P.O. Box 156 Swarthmore, PA, 19081 www.dvbc.org

BIKE DIRT by F.X. Pedrix

It's hard to believe that yet another summer is about to come to an end. **Babs** and I had a good one which included a riding vacation during **Le Tour**. On the night of the rest day in Pau, we met up with **Bob**, **Phil**,

and Paul in a local cafe where we chatted about the race and how great it was to have Lance all those years, but that it's time for a new regime to take over. Phil, always the lady's man, made a point of sending his best to Misty and Dreamer. We also ran into Gear Grrl on the slopes of the Tourmalet Pass partying with some Spaniards.

While we were away my spies kept me abreast of what was happening stateside. The **DVBC Picnic** was held August 21st at Drexel Lodge on Route 3 in Newtown Square. Around 25 hungry DVBCers attended. Dreamer led a pre-picnic ride, and **Doc Larry** led a ride to the picnic from Swarthmore.

Dominator and **D'stre** were the chefs, grilling **burgers** and **dogs** in their aprons while **Buckeye** grilled **corn**. **Gigi's** contribution was a delicious **blueberry pie**, **Alex** made his "Killer Chocolate Cake," and

cous salad that went well with Tony 4's baked beans. Jittery Jo handled set up. I heard that the Cycling Gardener made a solo ride to the picnic, and that Three-Speed Steve got there after everything was cleaned up but for the watermelon. He was heard to say that he hopes he'll do better with the club's December banquet.

Back on July 4th, **John S**. won 1st Place for Best Decorated Bike on the **Firecracker Ride** for the second year in a row. **Alex M**. took 2nd Place for his nicely decorated wheels, and **Ride-**

(Continued on page 4)



DVBC's BRANDYWINE TOUR—Ride it on Sept 5th!

The Brandywine Tour, one of DVBC's signature events, is held each year on the Sunday before Labor Day. This year the date is September 5. Ride from 26 to 100 miles through the most beautiful countryside in the Philadelphia region, enjoy great food stops on the road and pizza at the end. For registration information, see the form elsewhere in this newsletter, or register online at www.dvbc.org. To volunteer on the day of the tour, email Deb Chaga at dreamerdeb@gmail.com. Volunteers can ride the route the day before — see the ride calendar for details.

As fun as these tours are for participants and volunteers alike, DVBC does not do them simply for the recreational pleasure they bring so many people. Proceeds from the Brandywine Tour and the Bonkers Tour (held each spring) are donated to area organizations that support cycling causes. Over the years DVBC has donated thousands of dollars to help make cycling a more pleasant and safer pursuit for everyone in the region. So come out on September 5th, help support a good cause, and have a great ride!



Delaware Valley Bicycle Club

P.O. Box 156 Swarthmore, PA 19081 www.DVBC.org

Membership in DVBC is encouraged, but non-members are welcome at all our rides and events. Except for the Bonkers Metric, Brandywine Tour, Club Banquet and Bonkers Picnic, all club events are free.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. The views expressed in this publication are not necessarily those of DVBC.

Monthly board meetings are open to all, and are usually held the 1st Monday of the month (except December) at 7 p.m., at the Swarthmore Public Library. Contact the President to confirm.

