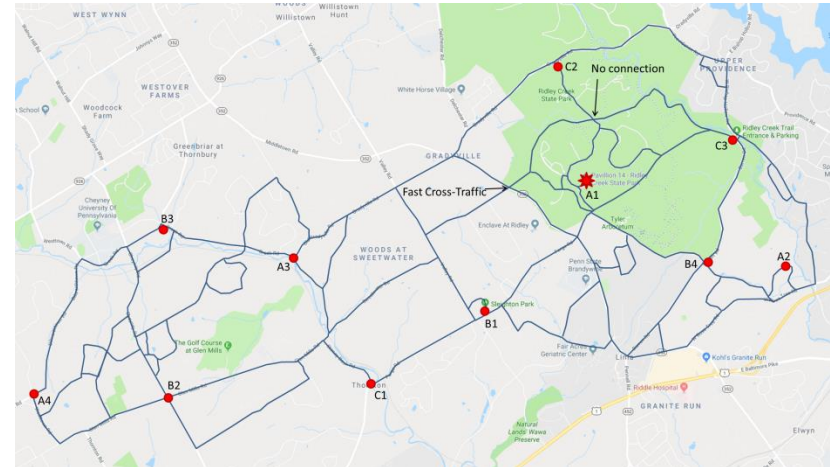


DVBC Event: May The Fourth Be With You

Taylor Sproul

On May 4th, DVBC hosted a special ride event called May The Fourth Be With You. This was a special Star Wars-themed ride. R2-D2 had hidden the secret plans to the Death Star all over the roads of Media, PA. We needed DVBC Jedi riders to go to the ten checkpoints along the route and collect the plans, so we could find a weak spot that would allow Luke Skywalker to destroy it and save the Rebellion. R2-D2 provided a map showing the location of the plans, and DVBC riders could go in any order to collect them.

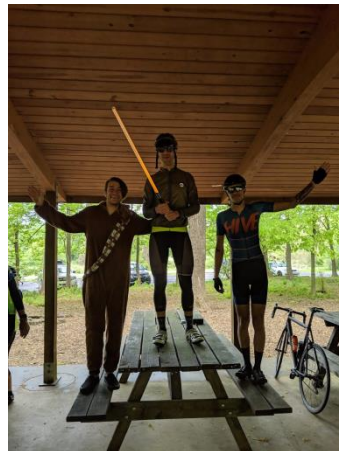


To collect them all would add up to a distance of about 25 miles, with over 2,000 ft of climbing. Riders could collect the plans in any order, using their navigational skills and knowledge of the local roads (all of which are regular routes for the Wednesday Night rides). The ride started off with questionable weather, and the start was briefly postponed by an unexpected downpour. The rebels were able to use this extra time to plan their routes and partake of the bagels

offered by our generous bagel sponsor, *Custom Bagels* in Media. At around 10:30am, the riders set off.



The overall victory went to Grant, who had the strongest legs and had calculated the most scientifically optimal route on his GPS bike computer (He did the eastern loop first, whereas everyone else did the western loop first). About fifteen minutes later, teammates Zach and Andre (Team Hive) rounded out the podium with a sprint across the grass to the pavilion for 2nd. Shortly thereafter, Andy and Jason arrived, followed by a team of Sabine, Marian, Peggy, Betsy, and ????



Ride Report: Madrid

Taylor Sproul

Finding myself in Madrid in April, it seemed as good of a time and a place as any to rent a bicycle and do some riding. I wanted to check out the Vuelta a Espana (Tour of Spain) finishing circuit. For those unfamiliar, the Vuelta always finishes with a short spring stage in Madrid, with several laps of a circuit along the Paseo del Prado, around the famous Fountain of Neptune statue. This is the Vuelta's version of the famous Champs-Elysees finishing circuit around the Arc de Triomphe that wraps up the Tour de France.

Only needing a bike for a few hours, I rented a fairly beat-up mountain bike. This bike had an fascinating patina of scratches, a 27-speed drivetrain that had about 21 functioning speeds, and a bulky U-lock on the frame located in the perfect spot to smash into your patellar tendon on every pedal stroke.

I was riding the Vuelta circuit without the benefit of road closures and course marshals. The Paseo del Prado had a uniquely Spanish implementation of cycling infrastructure, where the rightmost of the five lanes was a



bus/taxi only lane, the next lane was a 30kph car/bike lane, and the other three lanes were normal lanes. This led to some fairly interesting riding where you'd get passed by speeding taxi drivers on both the left and the right, often at the same time. At various points,

the left three normal lanes were separated by the bike/car and the bus/taxi lanes by a median, and the whole thing was punctuated by confusing roundabouts that also had a complex rigging of traffic lights that made them not really function as normal roundabouts. Undeterred and wanting to compare Strava times to the pros, I soldiered on. I made it to the turn-around and headed back down.

