

Delaware Valley Bicycle Club



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

July 2007

Ride Creep and the Golden Rule

By Dom Zuppo

"Dom, that sure was a quick pace through the park," one of my riding companions told me not long ago. Later, I realized he was right. It was early in the ride, my group of regulars having started at Rose Tree Park just a few miles ago. Maybe I was in good form, but I needed to ease back the pace or else someone was going to have a bad day.

The same thing happened on another club ride, this time over in New Jersey as we headed to the Kountry Kitchen for our usual morning meal. During the first leg, we made our way to Swedesboro and then east past the landfill. If my memory serves me, our average speed was between 14 and 16 miles per hour, and the peloton had already broken into two groups. A little early at the start of a C+ ride to be going that fast, I thought.

I refer to these incidents as "ride creep," where the warm weather or the excitement of being outside on our bikes with friends leads to a pace greater than that advertised for the ride. Lately it seems to happen with more frequency, and I've wondered why.

I've also noticed some riders who take off from the front of the main group as if they know the way. This puts pressure on the ride leader, the person who has taken the time to design the ride and list it on our calendar. Should she speed up the pace and reel in the break-aways or stay with the main group and continue along the chosen route?

Finally, I've seen some behavior, only here and there, that really surprised me. Our club is known for being full of good-humored and patient members, but lately we've fallen a little

short of those expectations. Sometimes a puncture cannot be avoided and takes extra time to repair. Or a rider who started out strong starts to fade at the end of the ride and finds he has trouble staying with the group.

We've all had these moments, haven't we? Maybe we've bitten off more ride than we could handle, or didn't quite pay attention and rode through a patch of broken glass. Isn't it at these moments that our best characteristics – patience, kindness, and understanding – need to come to the fore?

Riding a bicycle should be fun, and for the most part it is. Taking a few hours for ourselves could be considered selfish, but getting out in the fresh air and climbing a few hills or spending time in the countryside with people we enjoy is a worthwhile endeavor that leads to greater health and happiness. So let's remember a few things that will improve our riding experience.

If it isn't already, the number one rule of club rides should be "Stay with the ride leader." If you jump off the front of the ride, you're on your own, so you'd better know where you are and how to get back to the start of the ride.

The second rule is "Don't attempt a ride you can't handle." Ride leaders include either their telephone number or email address with the description of their rides, so don't hesitate to contact them if you have any questions about the distance or difficulty of their ride.

Arrive early and be prepared to leave at the appointed time. Many attendees, including the ride leader, have time constraints, so their rides

must start on time. And make sure you have your helmet, water, and whatever you need to complete the ride with you at the start.

Be kind to our cleat-footed friends. Flats happen, so even if it's hot and you're tired, stay cool and be patient. The next time it may be your turn to ask for help.

And above all else, go out and have fun. Smell the air, feel the burn (muscles, not sun), and go farther or faster than you've gone before. Remember why we love to cycle and spend time with this wonderful group of characters we call the DVBC. See you on the road.



Bonkers Club Picnic

Saturday, August 4

**Free to club members and
their families**

*Please make reservations by
Thursday, Aug. 2*

**Rides to picnic will be listed in
the August newsletter**

**Bob LaDrew 610-383-9327 or
bonkersboy@verizon.net**

**Brandywine Tour
Sunday, Sept. 2**

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.

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LAB



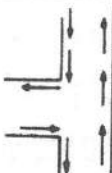
*Bicycle Coalition of
 Greater Philadelphia*

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

Ride Guidelines



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



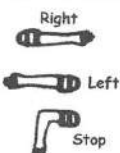
Keep right. Drive with traffic, not against it. Ride single file.



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!

DVBC's Mike Keating rides the Giro d' Italia

By Mike Keating

DVBC member Mike Keating traveled to Italy last month to ride the Giro d' Italia course on the same days the professional riders would pass by only hours later.

The package: Thomson Bike Tours - thomsonbiketours.com - 9 days/8 nights in the Dolomites riding the classic Giro climbs. Included are lodging, airport and transfers for rider, luggage, bike and bike case, all breakfasts, most lunches, and several dinners.

Dolomite – literally “the Dolomites” – is better translated as cold, rain/snow on 12% grades. Having done Tour de France Alps/Pyrenees trips the last two years, I decided it was time to step up to the Giro challenge. To add to the difficulty I decided to go 12 pounds heavier than my climbing weight in 2006 – big mistake! We would be doing the first, fifth and third hardest climbs in Europe (at least Italy, France and Spain) in the span of 4 days.

The timing of my flights worked out great. At 2:00 pm Friday (5/25), my bike was intact. Less than 21 hours later I was riding my bike in the Dolomites. A busy 21 hours: pack bike, shower, pack; 9-hour flight to Venice; hook up with group; 2-hour drive to Cortina; lunch; orientation meeting and finally, bike assembly. The flight was full, except for the seat next to me. What a stroke of luck – until a 250-pounder plopped down next to me at the last minute.

