from all of you. Reports will be published in the March newsletter. Send to Bob LaDrew at bonkersboy@verizon.net.

Happy New Year!

Making Bicycling Better

The Bicycle Coalition of Greater Philadelphia

As the bicycling year draws to a close, we wanted to share some of the 2006 Bicycle Coalition successes and activities that we hope helped make your ride better.

At the **Pennsylvania state level**, a major coup was getting PennDOT to change its policy about consideration of bicyclist and pedestrian needs. It was a "should" - good intentions but lacking teeth and action. In 2005 the Bicycle Coalition asked PennDOT to change that policy to a "shall". We are cautiously optimistic that a revised policy will go into effect January 1, 2007, and will share more details once it is official.

We are part of a PPAC task force proposing changes to traffic laws, laws that are more supportive of bicyclist safety, similar to recent legislation in other states.

We are also working on increasing the dedicated bike / ped staffing at PennDOT and having a Bike / Ped awareness insert in every PA vehicle registration/renewal.

Regionally, we are completing the route and approvals for *Bike Philly*, a September 9, 2007 bicycling celebration when bicyclists of all ability can tour Philadelphia on car-free streets. We hope to attract thousands of bicyclists and use the proceeds to increase the Coalition's staffing (and effectiveness) and to establish bicycle education programs for the Police Athletic League (PAL). To round out the weekend, the Bicycle Club of Philadelphia will hold their annual Schuylkill Century the day before on Saturday, Sept 8th. More information will be sent once the approvals are final.

Thunderhead Alliance held a Bicycle Advocacy Workshop in Philadelphia, resulting in 14 area bicycling activists who know how to put together a winning campaign.

Delaware River Bridges
Scudder Falls Bridge over the

Delaware River carries motorized traffic on I-95 between Bucks and Mercer County. The bridge will be replaced in 10 - 15 years. We are working to get equitable access across the river, and received letters of support for a Scudder Falls bicyclist and pedestrian pathway from executives of both NJ DOT and the Delaware Valley Regional Planning Commission. So far there is no commitment by the lead agency. We are working to change that.

In another important bridge project, we were finally able to meet with the Ben Franklin Bridge authorities, thanks to help from Congressman Andrews. Bike and ped access is now more reliable, and we continue to meet regularly with the bridge authorities to make it even better (an up hill battle).

Bucks County is the only southeast PA County without a bicycle plan or network, either on or off road. The newly formed county cycling committee met with the Chair of the County Commissioners in the spring, and a planning effort has just been initiated. Also, we worked with PennDOT and SEPTA to improve a dangerous-to-cyclists SEPTA rail crossing near Doylestown.

Chester County has many steel bridges, some of which are dangerous for bicyclists. A survey with specific recommendations is being finalized and will be submitted to PennDOT. Another issue is 'chip and seal', adding gravel and tar on road surfaces to extend the road life. Unfortunately, this creates dangerous conditions for cyclists. We have set up a meeting with appropriate PennDOT managers to try and resolve this issue. Work on the Chester Valley Trail has been delayed by contractual issues.

The Radnor Trail in **Delaware County**, once a "not in my backyard" project, has become a major success. Work on Darby Creek

Watershed and Cobbs Creek Trail Extension, and other projects continue.

Trail development in **Montgomery County** is proceeding, with projects underway in several parts of the county. The Audubon Loop was officially opened in the spring.

The **Philadelphia** Bicycle Advisory Task Force, of which the Coalition is a member, has met several times, identifying and working on a number of bicyclist issues. Bike Route E signage was finally completed. Funding has been requested to update the city's Bike Plan.

New Jersey is forming a statewide bicycle coalition, trying to stop poor 'quick release' legislation, and working with some local townships and counties for improving bicyclist conditions.

Delaware bicyclists and the Coalition successfully stopped a re-striping program that would have made a very dangerous section of Route 1 in Rehoboth Beach even more dangerous. In addition, to improved bicyclist safety, they provided safety materials and free helmets and lights.

For more information about these and other programs, or to join and help support these efforts, go to www.bicyclecoalition.org. Each PA county and the regions of Southern NJ and Delaware, have a separate email list used to post and discuss local issues. The Coalition web site has links to join these.

Alex Doty
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P.O. Box 156
Swarthmore, PA 19081

SOUTH JERSEY NJ 08003

02 MAR 2007 PM 1



Judy & Bob LaDrew
139 Gable Rd
Coatesville PA 19320

19320+1254



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, 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 on my heirs and assigns.

Signature

Signature of parent or guardian (if under 18 years)