

Delaware Valley Bicycle Club



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

Save the Date

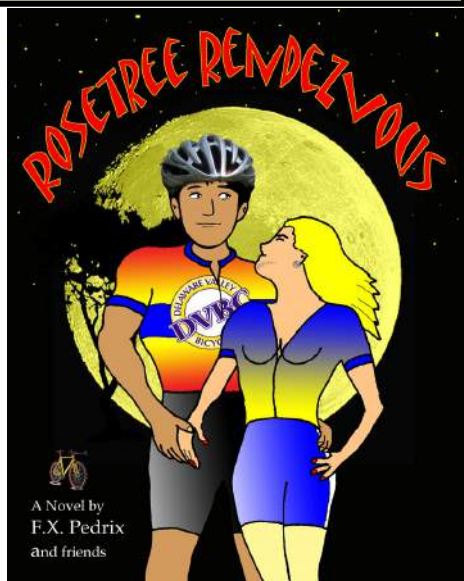
Monday July 1 7:00 PM Swarthmore Public Library, 121 Park Avenue. All members are requested to attend the monthly board meeting to cast their vote for the updated club bylaws. They can be viewed:
http://www.dvbc.org/pdf/TCG_DRAFT_5-4-13_bylaws.pdf

From the Editor's Desk

Summer Solstice, Friday June 21 1:04 AM. Where did spring go? Hope Summer isn't in as much of a hurry. I've been looking forward to these long hot days since December. My official "season" ends in November. I spend the month mostly off the bike, opting typically to roller-blade or take an easy run. Come December 1, it's all business. I start building so that I am ready for the big blocks of riding anticipated April through September. I've been really fired up this year. Shed 40 pounds, what a difference that makes on the hills. I feel like a 40-year old again. I was going to say 30, but that's so long ago I forget what it was like!

By April 1st I was logging big miles. The wheels go round and round. A several day tour exploring the Blue Ridge. A 250 miles Memorial Day weekend including a beautiful 10 hour circuit from the Delaware to Cape May, up along Ocean Drive to Atlantic City then home.

Dr Skobs started taking his rug rats to Rehoboth 20-some years ago, always dreaming of making the 117 mile trip by bicycle. Skobs and I were befriended and our friendship cemented by last year's Iron City Tour. I was only too willing when he approached me and asked if I would help him realize his dream. His longest ride to date was a supported 75 mile fund raiser. Weather forecast called for strong headwind and 90+ degree temps. What sage advice could I give him? 1) a day long ride is all about smooth, easy spinning. Watch the gear and cadence I use and try to match it. 2) Don't ever go faster than I do. 3) Don't ever pull out of my draft. 4) Lube that chamois and then lube it again. 5) Set your timer and take a big drink every 10 minutes 6) Stop every 90 minutes to refill



"You already know?"

"Yes, Megan, I know about your racing career. I know how it ended. It's okay."

"How do you know, Derrick?"

"I read it in *Ciclistica Italiana*. Then I went on an Italian website and read your entire testimony. Actually," he added with a grin, "it made great reading."

"Oh, Derrick, you must be appalled! I thought my disgrace would at least be confined to Italy.... But how did you learn Italian?"

"I spent my first twelve years in Italy. My dad played pro ball there. I go back every year to visit friends."

"I'm so ashamed. The people in the DVBC will hate me. I just dread their finding out."

"Megan, the people in the DVBC aren't like that. They won't hold it against you."

"They won't? I read what they said about Lance on the list serve ...

Share the Road

The Chester County Cycling Coalition and West Chester Borough Leaders United for Emissions Reduction (WCBLUER) collaboratively launched a Share the Road campaign in May of 2013. See "Sharing the Road" at

<http://wcbluer.org/sharetheroad/>

In addition to presenting safety points for cyclists and motorists, the website provides other helpful information on bike safety education, especially for beginner cyclists. There are contact



DVBC Newsletter Archives Recollections from 1987

Winter edition: The DVBC Share-the-Road bumper sticker contest was won by Molly Brown. The club paid \$970 to have 5,000 produced. (You can still get one by contacting Bob LaDrew. See page 2 for image)

April '87: The DVBC has 509 paid memberships and becomes the largest bicycling organization in southeast Pennsylvania.

On **June 20** the Downingtown 10-mile time trial was won by Frank Havnoonian in 24:32. On **June 27**, in a 9-lap race on the Glen Mills course, Havnoonian was nipped at the line by Doug Owens.