The drive to Cortina included some very narrow, winding roads with lots of traffic – these were main roads but the terrain dictated tight and narrow design. My roommate and I lucked out at the hotel – we ended up in a suite with two bathrooms. Unlike the balance of the trip's one-night stands, we would be here for 4 nights.

The initial ride had some modest climbing – one can't avoid it from Cortina. The weather was cloudy and cool. Little did we know that this would be the second best weather all week, Sunday and Monday's predictions were rain and cold followed by several days of sun.

Needless to say, pasta was tasty, well prepared and plentiful – a welcome change from France's style-over-substance approach.

Sunday was our first real day – multiple challenging climbs capped by the 7-km brutal climb to that day's stage finish. We had two options – ride 100 km from the hotel to our viewing stand (at the base of the final climb) or sag to a closer starting point. I chose group B (long ride, slower pace). There was intermittent rain and cool temperatures the first 80 km. The final 26 km were all uphill but not steep until the last 10 km. In the middle of the ride I was feeling good and dropped everyone on a couple of climbs.

Out of nowhere, about 6 km into the final 26 km stretch I bonked. I was in the habit of having 70-80 km rides before lunch and didn't eat enough. As I was going downhill figuratively and uphill literally, the weather got much worse. The temperature dropped, the wind picked up and a wintry mix of rain, hail, snow and sleet began with fog as the icing on the cake.

With the road closed because of the Giro there was no option to sag. When I finally reached our tent, I was spent but still hoping to do the stage finish up Tri Cime da Lavaredo. We were too late – the road was closed to cyclists even though the race was hours away. Only the group C (sagged from hotel for shorter ride) was able to complete the ride.

In my day bag (taken ahead of time to the tent) I failed to pack pants so I got to stand around for 3 hours in

cold rainy weather in wet shorts! To avoid hypothermia I sagged back after the race. At dinner Sunday night we got the word that Monday's forecast had changed from clearing to cold and rain. Tuesday was now also in question.

Monday's ride was a rude wake-up call. I had felt great at breakfast but after 3 minutes we were doing serious climbing. In France I had some experience with being hot (sweating profusely) and cold (rain/temperature) simultaneously but never in less than 9 minutes. And this was only a climb along the way – it didn't warrant its own profile. Again I was with the B group. At the top there



Mike (in DVBC jersey) on Zoncolan with the road closed to cyclists about 4km from the top.

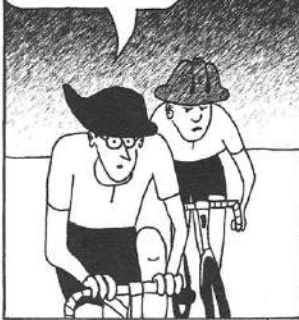
was little respite as we quickly turned left and began a tough climb. I couldn't believe I was falling back. This was psychologically tough considering this wasn't the toughest climb of the day. It turns out this was the main climb – Passo Giau. I was back so far I had to sag 3 km to catch up to the back of the group. The rest of the ride to the summit was better (I now realized this was the main climb) plus I would have a descent before a more manageable climb.

(See *Giro*, page 9)

BONKERZ

CARTOONS
OF THE
DVBC

BASSO, ULRICH, RIIS... IT WAS
DEPRESSING ME THAT THOSE
GUYS HAD TO RESORT TO DRUGS
TO DO THEIR JOB.

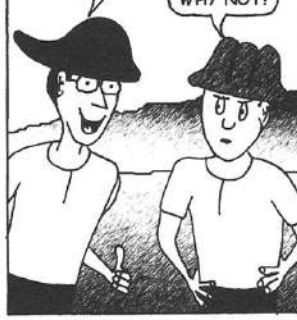


DEALING WITH IT HAD ME SO
DEPRESSED I STARTED MISSING
WORK.



IT'S NOT BOTHERING
ME NOW, THOUGH.

WHY NOT?



MY DOC PRESCRIBED A DAILY
750 MG DOSAGE OF ZENTHYL.