CLUB AFFILIATIONS

*League of American
Bicyclists

*Bicycle Coalition of Greater Philadelphia
*Adventure Cycling
Association

*Bicycle Access Council
*East Coast Greenway

*Friends of the
Chester Creek Branch
Rail Trail

*PA Walks and Bikes

Newsletter Contents © 2010 by DVBC

Board of Directors and Volunteer Staff

Dominick Zuppo, *President* 484.483.7456 or president@dvbc.org

Debbie Chaga, *Vice President* 610.494.3033 or dreamerdeb@gmail.com

Frank Jackson, Secretary cyclingfrankrides@hotmail.com

Mike Broennle, Treasurer treasurer@dvbc.org

Larry Green, largreen@earthlink.net

Peter Schmidt,

pschmid1@swarthmore.edu

Nancy Ness, nessnancy@verizon.net

Doug Bower, doug_bower@verizon.net

Arjunan Ganesh,

ganesha@email.chop.edu

Mary Huis, *Ride Coordinator* rides@dvbc.org

Antonio Rocha, *Web Page & Listserve* 484.802.8374 or myweb@craftech.com

Adam Levine, Newsletter Editor 610.891.0780 or adambomb99@gmail.com

RIDE GUIDELINES & CLASSIFICATIONS

- 1. Arrive early and **be ready to leave on time**.
- 2. Make sure your bike is in proper working order **before** you arrive. Ride leaders are not expected to be bike mechanics.
- 3. A helmet is mandatory for all DVBC rides.
- 4. Carry a spare tube, patch kit, and water bottle.
- 5. 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 unsure of and work your way up.
- 6. Practice safety and obey all traffic laws.
- 7. Each rider assumes his/her own risk on all rides.
- 8. Those who ride ahead of the group are on their own ride.
- 9. Always notify the ride leader before leaving the group.
- 10. Ride leaders should adhere to the advertised speed of the ride.

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.

Delaware Valley Bicycle Club: Serving Delaware County and the Western Philadelphia suburbs

September 2010 Ride Calendar

Check the ride calendar at www.DVBC.org for late additions to this list. Occasional ad hoc rides are posted on the DVBC listserve. Please CONTACT THE RIDE LEADER IN ADVANCE to make sure a ride is still on!

For tours and rides sponsored by other clubs and organizations, check out the event calendar at www.suburbancyclists.org

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*****Recurring Weekday Rides*****					
Tuesdays 6:00 am Miles:20 +/- Class:C 320 Produce	We will ride through Ridley Township, Swarthmore, and Wallingford areas on terrain that varies from flat to hilly. Average speed 11 to 13 miles an hour. We will wait for stragglers. Leave promptly at 6 pm. Bring lights. Rain cancels. Meet at 320 Produce, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: EFfrench@wilmingtonTrust.com				
Wednesdays 9:30 am Miles:30-60 Class:C+ Docs' Ride	Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain cancels the ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net				
Wednesdays 6:00 pm Miles:19+/- Class:C+ Rose Tree Park-n-Rid	Meet at Rose Tree Park, Rte. 252 near Media PA for our last month of rides through the surrounding area. A slightly quicker pace than before, but we regroup as needed. Rain or the threat of rain cancels the ride. Contact Dom Zuppo at 484-483-7456 Email: domzdvbc@comcast.net				
Wednesdays 6:00 pm Miles:24+/- Class:B- Wed Nite Road Crew	Meet at Rose Tree Park, Rt 252, Media PA. Let's wind down the season with a few more rides on our favorite roads. Don't be sad but expect hills and average speeds about 15 mph. Strong C+ riders looking to join us are welcome along since I usually stay at the back with the slower riders. Route changes weekly and cue sheets will not be provided. Any rider going off the front is on their own. Start time is 6:00 pm sharp. Rain cancels. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com				
Sun, Sep 5, 7:30 am Miles:25-100 Class:All DVBC's 34th Brandywine Tour	DVBC's Brandywine Tour meanders through the beautiful Brandywine River Valley, crossing six major creeks and traversing much of the area where Revolutionary War troops marched and fought at the Battle of the Brandywine. Choice of 26, 50, 65, 80 and 100 mile rides on rolling to hilly terrain start at Pocopson Elementary School. Fully supported tour with cue sheets and maps, sag wagons, clearly marked routes, portable rest rooms, rest stops with great food and tour concludes with pizza and massages. More info: http://www.dvbc.org Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net				
Sat, Sep 11, 9:00 am Miles:40+/- Class:C+ Chadds Ford Hills	Meet in Rose Tree Park for a fun loop to Chadds Ford. We'll take the scenic hilly route to Chadds Ford, have a quick break at the convenience store on Route 1, and then return via another hilly route. Rain cancels ride. Contact Mary Huis at or familymail233@comcast.net				
Sun, Sep 12, 9:30 am Miles:10-15 Class:All White Clay Mountain Biking	Start and end at McGlynn's Bar parking lot in Zingo's shopping center (Polly Drummond Hill Road, Newark, Del). All class single track ride in White Clay and Middle Run Parks. Contact ride leader for directions. Mountain bike needed, no hybrids (unless you're Lance). Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net				
Sat, Sep 18, 9:00 am Miles:31 Class:B/B- Pool Boy Loop	Meet in Kingsway High School lot (Routes 322 & 551 in NJ). Nice fast loop, no stops. Good opportunity for some C+ riders to move up in class. This is perfect route for it. Pace line friendly. There will be a sweeper. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net				
Sun, Sep 19, 8:00 am Miles:40 Class:C+ Kountry Kitchen	Join me for a DVBC favorite ride to our favorite diner in South Jersey. It is a C+ pace ride, average 12 to 13 miles hour over mostly flat terrain. Bring money for breakfast at the Kountry Kitchen. Rain cancels. Meet at Kingsway High School, Route 551(Kings Highway) Swedesboro, NJ, just over the Commodore Barry Bridge. Contact Betsy Ffrench at 610-324-8207 or Effrench@wilmingtonTrust.com				
Sun, Sep 19, 8:30 am Miles:55 Class:B 3 Parks and A Trail	Meet at Rose Tree Park. Ride thru Ridley Creek State Park on our way to Valley Forge Nat. Park. Fill H20 bottles at Betzwood rest stop, then ride the S.R. Trail all the way to Manayunk. A break away group is encouraged with a re-group at trails end. Quick stop for snack before riding the Bob Martin route back thru Havertown to Rose Tree Park. Contact Tom Smyth at 610-909-8226 or smitt542@comcast.net				
Sat, Sep 25,9:30 am Miles:30 Class:C Highland Orchards	Meet at Chadd's Ford Elementary School - please park in the lower stone parking lot. We'll make one stop at Highland Orchards, so bring money for food and produce. Contact Steve Bertolini at 302-529-1122 or spbert465@hotmail.com				
Sun, Sep 26, 9:00 am Miles:35 Class:B-/C+ Art Museum Ride	Join us for a nice city loop with a happy ending at Ming's restaurant (same location as start). Meet at Rite Aid across from Drexel Hill Cyclery. Juror#6 will lead a flat ride, I will lead a ride with a few hills. No lunch stop. Short break at Lloyd Hall. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net				