Sept. 87: The Baltimore Bike Club is denied a permit to hold the 19th annual Sky-line Drive Double Century at Shenandoah National Park because it is an "inappropriate use of a national park" and "poses a nuisance to other visitors to the park."

Oct. 87: The DVBC holds an election in which 12 candidates vie for ten Board positions.

Sept. 87: Lucy McIlvanie writes about the perfect century: "The word is out. The Champagne Century will be held this year on September 31. A \$6 fee provides each entrant with a deluxe leather-bound map

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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. Money raised from rides and membership dues is donated to a variety of cycling-related organizations.

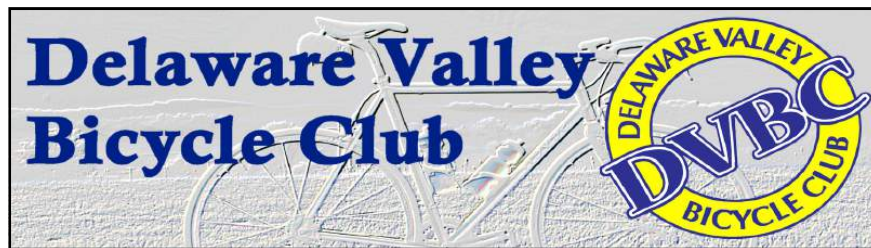
DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. The views expressed in this publication are not necessarily those of DVBC.

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
- *PA Walks and Bikes
- *Friends of Ridley Creek State Park
- *Friends of the Chester Valley Trail

Newsletter Contents © 2013 by DVBC



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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 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.



Share The Road With Bicyclists!

Safety Message from the Delaware Valley Bicycle Club

P.O. Box 497
Media, Pa. 19063

1987 DVBC Share The Road Bumper Sticker

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

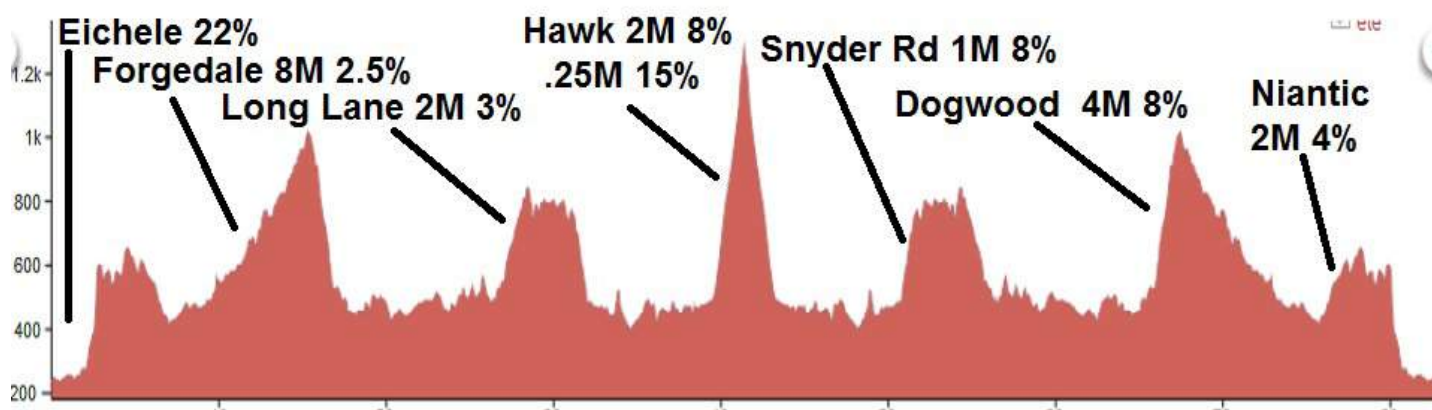
July 2013 Ride Calendar

Reminder: Any ride scheduled in the Newsletter, on the DVBC website ride calendar, or advertised via the list serve is considered an official club ride and a sign-in sheet is required. The sign-in sheets are on the website on the ride calendar page.