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DVBC Ride Calendar

July 2007



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

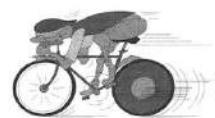
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|---|--|
| Tuesdays 6:00 pm Miles:15+/- Class:C-/C Vocabulary Ride | Meet at Parking Lot at 320 Produce Market (719 S Chester Rd., Swarthmore). Easy-paced ride through Swarthmore, Wallingford and Ridley Twps. Beginners welcome. No one dropped. Note: new starting location! Contact Betsy Ffrench at 610-544-8253 Email: EFfrench@wilmingtonTrust.com |
| Tuesdays 6:00 pm Miles:25-30 Class:B+ CycleSport Ride | Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry Havnoonian at 610-565-9535 Email: cyclesport@verizon.net |
| Wednesdays 9:30 am Miles:35-50 Class:B- Doc's Ride | Various routes from Swarthmore. No ride on July 4 or 11. Rides will resume on July 18. Leaves from 320 Market parking lot. Probably a lunch stop. Foul weather cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net |
| Wednesdays 6:00 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. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com |
| Wednesdays 6:00 pm Miles:25+ Class:C+ "C" You at Rose Tree | Talk is, C rides are more fun. Come out and find out. Meet at Rose Tree Park, Rte. 252, Media. No less than three hearty laughs guaranteed, or your money back, as we travel various routes in the area. Expect hills but no one will be dropped. Contact Debbie Chaga at 610-494-3033 Email: dreamer@craftech.com |
| Wednesdays 6:00 pm Miles:34ish Class:B+ The Rose Tree Ridley | Start at Rose Tree Park on Rte. 252 go through Ridley State Park and beyond. As day gets shorter, so does the ride... with a hill or two.... Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com |
| Thursdays 6:00 pm Miles:25+/- Class:C+/B- Chadds Ford Ride | Meet at Chadds Ford Elementary School, Route 1 and Fairville Rd. Terrain is rolling to moderately hilly, average speed 14-15mph. Contact Len at 610-558-6232 Email: freewheelinguy@verizon.net |
| Thursdays 6:10 pm Miles:25-30 Class:B+ CycleSport Ride | Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net |
| | |
| Sunday, Jul 1 8:00 am Miles:45+/- Class:C+ Pole Tavern Wawa Ride | Join Bonnie and Len for a ride to Pole Tavern. Moving average 15-17mph. Terrain is flat to rolling. No one dropped, cue sheets. Start at Kingsway High School, NJ, Routes 322 and 551. For Route Map, Cue, Elevation graph go to: http://www.bikely.com/maps/bike-path/Swedeseboro-PoleTavern-41 Contact Len at 610-558-6232 or freewheelinguy@verizon.net |
| Wednesday, Jul 4 7:00 am Miles:46+/- Class:C/C+ Jersey Jaunt | From Kingsway HS (Rtes. 322 and 551), we ride around flat paved South NJ farmland roads with WAWA stops as we need them. Cue sheets provided, bring money and H2O. Rain cancels ride. Email or call to confirm, prefer EMAIL contact. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com |
| Wednesday, Jul 4 8:00 am Miles:55 Class:B- Firecracker Fifty-Five | What better way to enjoy July 4th than riding, eating and watching fireworks! Meet at Planet Fitness in Aston (Rte. 452/Pennell & Marionville Rds). Ride to Northbrook and back. After the ride hang out at Dreamer's for a picnic and watch Aston's fireworks. Oh yeah, expect hills since this ain't no stinking flat ride! Also, RSVP Debbie if you intend to stay for the picnic. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com |

| | |
|---|---|
| Saturday, Jul 7 8:00 am Miles:68+/- Class:C+ Old World Bakery Ride | Join Bonnie and Len for a ride to the Old World Bakery. Start at Woodcrest Station (exit off Rte 295), Cherry Hill, NJ. Two stops for water and snacks. Moving average 15-17mph. Terrain is flat to rolling. No one dropped, cue sheets. For Route Map, Cue, Elevation graph go to: http://www.bikely.com/maps/bike-path/Woodcrest-Smithville-Bakery68 Contact Len at 610-558-6232 or freewheelinguy@verizon.net |
| Sunday, Jul 8 7:00 am Miles:65 Class:B+ Climbing Hubbert Peak | This ride will end sooner than we think. And the last half, it's all down hill. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Sunday, Jul 8 9:00 am Miles:62 Class:B+ Westtown and Beyond | Meet at the Moylan Rose Valley train station at Manchester and Woodward Roads for a ride over the classic routes of the DVBC. Go through western Delaware County, Chester County and maybe Delaware. Plenty of hills, farms and creeks. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org |
| Monday, Jul 9 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 |
| Sunday, Jul 15 7:00 am Miles:65 Class:B+ Flat and Furious | Up one side and down the other of the Sure Kill River with a food stop under the bridge. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Sunday, Jul 15 8:30 am Miles:35+ Class:C+ Art Museum | 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 |
| Saturday, Jul 21 7:00 am Miles:46+/- Class:C/C+ Jersey Jaunt | From Kingsway HS (Rtes. 322 and 551), we ride around flat South NJ farmland roads with WAWA stops as we need them. Cue sheets provided. Bring money and H2O. Rain cancels ride. Email or call to confirm, prefer EMAIL contact. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com |
| Saturday, Jul 21 8:00 am Miles:40+/- Class:C+ Northbrook Orchards Ride | Meet Bonnie & Len at Chadds Ford Elementary School, Rte 1 and Fairville Rd. Moving avg 14-15. Terrain flat to rolling. Moderate climbing. No one dropped, cue sheets. For Route Map, Cue, Elevation graph go to: http://www.bikely.com/maps/bike-path/Chadds-Ford-Northbrook-44 Contact Len at 610-558-6232 or freewheelinguy@verizon.net |
| Sunday, Jul 22 7:00 am Miles:65 Class:B+ Share the Rogue | The red red rogue... Starts at the R5 Wayne Train Station. With a quick stop in the middle. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Sunday, Jul 22 7:30 am Miles: 5.1 Class: All DVBC Time Trial | Must be member to participate. Membership forms available. Rtes. 662 & 601. Purelands Industrial Park, Bridgeport NJ. Then we ride to meet Bob Martin's group at Kountry Kitkchen. Contact Bob LaDrew (bonkersboy@verizon.net or 610-383-9327) |
| Sunday, Jul 22 8:30 am Miles:35-50 Class:All Kountry Kitchen Ride | Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to morning breakfast. Contact Bob Martin at 610-352-2114 |
| Saturday, Jul 28 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 the store. Free parking in a lot just west of the Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org |
| Sunday, Jul 29 7:00 am Miles:65 Class:B+ Kimberton | Might be a climbing ride. So call if you don't like surprise and/or hills. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Sunday, Jul 29 8:00 am Miles:60+/- Class:C+ Bakery at Ludwig's Village Ride | Meet Bonnie & Len at Chadds Ford Elem. School, Rte. 1 and Fairville Rd, Chadds Ford. Two short stops for water and snacks. Moving avg 14-15mph. Terrain starts out flat and gets more demanding. Regroup as necessary, no one dropped, cue sheets. For Route Map, Cue, Elevation graph go to: http://www.bikely.com/maps/bike-path/Chadds-Ford-to-Ludwig-s-Village-60 Contact Len at 610-558-6232 or freewheelinguy@verizon.net |