Unfortunately, my chain lost the will to live. Noticing that pedaling had become suspiciously easy despite the fact that my speed was steadily declining, I turned back just in time to watch a bus run over my missing chain. I retrieved the chain, which did not have a quick link or any way to

reattach it. Being that I was as far away from the bike shop as I could be, rather than do a 40 minute walk of shame, I dropped my saddle a few inches and elected to ride back



like a balance bike, using my feet for direct propulsion. This worked surprisingly well, and I was able to achieve a GPS-verified 22.3 km/hr maximum speed, while getting passed by confused taxi drivers. My elation was short lived – one particularly spirited pedal stroke led to a high velocity collision between my calf and the sharp metal cage of the platform pedal, leaving a large bruise and several gashes that made it look like I had been attacked by some sort of large feral cat. Upon returning to the bike shop, I decided to roll the dice and test my luck again. They swapped me onto a nearly identical beat-up old mountain bike, which had too low air pressure in the tires but

pleasantly surprised me with the fact that all of the 3x9 gears were working.

This time, I headed the other way down Paseo del Prado. I picked up the Madrid Rio path, a recently



renovated linear park along the riverfront with a wide multi-use path and various parks, gardens, and playgrounds along the way. This led me to Casa de Campo, Madrid's primary public park that dates back to the reign of King Felipe the 2nd beginning in 1556. This huge park had facilities for all types of cycling – paved roads for the roadies, gravel roads for the gravellers [Editor's note: is that a word?], and sandy dirt single track for the mountain bikers. Dozens of trails formed a patchwork quilt across the park, and the rolling hills



provided some challenge while the trees offered much-needed shade. I went out without a map or plan, and formed an impromptu loop of the park just by making turns to whichever

path looked the most fun.

Returning to the bike shop, I elected to take a more direct route. I climbed a fairly punchy hill on Calle de Segovia into the historic La Latina district of Madrid, and quickly emerged into the Parque El Retiro. This park was smaller, far more built up with paved roads/trails, and was very crowded due to the warm and beautiful weather. After a leisurely lap or two around the lake and the rose garden, I returned the bike.

Pro Cycling Spotlight

Taylor Sproul

The Pro Cyclist of the Month award for Maypril 2019 goes to Katarzyna Niewiadoma and Alberto Bettiol.

Katarzyna is a 24 year old Polish pro who races for the Canyon-SRAM team. She got off to a strong start for the 2019 season, but couldn't quite make it to the top step of the podium. She took 3rd in Strade Bianche in March, followed by 6th at Trofeo Alfredo Binda. Once the calendar rolled over to April, she took Top-10 at Dwars door Vlaanderen, the Ronde van Vlaanderen (Tour of Flanders), and La Fleche



Wallonne. She finally put an exclamation mark on her strong Classics performances by taking the win at the Amstel Gold Race.

Alberto Bettiol is a 25 year old Italian Pro who races for the American team EF Education First. In his 6th year in the World Tour, he had never won a race. In this year's Ronde van Vlaanderen (Tour of Flanders – one of the Monuments, the five most prestigious races of the year) he took his first professional victory ever. On the second to last climb, Oude Kwaremont, he launched a daring solo attack and held off the chase group for the final 17 km.



Finally, there is an Honorable Mention for Mathieu van der Poel. He was named the March 2019 DVBC Pro Cyclist of the month following a win at Grand Prix de Denain and a 4th place finish at Gent-Wevelgem. Propelled by this prestigious award, he won Dwars door Vlaanderen, finished 4th in the Ronde van Vlaanderen (Tour of Flanders), won a stage of the Circuit Cycliste Sarthe (a 4-day French stage race), won De Brabantse Pijl, and won Amstel Gold Race. The latter was won in a spectacular fashion, as he bridged across to the two solo leaders before launching a devastating sprint.

Bettini Photo Credit By Woud Demasure - collectie KOERS. Museum van de Wielersport, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=77876910>

Fuglsang vs Alaphilippe: Emerging Rivalry

Taylor Sproul



This year's Strade Bianche (a hilly Italian one-day race featuring the famous white gravel roads of Tuscany) saw Jakob Fuglsang, a Danish rider for Team Astana, attack off the front with about 25km to go. He was immediately followed by Julian Alaphilippe, a French rider for Team Deceuninck-Quickstep, and Wout Van Aert, a Belgian rider for Team Jumbo-Visma. The three of them worked together to open up a gap, but soon Fuglsang and Alaphilippe dropped Van Aert. Refusing to give up, Van Aert dangled in no man's land between the two leaders and the chase group, trying to reconnect. 1,500 meters from the finish, Van Aert caught back up and pulled ahead. At 500 meters, Fuglsang launched an attack on the final climb through the

city streets of Siena. Alaphilippe held on, and sprinted past Fuglsang to take the win.