RECURRING RIDES

Tue 18:00 Class D Linda's D Ride	The ride will depart from Glenside Public Library parking lot. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride to pedal away the day's stresses suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll be meeting in the parking lot adjacent to the library. Please bring lights in case we are delayed on our return. This ride is scheduled for 3 out of 4 Tuesdays each month. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
Wed 9:30 Class C+ Doc's Ride	30-60 mi. moderately hilly C+ ride. Sit down lunch and great conversation. Ride details are posted on DVBC list serve Tuesday night. Starts from 320 Market on Chester Ave in Swarthmore. Ride leaders Larry and Woody
Wed 18:00 Class D Linda's D Ride	The ride will depart from Flourtown Shopping Center at 6:00 pm. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll meet in the rear of the parking lot near the pizza restaurant. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
Wed 18:00 Class C+ Wed. Night Show N Go	Please join us for a moderately fast-paced ride out of Rose Tree Park in Media leaving promptly at 6pm. Expect 25-30 miles. We will do alot of hills some steep some long. No one dropped but expectations are that you have been keeping in shape and are capable of doing these hills. Average speed 12-14 mph. Contact Shelley Epstein at Email: 4ep-steins@comcast.net
Wed 18:00 Class B Wed B+ Ride	Join me for a 30 +/- mile B+ ride (16-18avg) starting in Rose Tree Park in Media. There are hills but we stick together drop no one and have fun. Contact Andy Marzano at (C) 610-291-2635 Email: starbrdack1@yahoo.com Check here the day prior to ride for this weeks route:
Th 17:45 Class D Linda's D Ride	Expect 10 to 20 miles at an average speed 8-12 mph. Meet at Jacobs Engineering Parking Lot in Conshohocken. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll start by riding on the Schuylkill River Trail in March. As riders get stronger we can turn off the SRT and explore some pretty roads in the area. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
Fri 9:30 Class B- Fri- day Frolic with Linda	This is the generic description. Specific details will be posted on Bike Club of Phila calendar for each Friday. Expect 45 +/- hilly miles at an average speed 13-15 mph. We'll explore pretty peaceful roads in suburban counties -- Montgomery Bucks Chester etc. Starting points will vary so that we can cycle through different regions. Cue sheets and on-line route map will be provided for each ride. If weather conditions are not conducive to cycling this ride may be replaced by a hike/walk. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
Sun 13:00 Class C+ Sunday Afternoon Romp	Ride leaves from the Inner Drive Fitness parking lot (210 S Newtown Street Rd). Expect 25-30 miles moderately fast pace plenty of hills. No one dropped. Bathroom & changing facilities available pre & post ride at Inner Drive. Contact Jenny Ashbrook at jashbrook@innerdrivestudio.com.

July 4 8:30 Class B Firecracker Metric 62.5 miles, +5K elev	Annual July 4th ride to Northbrook and beyond. Meet at Rosetree Park @8:30. Moderately Hilly 62.5 miles (+5k Elev). Avg pace 14, Max 17 on flats. Regroup at top of climbs. No one dropped. Cue Sheets available. Hillier route to stop at Northbrook mile 24. Brief stop for refuel then on to Unionville, Apple Grove, Green Valley, Stargazer and Groundhog College Rds. We'll jump onto Northbrook Rd for the climb back up to the Orchard and lunch at mile 41 . GPS file at http://ridewithgps.com/routes/2726239 .. Contact RiccoLuci@gmail.com 856.296.8009
07/20 11:30 DVBC DVBC Club Picnic	Club Picnic (all level) at Gary Stewart's house: 201 Bryn Mawr Ave Newtown Square PA 19073 We will supply Gatorade ice tea hot dogs and hamburgers: Requested (but not required) for everyone to bring a dish to share. Please contact Alex Moeller with what you would like to bring (don't want 20bean dips) agmoeller1@gmail.com or 610-476-2475



Assault on Hawk Mountain

The weather for Sunday's SCU quad century looked bad. Friday on the other hand looked to be a picture perfect summer-like day. I was able to entice a few to play hooky from work and join me for an assault on Hawk Mountain. I ride Hawk several times in the fall to enjoy the progression of leaf color. A spring assault would be a good way to judge fitness.

As forecast, the weather was perfect, if anything it was too hot. We met at Perkiomen Park (Greenlane) and it was already in the mid-70s at 9:00. Humidity was high. Dehydration would be our biggest issue. The route out follows the SCU Quad course along Deep Creek Road. The Quad takes the easy climb out of the valley via Kulp Road, just a few miles from the start. Being hard men of cycling, we planned on conquering Eichele Rd instead. If ever a name brings chills, it is Eichele. We became acquainted with the climb racing the Univest GP. The Manayunk wall has a short 17% stretch. There is some dispute over exactly how steep Eichele is. Nancy Ness got in touch with her friend John Eustace (Univest organizer); 22%. We thought we would give it a try, then thought again and took Kulp instead.