BIKE DIRT

(Continued from page 1)

away got Honorable Mention for the cute red, white, and blue striped bow on the back of his helmet. Awards were handed out by the owner of **Northbrook Market**, to keep things legit.

Throughout the summer **Smitty** cleaned up on the local triathlon circuit while at the same time dazzling the female spectators with his bare chest. He'll need to build an

extra room on his house soon for all those awards, so it's a good thing he's good with his hands.

Grey Wolf has had two things on his mind all summer—make that three: mtb'ing, running and watching the back yard to see if his twin blonde neighbors are sunbathing. He and Misty took 2nd place in their age group at a triathlon at Lum's Pond where they rode mtbs, kayaked, and ran. Pool Boy was also there on his own and did well.

Smiling Rookie, her hubby **Randy**, Dreamer, Alex, and **Motorola** all rode the **American Cancer**

Society Ride on July 13th. The rookie was so proud of Randy for completing the entire ride without training or riding at all.

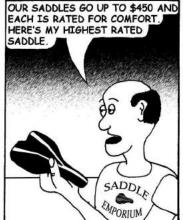
A group including Rideaway, Buckeye, Gigi, Dreamer, Alex, Lewis N., Smiling Rookie, and Motorola rode Bike VA in late June. The route included days which were rated 10 out 10 for hills and the century day included riding up Mt. Vesuvius to the Blue Ridge Parkway with temps hitting 100. Rideaway and Dreamer rode

that entire climb without walking. Of course Rideaway got up the four mile climb without stopping at all, while the dreamy one stopped four times. Poor Buckeye got sick and had to sit a few days out and couldn't talk as much as usual, and Motorola was seen talking to a **pig**. I heard Rideaway went back to VA in July and for that month alone he logged in 1800 miles. Impressive.

Dstre rode the unsupported **Wally Tour** in June where







CARTOONS OF THE DVBC





by Bob LaDrew

September 2010 5



he usually averaged about 88 miles a day. Wally has a habit of finding the hills and mountains. The tour went from St. Albans VT to Lansdowne in nine days with the toughest climb in the Catskills where they climbed almost 3000 feet in five miles. Ouch!

In July, Alex M. led Dreamer, Gigi and Colleen M. on a tour up in Canada. They drove to Montreal and then rode from there along the St Lawrence Seaway up to Quebec City and back down somehow managing without knowing much French. Of course every time one of them took a picture they would all shout "Fromage!."

Gaspasser and Smiling Rookie rode Pedal PA in early August, riding from Erie to Wilkes Barre and staying along the way in B&Bs. Now that sounds like the way to tour! SR said it was challenging but tons of fun.