Bike Dirt

By F.X. Pedrix



Report from Dreamer following last month's club Washington DC tour.

The Magnificent Seven have returned from Washington. Everyone



did well on the hills. **Three-Speed Steve** is amazing on his bike, a 50-pound 1951 three-speeder; riding in dungarees, he beat everyone up almost every hill. **Dreamer** and **GiGi** both had saddle issues and each took a fall while standing still. Three-Speed had a puncture while in Washington, but still managed to get to the National Gallery. **Bike Whisperer** had a cold the entire time, but never complained and was a great tour leader. **Buckeye Boy** made numerous trips to the bike shop getting the correct tire for 3-speed. **Jittery Jo** forsook jelly beans for a new love, Circus Peanuts (those orange peanut-shaped things that taste like fake bananas and are always stale). GiGi also got hooked. Jittery excelled on her first tour. Our president, the **Dominator**, was his usual cheerful self and looked out for those who were having the occasional hard time. It was quite a contrast riding out in the middle of nowhere and then in rush hour Washington DC traffic. Finally, our former president, **President-for Life**, was the perfect host in showing her guests around the city she knows like the back of her hand.

The **Sly Fox** was talking to one of my spies about working as a laborer at the various pro races around the country. He says you get expenses,

plus about \$30 per day. Sometimes you have to work from before dawn till after dusk. But you also get an event ID badge. He explained that the ID

badges have numbers at the bottom as high as 10. That number indicates to which events you may have the privilege of being admitted. If you have a 10 you can get into all the prestigious programs, meetings and buffets. The Fox then showed my

spy his ID badge. It had a zero at the bottom. For the Sly Fox, working a bike race is a labor of love.

Speaking of privilege, **Ice Dancer** got two complimentary Philly pro race tickets that were equivalent to a "10".

Wanted: Recording secretary for bike advocacy org.

Qualifications for DCCC Recording Secretary should include:

A basic familiarity of recording procedures; familiarity with Pro Tools, Cubase, Sonar, or other software recording platform; microphones, their placement, different types and when to use them; a basic familiarity with all the instruments used, voices, guitars, keyboards, winds, other strings, drums and percussion. Candidates for Recording Secretary should also possess good culinary skills and be able to produce great meals on demand. Good physical condition a plus. The equipment is heavy to move around.

Include a picture wearing a helmet (Any type of helmet). We always wear helmets while recording.

Send resumé, food sample (a complete meal for a family of three adults) to D'ster's Country re-Cording Company (DCCC)

She shared one with **Dreamer** and the duo gorged themselves at the buffet table before taking motorcycle rides around the course during the race. **Gray Wolf** even got some shaky video of the pair frolicking along the race route.

Everyone in the club has been pulling for the Sly Fox to return to form and it seems he is well on his way to a full recovery after recording a metric century on Bonkers Boy's Pizza-in-Buena ride last month.