We continued on the Quad course until Huffs Church, near the ICU/Century split. The Quad turns back towards Greenlane; we continued climbing up to the top of the ridge then rocketing down Dogwood to Longswamp. On to Mertztown, Oreville, Topton, Krunsville, Snyder Rd, Stony Run and across Rte 143 at Kempton onto Hawk Mtn Rd. With fields and forests for most of the route, we were treated to a profusion of blooming trees, flowers and shrubs. From the Top of Long Lane Rd we caught a first glimpse of Hawk.

This was a first assault for some, and as soon as we turned onto Hawk Mtn Rd the



excitement mounted. At every incline, "Is this the start of the climb?" "No, look for the Bible verse on the left. That's the base of the climb." The owners regularly change the verse. Through the fall it was "Prepare Ye to enter the gates of Hell", or something like that. Fitting for the 2+ mile effort ahead. This trip it was a verse from Ephesians. Sage advice. ;-)



One nice thing about Hawk is the constant steady grade. There is an initial 0.25 mile steep section at the base, and then it flattens for the next 1.5 miles as it intersects the Appalachian Trail. The road turns slightly to the right, and ahead about 0.5 miles you catch sight of a wall. That last 1000 meter wall is over 15%. Don't lose heart. Keep looking for the no parking signs on the right, as the summit is around the bend only 200 meters or so. I was relieved, chagrined, that no one took up the challenge to climb slower than me. Peter Schmidt sprouted wings and quickly faded into the distance. Strava shows times of around

11:00 to summit. A calendar was more appropriate to record my time.

There is virtually nothing to eat at the visitor center other than Godiva Chocolate and Dole Frozen Fruit Pops. Perfect cycling nourishment? The Frozen Pineapple is to die for.

As promised on the ride posting, most of the remaining 17 miles back to the start were generally flat to downhill. The only major obstacle on the return was the ascent of Dogwood. It is every bit as painful as the climb up Hawk. I felt better and better with each mile, staying glued on Peter's wheel until near the summit.

A quick stop on Dairy Lane for some homemade ice cream (Butter Pecan!!) and snacks, then a short climb and drop back into Deep Creek valley and the finish. High 5s all around. Shorts heavily crusted with salt. A fantastic day-long ride in the company of friends. What could be better – surely not the 2 hour ride home on traffic clogged Northeast Extension and the Blue Route – Ugh)

My Stats

- * 84 miles, 14.1 Mph, +6213'
- * 39 total miles of climbing.
- * 8 mungo 32-oz water bottles (THAT'S 2 GALLONS!!). 4 each Cytomax and Water
- * 2 sandwiches + 3 Clif Bars
- * whopper Jr + Fries



Rosetree from Page 1

.... He's the biggest liar.... he's crafty.... he made a Faustian pact with the devil.... he's a narcissist.... and, harshest of all, he's a pea of a man! Every negative word is seared into my brain. They could have been talking about me!"

"No offense, Megan, but you're no Lance. Lance used people, he intimidated them, he only admitted what he had to. He is a narcissist. You made a mistake and asked forgiveness. If anything, the people in this club will be honored to ride with a former pro. Anyhow, right now they don't know you're a professional and they like you for what you are. If you're looking for redemption, you've come to the right place."

"It's sweet of you to say that. I don't deserve your kindness, Derrick."

"So, getting back to my original question, Megan, will I see you again soon?"

"Well, I *do* kind of like any guy who drives a twenty-year-old Crown Victoria in such pristine condition."



"Eighteen years old. That's my baby. My brother Justin and I worked together to restore it."

"Gina told me about Justin," said Megan. "She told me you two were very close. I'm so sorry."

Derrick struggled momentarily to control his emotions. "Justin would have been out of the army in March. He was the gifted one in the family. We were planning to ride across country together this summer. We skyped every night as we worked on our itinerary. We were going to start in San Francisco on the first day of summer. We joked that we would travel with only a credit card and toothbrush."

"It sounds like a wonderful plan, Derrick, the kind of trip I've always dreamed about."