Not to be left out from the fun, **Bonkers Boy** and the **Perfesser** took off on a self-supported tour on a recent weekend up in Western MA. They climbed mountains and went looking for BB's former 6th grade students in Sturbridge where he taught 41 years ago. BB said he didn't see any of his students, but there's a good chance he didn't recognize them, since they aren't 12 year olds anymore.

There's been lots of chatter back and forth on the list serve about rides, leaders and the type of and lack of rides. Seems like a lot of good came out of this. A few more ad-hoc rides have been posted and Jack Yellow Shoes posted a ride with an option of an extra loop for those that want

more after the first 30 miles. Good idea. Keep that stuff coming. I

also want to thank the Smiling Rookie for taking on the job of Ride Coordinator. Be nice to her. Smitty, Mike M., and Fairweather rode the Livestrong **Ride** on Aug 22nd. They had planned on doing the century but due to wicked weather conditions and lightning that route was closed and they were forced to do only 70 miles instead. The guys are thinking of changing Fairweather's name to Badweather. Carol H. also gladly cut her ride short to 45 miles. The Silver Fox volunteered both days and Garv and Mel S. ran on Saturday and Gary returned on Sunday to shoot photos.

Another bit of gossip, uh, fact, concerns the **Purple Martin**. He joined Grey Wolf's mtb ride recently and was grinning from ear to ear and even posed for photos with the group. It seems that he may have just been bitten by the mtb bug. Welcome back, Bob!

(Continued on page 6)



BIKE DIRT

(Continued from page 5)

Since this column is all about greasy grimy bike dirt, I just wanted to pass along a plug for a teenage entrepreneur who is all about this stuff. DVBC member **Sefi Knoble** says her 16-year-old son, Peter, does a great job cleaning bikes, and is looking for new customers. In an unsolicited, if not unbiased, testimonial, Sefi says, "He does a meticulous job, and there must be others out there who hate cleaning their bikes as much as I do!" I have five bikes—well five whole ones, but probably about 13 depending on how you add up all the pieces and parts—and they're all as dirty as can be, as the title of this column implies. I just might be Peter's first customer, but if you want to beat me to him, you can contact this young grease monkey at peterallen.knoble@gmail.com

Adios for this month. Keep your trash talk, true stories, outright lies and innuendos coming. I can't make this kind of stuff up on my own!



Dear Gear Grrl,

I'm trying to understand how bicycle tires are sized but it's a mystery to me. Last year I bought a Terry women's specific bike and my wheels are 650s. However, my tires are 26 x 1.25 (32-559). Why aren't my tires 650s?

Confused in DELCO

Dear Confused,

I've got to agree with you that bicycle tire sizing is confusing. It's worse than buying a pair of women's jeans, I mean, I can wear anywhere from a size 6 to a 10. Getting back to the tires though—it's not an exact science. A good place to get an understanding is from the late Sheldon Brown's website. Sheldon explained that there are two types of inch based systems as well as two types of metric systems (French and ISO). The ISO system was devel

Dear Gear Grrl

DVBC's Q&A Expert answers your trickiest bicycling etiquette questions

oped to come up with an universal system to try to eliminate confusion. The ISO system uses two numbers; the first is the width of the tire or rim in millimeters and the second ISO number, the critical one, is the diameter of the bead seat of the rim in millimeters ("B.S.D."). Per Sheldon, usually, if this number matches, the tire involved will fit onto the rim: if it doesn't match, the tire won't fit. The size of your wheels is a usual size for a road bike and the tires you are using don't match up on Sheldon's chart exactly but they are very close and appear to be working fine on your bike. Why not contact Georgina Terry and have a chat with her about the wheels she uses on her bikes? he is really knowledgeable about bikes and I'm sure it would be an enlightening conversation.

Bike Philly: Do It on September 12

Start time: 8am, at the Philadelphia Museum of Art Steps Rain or Shine

Bike Philly is a morning of relaxed biking on certified car-free Philadelphia streets, with thousands of bicyclists of all ages and skill levels. This annual event features car-free 10 and 20 mile loops and a challenging 35 mile option on shared roads. Enjoy the historic beauty of Philadelphia on two wheels and support the Bicycle Coalition's efforts to make the city more livable and sustainable. Make it a weekend of bicycling with the Scenic Schuylkill Century on September 11, an event of the Bicycle Club of Philadelphia