Memorial Day report from Lord D'ster, Rear Admiral of the DVBC Navy (Ret.):

I had the honor and privilege of leading the Lansdowne 5K Run in Lansdowne today on my bike. About 7 years ago, I had Harry Havnoonian repaint and re-outfit my 1990 HH road frame in red, white and blue, like his track bikes at that time. Today, I had the glorious moment I had hoped for ever since I decided to go with a patriotic look. I had a new Louis Garneau flag jersey, a flag bandanna



and a flag bell which I rang throughout the 3.1-mile course. (I wore white socks under my sandals, had red white and blue bungies around my seatpost, and wore my blue and white Gyro helmet. Four blocks of the course were off-road; part wooded and muddy and root-bound; single track; and part gravel with deep potholes. I had no problem, partly due to my Panracer 25c tire (recommended by Bob Martin). Needless to say, a runner got all the credit but I actually won the race.

At the recent Velodrome swap meet, GiGi spotted the Etxeondo

(See *Bike Dirt*, page 13)

(From *Giro*, page 3)

When I struggled on a climb ideal for me (7 and 8%, nothing over 10%) I knew I was done for the day and sagged to the hotel. I guess I had beat myself up Sunday more than I thought. I would take a rest day Tuesday, as Wednesday was the Zoncolan – rated the most challenging climb in Italy, France or Spain. At dinner we got the news that Tuesday's weather prediction was getting worse every minute.

Tuesday proved as dreadful as predicted. There was 6 inches of new snow above 1,700 meters and our ride would have reached 2,300 meters. Eventually a shorter, afternoon ride, mostly circling the hills around town, was done. I picked a good day to rest.

Learning from Sunday's experience of being too late to ride to the stage finish, I chose the C group who would bus to our next hotel in Sappada then ride from there. I would miss a few good climbs but with the big Z looming (10.1 km @ 11.5% with stretches at 22%) one would still have all the suffering desired.

Sappada is only 68 km from Cortina but it is like a different country. All signs are in two languages – German first, Italian second. Dress and architecture are German and the diet switched from garlic and olive oil to beer and butter. I'll have to read some history and find out why this area (Tyrol) is part of Italy. The ride to the start of Zoncolan was great – average scenery (relative to the generally spectacular Dolomite panoramas) but pleasant and dry.

What a monster of a climb. This was the first – and possibly the last – time it was included in the Giro. At times I was doing 3 mph with HR at 171 in a 30/27 gear. The road flattened out a little and I felt like I was flying – 4 mph! Holy gradients, Batman – 18% is a respite! Our tent was 3 km up and I finally found a rhythm about that point. Unfortunately, the crowds at the summit were getting too crazy so they closed the road to cyclists about

5.5 km up.

The racers looked incredibly fried struggling up the hill. I never saw so many pros pedaling squares instead of circles. Needless to say, the descent was a zoo with the mobs of people all leaving at once.

Thursday was our only van transfer, about 3.5 hours from Sappada to Bolzano. We did an afternoon 50 km flat recovery ride in mostly dry weather. That afforded free time to explore the plethora of shops in the old section of town (brick-paved winding streets that never seem to end).

Friday's weather turned out to be as bad as predicted. Steady rain for much of the ride which included a stretch on a traffic-packed road with narrow shoulders – it is the only road going our direction. We stopped about 60 km and warmed up nicely at a small restaurant. The rain even let up – until we resumed our ride. Today was the 25+ km climb of Passo Stelvio. Not as steep as some other Italian climbs but much longer. It's about the same as Mont Ventoux but several km longer.

Part way up, the rain resumed, the temperature dropped, and fog

the conversations. I was the only person who felt more beat up by the climb than the weather – I guess the 3 insane rides I'd done the last 11 months in the Rockies conditioned me for cold.

Very few people did the descent – the thought of 40 mph in wet and cold turned most away. I forgot to bring booties; otherwise I would have been one of the brave souls to descend. This has to be the most spectacular descent in Europe. Unbelievably deep gorges, spectacular mountainsides, numerous hairpin turns and multiple tunnels with blind curves too narrow for 2 cars to pass.

Saturday would be very busy. A ride up the Mortirolo (3rd toughest climb in Europe) then another climb to the highest pass – Passo Gavia. Upon return to our hotel in Bormio, those of us with early flights on Sunday would have to pack our bikes up (we had already checked out of our rooms) and ride 3.5 hours to Milan. I was undecided about riding knowing how much I struggled Monday after the brutal ride last Sunday. When I learned a Notre Dame friend had died from ALS at 53

I decided to ride in memory of him. My guardian angel must have been on duty (I probably would have really punished my body) – the pre-ride token spin of the wheels revealed two seriously worn spots on the rear tire. No time to change (the groups were already behind schedule) and the only wheels I could borrow had a 23 (I struggled all week with a 27) for the largest



Looking through the fog on Passo Stelvio

rolled in. Most of the C group was dropping like flies. I had to take several breaks but I persevered and made it in just under 3 hours. The last few km were in heavy fog and light snow. At the top everyone was crowding around the restaurant's fireplace. The coldness dominated

cog. So, another rest day.