As darkness settled over the neighborhood on Burnt Mill Road a shadowy figure emerged from his home and purposefully walked the hundred-or-so yards toward his street's intersection with Fair-

ville Road. As the man neared the stop sign the only sound that could be heard was the click-clicking of the ball bearing in the can of black spray paint he was shaking repeatedly. The man lit a flashlight, searched briefly, then knelt with one knee on the asphalt. As he aimed the can, the imposing silhouette of a man appeared beside him seemingly from nowhere.

"You spray one drop of paint, Bumpus, and I'll rip you from limb to limb. Those arrows are unobtrusive and they'll be gone in a couple of weeks."

Without saying a word the man got up and started walking back to his house.

"And if anything happens to those arrows before next Sunday I'm holding you personally responsible!"

Smugly rubbing his protruding, sweaty belly, Buddy cocked his arm to throw his empty 32-ounce Budweiser bottle into the woods, then thought better. He told himself, "Better not. That guy Derrick said he wants his riders to appreciate the beauty of my neighborhood."

From: <dvbc-list-request@list.dvbc.org>

Sent: Monday, May 13, 2013 11:57 AM

> Today's Topics:

> 1. Confession to DVBC:

Dear DVBC members:

Most of you do not yet know me because I am new in the area. In the short time I have been attending DVBC rides I have come to have the highest regard for the people in this club. The DVBC has provided the sense of community that has long been lacking in my life. Because I value your friendship so much I feel it is important for me to be honest with you. Everyone has been so nice but the truth is, you don't really know about me or my past.

Until this past year I was a professional bike racer in Italy. That may sound glamorous but it was not for me. I struggled, I failed, and I decided to settle for the easy solution. I knowingly took performance enhancing drugs. I got caught and it was not until I got caught that I admitted what I had done and accepted responsibility.

I now realize that what I did was wrong. It was cheating and I apologize. My professional career is over. I am living and working in the area and planning on remaining here. I just hope that you club members can accept me despite the wrongs I have committed.

Sincerely,

Megan O'Malley

Editor from Page 4

and stretch. 7) Take off that base layer, you'll be too hot within a half an hour. 8) What are you nuts, there's no shade the whole way, take off that black jersey. 9) Bring A rope so that I can tow you up the mile long bridge over the Del/Ches canal bridge. 10) No whining, whimpering or crying

We pushed off from the 320 Market At 6AM. Temps were in the mid-70s and there was already a good headwind. Two of the party had bailed; a crash the prior day, and a balk due to the weather. That left just the two of us. A promise is a promise so ... Temperatures soared over the next several hours, registering 117+ by 2:00 according to our Garmins. Cooler heads prevailed and we abandoned around 3:30, taking succor in the Magnolia Diner.



Sleeping it off in Magnolia

Speaking of Doctors, "The" Doc is back. Ricco showed for the return of our Grand Patron LG to the head of the peloton. I love Docs rides. True, they take up most of the day, but the unhurried stop and smell the roses theme is a delightful break from the hard weekly rides. A malfunctioning insulin pump aborted the ride early for Doc. Woody took over the big chair. We were all up for a longer ride - just shy of 80 miles, constantly rerouting to take in the bigger hills. Scenic Apple Grove Rd .. What a great ride.

Affording rides for most every level, Wednesday eves out of Rose Tree Park in Media are very popular again. We covered group riding and formations at the Spring Ride Leader training. Andy M reports that his B-group has moved on from the Catch-Me-if-You-Can formation to a new, Everyone-Head-in-a-Different-Direction formation. Mechanical and physiological breakdowns resulted in separation and confusion before

See Editor page 7



Recipe Exchange

Ricco picked up a Vitamix this winter and has been busy perfecting smoothie recipes. Summer berry season is here, so this month he shares a heavenly mixed berry protein smoothie, a perfect recovery drink, fix it before you hit the shower.

After the shower, finish your refueling with Shredded Chicken Walnut and Artichoke Salad.

Berry Protein Smoothie

This smoothie contains banana for its starch and fruit sugars, perfect for recharging your glycogen stores after training, plus potassium to restore electrolyte balance. Fresh berries are rich sources of vitamin C and antioxidants. Yogurt provides probiotics and is a good source of protein and calcium. Flax seed helps stabilize blood sugar levels and contains essential fats important for recovery and lowering inflammatory compounds. Lastly choose a hydrolyzed whey protein powder to provide an efficient high quality source of essential amino acids for the ultimate recovery drink.