Your registration includes snacks and water at rest stops along the way, mechanics to help with bike problems, volunteers to cheer you on your way, and music, food and fun at the finish line festival. Bike Philly benefits the <u>Bicycle Coalition of Greater Philadel</u>phia and the Police Athletic League. Register early and save at www.bikephilly.org

WELCOME NEW DVBC MEMBERS

Cate Crosby, Media
Dave Giles, Glen Mills
Paul Glassman,
Havertown
O'Neil McWilliams,
Philadelphia

September 2010 7



Name:

DVBC BRANDYWINE TOUR

Sunday, September 5, 2010 26, 50, 65, 80 and 100-mile routes

Great Food Stops! FREE PIZZA AT THE END OF THE TOUR

Ride through some of the Delaware Valley's most beautiful scenery. Fully supported with food and drink stops and SAG drivers on all routes. Proceeds from this tour and other club activities support a variety of local bicycling and open-space organizations, with over \$18,000 donated by DVBC in the past five years.

REGISTER ONLINE AT WWW.DVBC.ORG

TIME: 7:30-10 a.m. for all routes. All support services end at 4:30 p.m. Century riders should arrive promptly at 7:30 a.m. Ride held rain or shine.

PLACE: Pocopson Elementary School, 1105 Pocopson Road, Pocopson (in Chester County), PA

DIRECTIONS: *From Route 202* just south of West Chester, take Route 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 Route 1* in Chadds Ford, take Creek Rd. (formerly Rte. 100) north 2.7 miles until it merges with Rte. 926 west. Follow Rte. 926 across bridge, then follow directions above. *From West Chester*, follow Route 52 South for 2.7 miles. After crossing bridge over Brandywine Creek, take first left onto Pocopson Road. The school is about 3/4 mile ahead on right.

COST: Pre-registration (if postmarked by August 27): \$25, or \$32 with DVBC PDF membership. Day of the ride: \$30, or \$37 with PDF membership. (*PDF members receive all benefits of club membership except for mailed copies of the newsletter, which they can download online at www.dvbc.org. This saves the club printing and mailing costs, and saves trees!)*

Pre-Registration Form (Must be postmarked by August 28)

_Address: _

City:	State:	Zip:		Phone:		Age:	
Emergency Phone:	ency Phone: E-mail address:						
ntended ride distance (pleas	e check one):	26 miles □	50 miles □	65 miles □	80 miles □	100 miles □	
Maiver/Release In consideration of the accept claims for damages for death, per participation in the said event. The Club, the promoting clubs, the off from and against any and all liabilinary arise out of negligence or call further understand that seriosustain mortal or serious personatheless, I hereby agree to assume negligence or carelessness) migh his waiver, release, and assumpti	sonal injury, or pais release is intelected in intelected in intelected in intelected in intelected in injuries, and/or those risks and totherwise be lied.	property dama anded to discharced munic for connected e part of the po- casionally occur property dam to release and able to me (or	ge which I may harge in advance ipalities or other in any way with ersons mentione ur during bicycleage, as a consect hold harmless amy heirs or assign	nave, or which methe promoters, to public entities a my participation ad above. It is riding; and that quence thereof. The persons gns) for damage.	ay hereafter accr ne sponsors, the nd their respecti in said event, ev participants in t Knowing the risk s or entities ment	ue to me, as a result Delaware Valley Bic ve agents and emplo en though that liabili icycle riding occasio s of bicycle riding, n ioned above who (th	of my ycle yees ity onally ever- rough
Signature:			Signature of pa (If you are und	arent or guardiar der 18 years of a			



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

APPLICATION FOR DVBC MEMBERSHIP (exp	(pires one vear from date renewed or joined
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Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events. Your membership also helps influence local government decisions concerning bicycle issues.

Annual membership: \$15 per household CIRCLE ONE: NEW or RENEWING Member Newsletter Preference: Printed copy (via US Mail) or PDF (via E-mail—saves trees and \$\$)	The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley. I wish to contribute (circle appropriate amount):		
Please print clearly and use your 9-digit zip code, if known: NAME: ADDRESS:	\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ AMOUNT ENCLOSED: \$15 membership + Safety Fund = \$		
CITY:STATEZIP: PHONE:Birth Date: EMAIL:	I will volunteer for (circle all interests) Ride Leader Tour Volunteer Newsletter Other:		
Di	-II D'I- CII- D.O. D 15(CII		

Please send your check or money order to: 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)