What an amazing week. Despite two and a half rest days on the tour, I took an entire additional week when I got home. Despite the bad weather (typical is one bad day), I will probably do it again – unfinished business on Zoncolan and Mortirolo.



Sunday, September 2, 2007

32, 50, 68, 80 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

Directions: **From Rte. 202** just south of West Chester, take Rte. 926 (Street Road) west. Go 2.7 miles to the stop sign. Turn right at stop sign and continue on 926 west one-tenth mile across bridge. (See school as you cross bridge). Turn right at light and take first left into parking lot.

From Rte. 1 in Chadds Ford, take Rte. 100 north 2.7 miles until it merges with Rte. 926 west. Follow Rte. 926 across bridge. (See above).

From West Chester city, take Rte. 100 south about 4-5 miles. Turn right at Rte. 926 west. (See above).

Cost: \$18 pre-registration or \$25 with PDF membership. (If postmarked by August 25, 2007).
\$25 day of the ride or \$32 with PDF membership.

Ride will be held rain or shine.

BRANDYWINE TOUR, Sept. 2, 2007, Pre-Registration Form

(Must be postmarked by August 25th)

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Age: _____

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): 32 miles ☐ 50 miles ☐ 68 miles ☐ 80 miles ☐ 100 miles ☐

Waiver/Release: In consideration of the acceptance of my application for entry into the above event, 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 said event. 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 said 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 you are under 18 years of age.)

Please send this signed form with a check or money order made out to DVBC, by August 25, to: Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081. For more info: www.dvbc.org

New Members!



Garry Barber
Loretta Braun
Tammie Calabrese
Rob Collins
Paul DeSante
James Doughan
Virginia Durham

Dan Green
Dirk MacAlpine
Doug Mead
John Mitchell
Alex Moeller
Donald Petrikin
Brian Pridmore

Marino Puliti
Jeffrey Senich
John Steacker
Joel Temple
Robert Thomas
Kevin Wilfong
John Wilt

Regional Events

Sunday, July 1, Delaware Double Cross, Middletown High School, Middletown, DE. Ride 31 or 62 miles on flat terrain. Sponsored by the White Clay Bicycle Club, the shortest and flattest state double crossing in the United States - only 31 miles!

July 12-15, Cycle Across Maryland (CAM) Weekend, University of Maryland Eastern Shore, Princess Anne, MD. One Less Car, 410-360-6755. (Directions: Mapquest is only map site showing UMES Blvd.)

Sunday, July 15, American Cancer Society Bike-a-Thon, one-way rides to Buena, NJ. Three start locations: Philadelphia - Ben Franklin Bridge (69 or 100 mi), Cherry Hill, NJ (55 mi), or Hammonton, NJ (21 mi). Ride across the Ben Franklin Bridge which will be closed to automobile traffic for this event. SCU members - see Excursions for bus information.

New! Sunday, July 15, The Great Green America Metric Century Bike Tour, Manheim, PA. 15, 30, or 62 miles starting from the grounds of the Pennsylvania Renaissance Faire where the Great Green America Fest is being held. All cyclists will receive free admission to the Great Green America Fest.

July 21-22, MS PA Dutch Bike Tour, Millersville, PA. The Central PA Chapter and the Greater Delaware Valley Chapter are collaborating on 20th Anniversary PA Dutch Bike Tour, to be held at Millersville University. National Multiple Sclerosis Society

July 21-27, GRAMPA - The Great Ride Around the Mountains of PA, Allentown, PA. Also offered on August 4-10. This is a fully-supported commercial tour. Scamp 'n' Rascal Cycling Adventures

Saturday, July 28, Dream Ride, Marietta, PA.

Saturday, July 28, River to River Bicycle Tour, Telford, PA. Ride 25, 50, or 100 miles between the Delaware and Schuylkill Rivers. Most of route along lightly traveled roads adjacent to Route 113. Portion of the proceeds will benefit the Route 113 Heritage Corridor Partnership. Pedal PA, 215-513-9577.

Sunday, July 29, Tour de Tinicum, Tinicum Township, Bucks Co. PA. Start and end at Del. Val. Volunteer Fire Co firehouse. Reg. 8 a.m. Five fully supported bike rides, varying difficulty. Pre-reg \$20.00 (Free T-shirt if reg. before 7/25). Day of Event reg. \$25.00. Children (under 12) free if accompanied by registered adult rider. Info & reg. form, see www.dvvfc.org ; 610-294-9385 or e-mail TourdeTinicum@yahoo.com

Nothing protects your eyes better out on the bike than a pair of sunglasses!

By Frank Jackson



Aren't sunglasses the best? Really, no self-respecting racer would go anywhere without them. Whether you're doing a century or toddling around the neighborhood, sunglasses are in. Though in reality there is more than looks to consider. I know many will debate the statement, but looking good is really not the technical intent of sunglasses. Don't look surprised, we know they're for protecting your eyes

on a sunny day. Otherwise the constant exposure to the sun could eventually bake the protein in your eyes, causing cataracts. Nothing good is going to come out of that.

So with that behind us, let's move on and discuss the lens information you see attached to the glasses, beginning with lenses denoted as polarized. These type of lenses are designed to cut down on glare from reflective light. This option is extremely important around light colored pavement. I think we have all experienced the sight problems associated with this type of dilemma. The other area mentioned on the label to consider is UV

protection. UV's are listed in three bands: UVA, UVB, and UVC. With these you need to focus on the lenses' UVB protection percent number. And don't be fooled that darker is better. That may not be true. What you need to do is check the tag for percent of UVB filtered out. Look for a lens rated 98 percent or higher. Also don't be fooled by glasses touting industry standard with no mention of percent. The industry standard is 70 percent, well below what your eyes will be happy with.

Lastly is lens color. Anymore it seems the sky is the limit in this area. While grayish green has proved best for most outdoor uses, colors such as amber can increase contrast when it's not super bright out. And then when it is just down right dim, yellow is the color of choice. Actually, yellow lenses can brighten an otherwise dreary day.

If you require corrective lenses, some high end manufacturers have inserts that go behind the glasses which will hold your prescription. These are a real plus when the need for a special type of sport eye ware is needed. Of course, your optician will need to make and install the lenses.

So go out and enjoy the summer sun. I for one plan to do just that.

DVBC/BRSC Vermont Adventure II

August 17-20, 2007

Join members from both of our great clubs Buck Ridge Ski Club (BRSC) and Delaware Valley Bicycle Club (DVBC) for a biking adventure at BRSC's Woodbridge Lodge in the Green Mountains of southern Vermont for a long weekend of biking with several other activity options. This time of year should give us lush foliage, warm days, cool nights and quiet roads for a fun packed adventure, with one of the most economical packages that you could imagine.

Activities available from the Lodge: Road biking for all abilities with cue sheets and support; mountain biking at nearby Mount Snow, self proclaimed "mountain bike capital of the East"; kayaking on Grout Pond, a pristine wilderness area that also includes hiking trails; hiking on the Appalachian/Long Trail to nearby Mount Snow and Stratton Mountain summits; or relax and just go sightseeing/antiquing/shopping at nearby towns and villages. *For details on mountain biking at Mount Snow check it out at: <http://www.mountsnow.com/summer/mountainbiking.html>*

Woodbridge Lodge: owned and operated by BRSC since 1950 – a rustic mountain getaway that sleeps 23 with all of the necessary facilities, just a short distance from Mount Snow resort in southern Vermont. *Please call or email trip leaders for more information about the lodge and driving directions to get there.*

Reservations: Complete reservation form below and send in with appropriate deposits. Email confirmation will be sent. *Contact the trip leaders, Mel Stiles; (h) 856-478-4621, stilesmj@verizon.net or Edward Sobolewski; (h) 610-358-3055, sobolewski3@comcast.net for questions.*

Costs: Lodging \$10/person/night; optional lodge key deposit, \$75 (check returned when key is received); shared food cost approximately \$20 to \$30 dollars per person depending on how many meals are shared; BRSC activity fee is \$0.50/person/day; other activities, i.e., mountain biking, see link above. Approximate cost for one person for 3 nights and 4 days with shared food at lodge is ~\$90.

Deposit to hold spot: Equal to number of nights stay X \$10 X number of people in party. Releases for **both** clubs will be sent and need to be signed, upon confirmation of reservation. *Pease reserve your spot as early as possible to allow time for planning your trip.*

Cancellation Policy: *Cancellations should be made to the trip leaders as soon as possible but no later than Thursday August 16th, 2007. A full refund will be issued from the lodge treasurer. After 8/16/2007, no-shows forfeit deposit to the Lodge capital improvement fund.*

Reservation Form

Name(s) _____

Address _____

Phone (h) _____ (c) _____ Email _____

BRSC/DVBC Vermont Adventure for the nights of:

8/17, 8/18, 8/19 or others _____ (circle nights of stay) X \$10 X no of persons = \$ _____ (amount of deposit).

I plan to arrive on: date _____ time _____ and depart on date _____ time _____

Make checks payable to **Buck Ridge Ski Club** and send to:
Mel Stiles, 456 Woodruff Trail, Mullica Hill, NJ 08062

Key Deposit - \$75. Issue a **separate check** and send with reservation form and payment.

? Enclosed is my check for \$75. I understand that this key is due back **within 2 weeks after my planned trip** or my Deposit check will be cashed. My check will also be cashed if key is lost in the mail.

Signed _____

You've got to see a pro bike race.

By Bob LaDrew

On July 7th, top-tier US pro cycling is coming to West Chester PA in the form of the Iron Hill Twilight Criterium. If you have not watched a professional bike race in person you are in for a treat.

Could you go to an Eagles' or a Phillies' game and visit the players in the dugout or locker room as they prepare for competition? Would Barry Bonds or Allen Iverson stand with you to pose for a photo as they get ready for a game? At pro bike races, some of the best riders in the world are accessible and happy to discuss their bikes, their race strategy or themselves with anyone who approaches.

Before the June 3rd pro race in Lancaster I chatted with one racer I didn't recognize.

Me: "How much do the guys warm up before a race like this?"

Rider: "It depends. My team rode

here from our hotel so we got in quite a few miles."

Me: "Today, will the riders go pretty fast right from the start?"

Rider: "Yeah, here at Lancaster they *always* go hard from the gun."

Me: "Do you have a specific role you're supposed to play for your team in today's race?"

Rider: "Well, I won here last year so I guess my role is to repeat."

Upon checking my program I learned I'd been speaking with last year's winner Jackson Stewart, of BMC Racing Team USA.

Sometimes pro racers come up to the volunteer marshals and thank them for helping to make the event possible. While walking the course at the Lancaster race, my friends and I encountered DVBC member Mike Broennle, who was enjoying the race with a whistle in his mouth

and a "Marshal" shirt on his back. Mike knows that, since pro racing doesn't charge admission, it can only survive with volunteer support.

Back at the starting line we encountered other DVBC friends and family. Danny Stockley, Paul Minnick, Jill Gefvert and Pete LaVerghetta were all part of the crew that moves the heavy equipment that shapes a racecourse.

On the drive home from Lancaster, we stopped at a restaurant for supper. While eating we looked out into the drenching rain and saw five of the pros biking back to the hotel after their 85-mile race. Meanwhile, back at the stadium, members of Roger Clemons' entourage held umbrellas over his head while ushering him to his limo.

(From *Bike Dirt*, page 8)

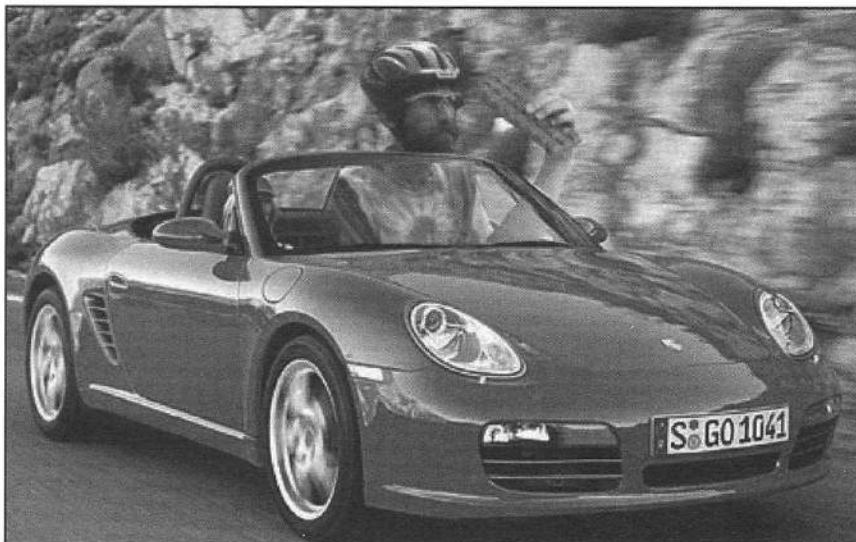
jersey she had been coveting for a year. Instead of the listed \$145, it was on sale for \$60. A great buy, but GiGi wanted to make sure it fit. She boldly took off her shirt to try on the jersey as our club president loudly asked the general public if any one had ever seen a bra! He then told her that at the next swap meet, she should wear her sports bra. PS The jersey fit and GiGi went home one happy camper.



Two months ago it was the elite Aston Hill Climbing Society. Last month its counterpart, the Lansdale Hill Climbing Society, was inaugurated by members of our club. **GiGi** and **Mighty Mouse** observed the occasion with a grueling 7-miler after **Buckeye Boy** bagged the ride to feed his pet crabs.

Soy Boy is known throughout the club for his healthful diet. That is why it was so shocking when a photo of him eating a candy bar appeared in a local paper this spring. But a couple of weeks ago **Juror # 6** had to wonder whether the entire world had gone mad when he spotted the back-to-nature Soy Boy driving a Porsche Boxster.

Speaking of healthy living, Juror # 6 has made us all proud by working professionally in the demolition of an old chemical plant within the city limits. Better yet, the plant site is slated to become part of East Coast Greenway, a bike trail in progress that will stretch from Florida to Maine.





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



Expiration Date: 11/30/2007

BOB & JUDY LADREW
139 GABEL ROAD
COATESVILLE PA 19320

1932081284 R010



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 to my heirs and assigns.

Signature

Signature of parent or guardian (if under 18 years)