Ingredients

1 Cup lite or skimmed milk
 ½ cup plain or vanilla low fat yogurt
 1 banana
 1 scoop whey protein powder
 1 cup mixed berries
 2 tsp ground flaxseed
 1 tsp honey or agave nectar to sweeten
 3-5 ice cubes (more = thicker)

Directions

Place all the ingredients in a blender and whizz until smooth and creamy. Adjust the amount of milk and cubes to get the desired consistency.

Shredded Chicken Walnut and Artichoke Salad.

Chicken is a fantastic muscle building protein and packed full of B vitamins needed for energy production. Walnuts

cram in yet more protein together with essential fats to keep inflammation in check. Adding artichokes will help keep your liver and digestion healthy this summer while spinach leaves add valuable iron to keep you fuelled for longer.

Ingredients (serves 4)

3 cooked chicken breasts, shredded
 14oz can artichoke hearts, in water, drained
 2 handfuls of mixed field greens
 2 handfuls of baby spinach leaves
 1 small red onion, chopped
 6 cherry tomatoes, halved
 1 cup walnut pieces, toasted

Dressing

2 tbsp sherry vinegar
 3 tbsp walnut oil
 1 tbsp extra virgin olive oil

Directions

Whisk all the dressing ingredients together in a bowl. Cut the artichoke hearts into halves. Arrange the leaves on a large platter and scatter the rest of the ingredients over them. Drizzle with dressing. Serve with sundried tomato garlic bread.

Punching a Ticket on the Pain Train

I finished an unplanned, hilly, very challenging day-long ride yesterday in pretty bad shape. We've all been there. I got to the planned turnaround, but feeling strong I pressed on. About an hour later I wished I hadn't, and the next 2 hours were pure agony "Hey .. HEY!!, It's your legs. If you had just turned be back we would be home already. But no, here we are suffering up these interminable hills. Why don't you " SHUT UP LEGS. SHUT UP and PEDDLE!

I recalled the words of our National Coach Eddy B "...The only way to take it to the next level is surmount your psychological limitations. "I can't is only acceptable if you've had a heart attack or your legs fall off!" Oh, OK coach. Hey, have you seen my legs by the way? I think I lost them an hour ago.

A Claudio Chiapucci interview flashed. He had just soloed 100-plus miles over 5 major mountain passes "Everything hurts, my legs, my feet, my arms, my shoes, my gloves ... even my hair!" Well, by the end of my ride

the only thing that didn't hurt was my hair. I didn't ever want to see a bike again in my life. So I took a day off, and then *did it again*.

Is there a sport besides cycling with so much inherent physical suffering? Phil and Bob can't get through a single stage without: "He's cracked, he's cracked. He's not feeling so clever now, is he Bob [Roll]" "Oh he's deep in the hurt locker now Phil [Liggett]. His face a mask of pain. The pain will be seared into his brain forever". Can you imagine "Hey Tiger, how was it out there today. I was exciting watching you and McIlroy fight it out on the back 9". "Well Jim, I gave it my best shot, but he was just too strong today. He ripped my legs off". Ha, hardly.

Cycling lore is rife with legendary rides by hard men. We all have our favorites. Andy Hampsten's 1988 Giro ride from Chiesa Valmalenco to Bormio over the Gavia Pass in a blizzard. That pain is seared into my brain forever. Without gloves or a hat I was shivering violently and had crashed into a ditch. I sat by the road a blubbering crying mess from hypothermia and the shame of quitting. As our car slowly followed the race we came across rider after rider, grown men crying. What a memory.

How about Tyler Hamilton riding the tour with a broken collarbone, in so much pain that he wore his teeth out grinding them together. I rode the NATZ with a broken pelvis. Riding was painful but walking impossible. They had to carry me and set me on the bike. *If you ride behind me the damage I did that day is why I ride slightly twisted to the left.*

Tom Simpson rode himself to death on Mont Blanc rather than quitting, Floyd Landis and Kirsten Armstrong pushed through severe hip pain due to osteoarthritis. Kirsten took a break from cycling to have a son in 1999. When she returned to cycling she was asked to compare the pain of labor to that of cycling. She said she preferred childbirth as the pain was involuntary, there was just no way her son was going to stop coming out. Cycling on the other hand was voluntary. You could stop any time, but you mustn't.