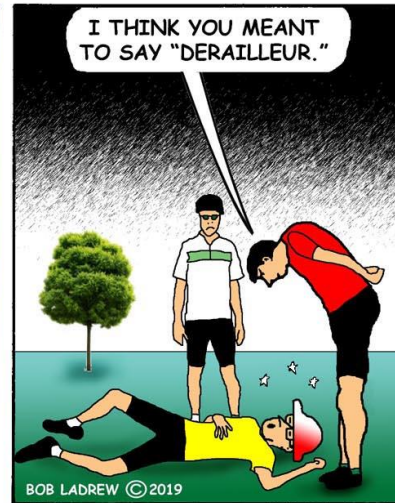
This was not the last we would see of this dynamic duo of Alaphilippe and Fuglsang. A month later, at the Amstel Gold Race, they found themselves in the same predicament – the pair of them at the front of the race in the closing kilometers, with a comfortable gap (40 seconds at 3km to go). Fuglsang is the stronger climber of the two and has better sustained power, but Alaphilippe is more of a puncheur who is likely to win in a sprint. Fuglsang knew full well that if he worked hard in the break, he would carry Alaphilippe to another victory like in Strade Bianche. This led to a game of chicken, both of them slowing down with neither rider wanting to take a strong pull at the front. Unfortunately for them, they misjudged their advantage, and were caught by a roaring chase group led by Mathieu van der Poel who swiped the win from them in spectacular fashion.

A few days later, at La Fleche Wallonne, Fuglsang attacked with 500 meters to go. Predictably, Alaphilippe latched onto his wheel and slingshotted around him just before the finish line, taking the win. So far, it seems that Alaphilippe has the edge on his newfound rival (as well as a win at Milan-Sanremo, the first Monument of the season, which Fuglsang did not race). Fuglsang will certainly go into Liege-Bastogne-Liege looking for an answer on how to stop him. They will continue to be two exciting riders to watch during the 2019 Classics season. [Editor's note – article was originally written on 4/25/19. Fuglsang won LBL on 4/28/19]

Photo Credit CyclingNews.com, Bettini

BONKERS

by Bob LaDrew



BOB LADREW © 2019

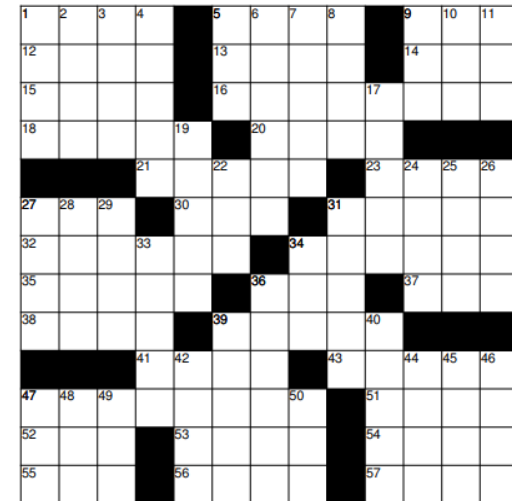
Spring Classic, 2019

With feedback, email bonkersboy@gmail.com

by Bob LaDrew

ACROSS

1. Took a dip
5. Pi times radius squared
9. Pres. after JFK
12. Madrid bar appetizer
13. Is audibly sorrowful
14. Longtime DVBC legend _____ Josephs
15. Widemouth water jug
16. According to a study, how many drivers think of cyclists
18. Tour de France goal
20. Typical high schooler
21. Exposed one's secrets
23. Up to the task
27. Hubbub
30. People on KP
31. In _____ daylight
32. Former Swiss pro Cancellara
34. Greg, of the Tour de France
35. Like a delirious crowd
36. Actress Scala
37. House refusal
38. A mythical horned Hebrew creature
39. Hangouts for beasts
41. Ill-mannered slob
43. 328-race winner Phinney
47. 2008, 2012, and 2016 Olympic TT gold medalist Armstrong, and namesakes
51. Chess or badminton
52. _____-stop, something made on club rides
53. Seriously vexes
54. Another name for poet Lamb
55. Grp. with doctors
56. E. R. fluids
57. What often goes up in a big city



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DOWN

1. Fitbit trigger
2. Place to refresh on Philly area club rides.
3. Mimic
4. Former Italian sprinter Cipollini
5. Nicholas Cage action flick "Kick-_____"
6. Things loaded into GPS
7. Retreated, as the tide
8. Stadium next to Louis Armstrong, in Queens
9. Peru airport, abbrev.
10. Bikini part
11. German cyclist Ullrich
17. Take the heat from?
19. Craving on a century
22. No metal for bike frames
24. Windfall
25. Clark's girlfriend in "Smallville"
26. Cyclist Merckx
27. A distant place
28. Say "I bet you can't...."
29. Tuning woodwind
31. Five o'clock shadow
33. Rhythmic poetic units
34. Super Bowl won by Eagles
36. Acquire via work
39. Major French waterway
40. More wise
42. Elevator pioneer
44. Wide river valley
45. "Include me."
46. Saddle
47. Odo. spd., in Eur.
48. Part of bike wheel
49. O.J. Simpson judge
50. IRS ID user

Thoughts from the Editor

Taylor Sproul

Thanks for reading the newsletter!

If you would like to contribute an article or photo to the newsletter, or if you have any other feedback, please contact Taylor via e-mail at dvbc.editor@clubmember.org. Have you gone on a fantastic ride recently, or travelled somewhere awesome for a ride? If so, please consider submitting a Ride Report or a DVBC Around the World story to the editor.