Why do we subject ourselves to such punishment? Timed events are the worst. You know you are going to have

See Pain on Page 7

Editor from Page 5

Ridley Creek was cleared. Temporary blindness induced by testosterone driven hammering and miscommunication about road names and turns split the group for good by Cheyney. The ride report and responses showed that everyone had a great ride. Maybe all our group rides could be improved by riding alone, each of us in our own direction. Thoughts?

Bonkers was somewhat disappointing. As is so often the case, weather played a significant role. As is so often the case, weather was perfect for the volunteer ride the day before. *As is so often the case*, tour day was cold and rainy. Thanks to all the volunteers who manned their stations throughout the day as the handful – around 30 – hardy souls took the challenge. Our own Linda McG swept, closing things down. It seems to always rain. Vexingly, it never rains the next weekend at the Corestates. No appreciable rain since 1985! I always tell folks that if they want to schedule some outdoor event they'd be well advised to sync with Corestates weekend. Should we move too?

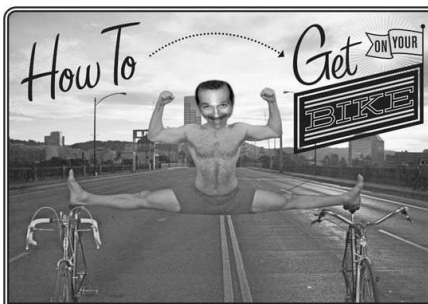
Brandywine tour will be upon us in no time. It is early this year, Sept 1. Rich Andreas and Matt Sycz will be sharing Tour Director responsibilities. Mark the date on your calendar and start thinking where you would like to volunteer.

Tours, Tours, Tours .. Bike VA, PAWS, RAGBRAI, Shenandoah, Hawk Mountain .. Our members are all over. Looking for some tour reports from you folks. Break-out the paper and pen something for the newsletter. Lessons learned, friends met, recommendations ... All good stuff

We have three members on the certification track with the League of American Bicyclists. Certification requires several

weekends of classroom and road instruction followed by rigorous testing and a demonstrated ability to instruct. Congrats to Woody and Drew Knox on completion of the program.

Woody - How to Mount Your Bike



Drew - Advanced Cornering



Pain from Page 6

to suffer more than anyone else if you are to win. Imagining how painful it's going to be can be terrifying. I typically can't sleep the night before a long TT and am too nervous to eat until after I finish. Stage races were tough too. I wasn't there to win. I was there to suffer day after day in a support role. I would have a really bad day, come close to dropping out, my battered, exhausted body and mind totally spent. I would lay

awake in bed that night and break into a cold sweat knowing that tomorrow, with so many 1000s of feet of climbing would hurt even more than today. God help me.

Here's some insight from the peloton:

"To be a cyclist is to be a student of pain....at cycling's core lies pain, hard and bitter as the pit inside a juicy peach. It doesn't matter if you're sprinting for an Olympic medal, a town sign, a trailhead, or the rest stop with the homemade brownies. If you never confront pain, you're missing the essence of the sport. Without pain, there's no adversity. Without adversity, no challenge. Without challenge, no improvement. No improvement, no sense of accomplishment and no deep-down joy. Might as well be playing Tiddly-Winks." -- **Scott Martin**

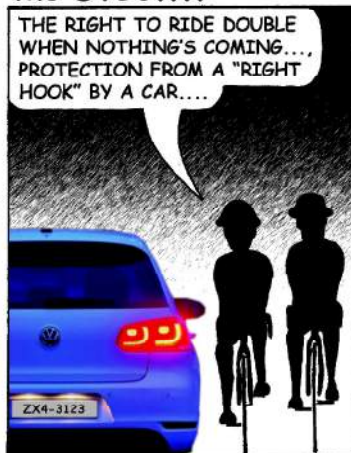
"I'm fascinated by the sprinters. They suffer so much during the race just to get to the finish, they hang on for dear life in the climbs, but then in the final kilometers they are transformed and do amazing things. It's not their force per se that impresses me, but rather the renaissance they experience. Seeing them suffer throughout the race only to be reborn in the final is something for fascination." --

Miguel Indurain

"Pain is a big fat creature riding on your back. The farther you pedal, the heavier he feels. The harder you push, the tighter he squeezes your chest. The steeper the climb, the deeper he digs his jagged, sharp claws into your muscles." - **Scott Martin**

"This is not Disneyland, or Hollywood.
See Pain on Page 8

BONKERS Cartoons of the DVBC....



by Bob LaDrew

BOB LADREW ©2013



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

July 2013

Pain from Page 7

I'll give you an example: I've read that I flew up the hills and mountains of France. But you don't fly up a hill. You struggle slowly and painfully up a hill, and maybe, if you work very hard, you get to the top ahead of everybody else." **Lance Armstrong**

"Pain is a -mental state- of being that when experienced enough, and dealt with in the right way, can be tolerated and eventually trained to be shut out by the brain." **Jens "My Man" Voigt**

"At times your legs cry out Stop Stop. And you have to say Shut-up legs, keep pedaling" **Jens Voigt**

"That was a really hard ride for me. Even my brain hurts" - **Emil Skobeloff**

"The pain of quitting can be worse than the pain of going on." - **Chris Boardman**

"Riding the Tour is like being beaten by a gang of thugs. You ride around for weeks getting your head totally kicked in. But if you have to abandon you cry like a baby" - **Chris Boardman**

"You suffer all day, but the hardest part is laying in your room in the dark realizing that you have to do it all over again tomorrow, and the next day, and the next ..." - **Dave Zabriski**

"There are only three remedies for pain:
 - If your quads start to burn, shift forward to use your hamstrings and calves
 - If your calves or hamstrings start to burn, shift back to use your quads
 - If these don't work, meditate on why you're such a wimp. Shut-up, train more and harden yourself the F*#! up!"
 - **Eddie B**

Archive from Page 1

set, personal limousine sag service, full-course lobster luncheon, four 1988 season tickets to the Lehigh County Velodrome, use of on-site showers, sauna and hot tubs after the ride, a complimentary bottle of Neuf de Hincourt champagne, and a patch. Lucy... may also be able to arrange a stand-in to do the actual riding for you. Call for details." - **Bob LaDrew**

DVBC Image Archives



1988 Filling in for Alberto Saronni, Luci, Giupponi

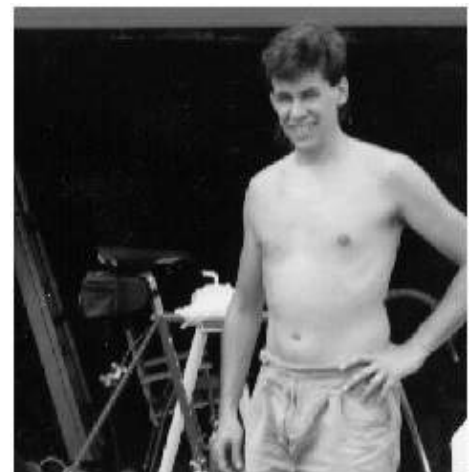


1988



1988 Franco Chioccioli loses Maglia Rosa to Andy Hampsten on the Gavia Pass.
My worst day on the bike
Click to [Watch on Youtube](http://www.youtube.com/watch?v=atEDs2whCDA&feature=player_embedded)

http://www.youtube.com/watch?v=atEDs2whCDA&feature=player_embedded



May '89 - Off to Sicily
Punching a ticket with Malvor



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**May 19, 1989 - Taormina Sicily
Giro Starts Tomorrow.
Giuseppi , Roberto, Ricco
(Making Chicken Cacciatore)**



Woodstock Ride - David Bennett



**Pedal Across Wisconsin (PAWS).
Who knew they had hills?**



**PAWS - Len, Charlotte, Martha, Joe,
Bonnie
Bucket of Coronas \$7.99**



**Woodstock Ride - Ira
Josephs**



Apple Grove Rd?? Nope, PAWS


APPLICATION FOR DVBC MEMBERSHIP (See page 3 of this newsletter for new membership policy.)

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 \$\$)

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

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

The DVBC Fund is used to promote issues regarding cycling safety in the Delaware Valley.

I wish to Donate to the Fund (circle appropriate amount):

\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ _____

AMOUNT ENCLOSED:

\$15 membership + _____ Donation = \$ _____

I would like to volunteer for (circle all interests)

Ride Leader Tour Volunteer Newsletter Web

Other: _____

Please send your check or money order to: Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081
IN CONSIDERATION of being permitted to participate in any way in Delaware Valley Bicycle Club sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

 1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

 2. **FULLY UNDERSTAND** that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.

 3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. And, I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature

Signature of Parent or Guardian (if under 18)

E-Mail Address: