

# Delaware Valley Bicycle Club

P.O. Box 156, Woodlyn, PA, 19094-0156

October 2001



## 25<sup>th</sup> Annual Brandywine Tour a Resounding Success

By Jan Chadwick

[We] "were truly impressed with the route, the road markings, the home-made goodies, and the mood of the volunteer staff at all the stops including after we finished... The three covered bridges were fantastic, as was riding alongside a couple of horse buggies... Needless to say, we look forward to riding the "Brandywine Tour" in the future." —John

"We will add the Brandywine Tour to our "Must Do" list every year..." — Richard

"We had a great ride on your Brandywine Tour, Sunday. The ride was incredibly scenic and the hills are a switch from our 0% grade. I liked the touch of the four brooms on the sweep truck." —Linda

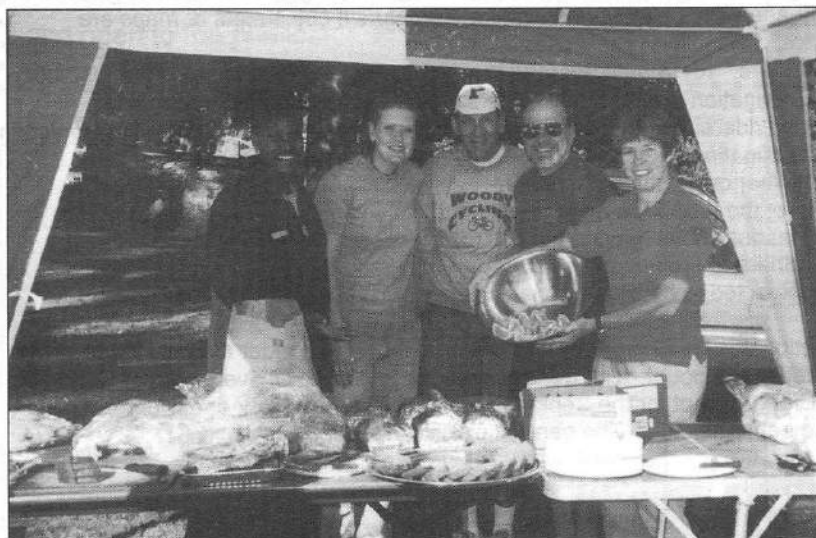
"I want to say that the dozen club

members who made your ride yesterday unanimously agree that it is one of the best rides of the year... The route was very scenic and the roads very quiet. The "Tour" is now on my "must do" list for annual rides." —Steve

Wow! Thought you'd rather hear what some riders said via e-mail about the ride rather than taking our word for it! We had a great day with great attendance—454 riders, total, came out, almost a hundred of which challenged themselves with the century route. Thank you so much to all the volunteers that made this event happen: David Bennett, Gina Bezdziecki, Ellwood Bussom, Betsy Ffrench, Jim Hoeffler, Walt Homan, Trevor Jones, Woody Koch, Bob & Judy LaDrew, Bob & Cassie Leon, Tony Rocha, Ray & Barbara Stankus, Dave & Sue Trout,

Bonnie Watkins, Mike Young and Len Zanetich. Thank you all so much for helping to make an absolutely great day and a great tour. Wait 'til you see the volunteer pizza party we have planned this time! Watch for your invites in the mail.

We also want to thank Michelle Slattery and Cynthia Wasonga of the Blue Route Vineyard Church for coming out and helping at the lunch stop, and Mark Gorman of Bustleton Bikes/Cyclefit in Wallingford for helping with bike maintenance at the lunch stop. Many thanks also go to Bernie & Claudette Langer for letting us use their backyard for the lunch stop, and to Keebler for donating those wonderful Nutrigrain bars and for a whole carload of home-made baked goods donated by those wonderful bakers at the Blue Route Vineyard Church!



Volunteers at the Springdell food stop: Cynthia and Michelle from the Blue Route Vineyard, Woody, David, and Judy of the DVBC.



John and Michelle wearing the new DVBC jerseys at the Springdell food stop.

**The Delaware Valley Bicycle Club**  
**P.O. BOX 156**  
**Woodlyn, PA 19094-0156**

<http://www.dvbc.org>

### DVBC Meeting Place

Delaware County Peace Center,  
 Springfield Friends Meeting, 1001  
 Old Sproul Road (behind the car  
 wash at Rte. 320 and Old Marple  
 Road).

*DVBC welcomes articles and ride  
 reports for the newsletter. Please  
 submit your proofread materials to  
 the Editor before the 15<sup>th</sup> of each  
 month.*

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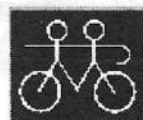
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### Club Affiliations



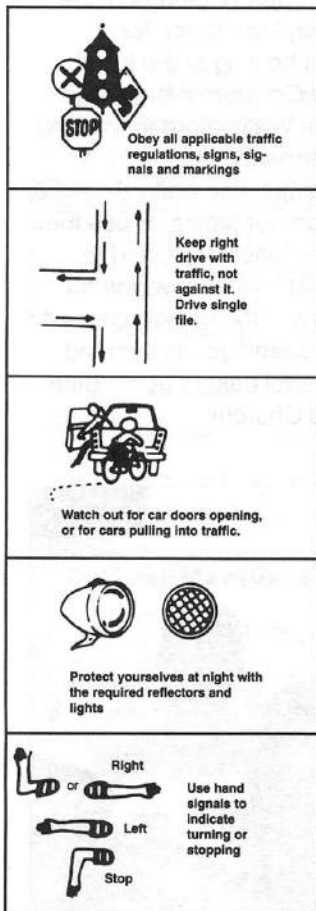
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*Bicycle Coalition of the  
 Delaware Valley*

*Please note that the views  
 expressed in this publication are  
 not necessarily the views of the  
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## Ride Guidelines



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: 19+ 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 and Club picnic, all club events are free to the general public. The general public is welcome!



## Woody's Wheel Wise

*After a quarter century of riding I've figured some things out, and my mom taught me to share. -- Woody Kotch*

### It's a water bottle party

Take a moment and peer into the bottom of your water bottle. If you use anything other than straight water all the time there may be quite a party



going on down there. Mould, mildew, bacteria, protozoans, algae, and fungus all

love moist environments with just a little bit of nutriment like the remains of your sport drink, even after rinsing it out. These party goers can give you a case of the runs or worse. Here's how to be a party pooper.

Have several bottles and rotate their use. Bottles should be stored with the tops off so they completely dry out between uses. Drying alone will kill many microorganisms.

After each use, rinse your bottles out and wash. Use dishwashing detergent and a bottle brush that

reaches the bottom of your bottle. I find an automatic dishwasher works well too. Don't forget to wash the top. Because of the grooves in many bottle interiors you may not be able to scrub these small surfaces. Soooooo....

You can disinfect your bottles with some bleach. Take just a small capful of liquid bleach (5.25% sodium hypochlorite), or about 10 drops, and pour it into your bottle. Add just enough water to fill the bottom inch of the bottle. This is where I usually see the most partying. Let this stand for half an hour. Then fill the bottle and put the top on. Squirt about 1/4 of the diluted bleach out of the bottle to get the top clean. Top the bottle back up again with water and let stand over night. Rinse several times until the smell of the bleach is pretty much gone. If you don't rinse well enough, your bottle will taste like over-chlorinated tap water. It won't hurt you. It's the same chlorine the water company uses.

DVBC member Glenn Lyons will be performing on guitar in a faculty recital of Spanish music on **Monday, October 1**, at 7:30 pm.

The recital will be held at Philips Autograph Library, 2nd floor, in Philips Hall at the corner of High St. and University Ave. in West Chester. The program is free and open to the public.



**October 8, 7:30 pm**

### DVBC Members Meeting

#### Topic: Bike Maintenance and Repair

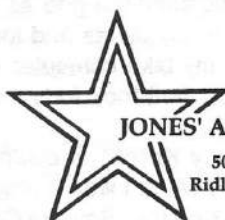
Bring that old broken-down bike. Mechanic Woody Kotch, ably assisted by Bob Martin, will show you how to fix it. Emphasis on wheel truing.

Refreshments!

Held at Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Rd. (behind the car wash at Rte. 320 and Old Marple Rd.)

### Welcome New Members!

Ricardo Caraballo  
Betsy Ffrench  
Bob Hegdal  
Alan M. Kalish  
Nicholas Landekic  
Debby O'Neal  
Scott Williamson



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## The worst ride ever...

DVBC members were invited to write in about their worst ride ever. Here are some of the responses.

**Walt Linton:** My worst ride was a big event in central New Jersey in 1999. Bob Martin, Jan Chadwick and I did the ride. The rest stops had only sugar cookies and hose water, which made me sick. At the 80-mile mark I had to be "towed in." I was hoping for some decent food. Instead, at the parking lot, I got a hamburger like shoe leather. I spit it out. The ride itself was beautiful, but we paid a fortune and had bad support.

**Joe Laumakis:** September, 2000: Having completed a few 45-milers over in Jersey, I felt I was ready for the 50-miler here in Pennsylvania. After five or ten miles, I began to feel I was on one huge roller coaster. Once again, my ambition was completely overwhelmed by my ability. But I carried on. After a rest at the next-to-last food stop, I was on a backroad downhill when I noticed two young girls selling lemonade on the left side of the road ahead. Unfortunately, two young boys on the right side had also noticed them and were making their way across, walking their mountain bikes beside them. My panicked shouts alerted them that I was on my way and they were able to jump out of my path. It would have been wonderful if they had taken their bikes with them. The resulting train wreck left me and the three bikes blocking most of the road. Riders who had been at the lemonade stand helped me up, brushed me off, checked to see if all limbs were still in the right place, lifted me back on my bike, aimed me in the right direction and sent me on my way. (Note: The two boys sprang for a cup of lemonade for me.)

Approaching the last food stop, at 40 miles, my legs turned into two-by-fours. Luckily, volunteers working the stand, about 200 yards away, saw me doing my Frankenstein monster walk and sent a SAG wagon.

The only thing that went well that day was the Eagles beating Dallas that afternoon. This year I lowered my sights and did the 28-miler without incident. Whew!

**Bob Blackburn:** After returning to cycling several years ago, I became increasingly more serious. Last January, I went out for a ride from French Creek State Park in sub-freezing temperatures, decked out in newly purchased winter gear. Not five minutes into the ride my rear derailleur stopped shifting. After an ex-wrench worked on it for fifteen minutes, it was decided he could set it high or low and I would only have two rear gears. I could go back or continue and try to catch the group that had gone ahead. I told him to set it for low/med. gears because of the hills and I would work on my spinning. We did catch the pack and finished the ride. It turns out the shifter was dirty and when it froze, the ratchet stopped working. After it was degreased and lubed, it worked fine the next ride.

**David Bennett:** My worst ride? This would be a difficult task because no matter how bad the conditions or luck on a particular ride, we're talking about the brighter moments of an otherwise mundane existence. I have no complaints. My worst memories are of being caught in a cold rain alone once, of coming down with acute asthma attacks on rides and not understanding what was going on, and of those unfortunate moments when my compatriots failed to keep the rubber side down. The adventure has always been worth the risk of hardships or misfortune.

**Jan Chadwick:** I'd have to say that the car making a right-hand turn in front of me causing me to smash into his side and doing a superman over his trunk, landing on my head in his yard, probably ranks as the worst.

Other than that, the one where I rode with Tony out of Rose Tree Park in the middle of the winter, where he took us up Beatty Road Hill and my toes were so frozen they still hurt three days later would rank as the worst 12-mile ride I've ever done.

Oh, then the heat rash day. That was a metric that I think Dave organized and it turned into one of the hottest days of the year. We all stopped at a store close to the end

and were fighting over who would stand in front of the air conditioner. I had heat rash on my leg under (underline 'under') where my cycling shorts were for a week.

But generally, bad experiences give us great stories! So there is never a really worst ride!

**Ann Martha:** The Worst Ride in Tarnation

The worst ride I can remember was doing a 100-mile century in 100-degree weather. The air was hot, dry and dusty. The route took a right turn onto a closed road. The road had just been tarred the night before. The tar was hot and oozy. I did not know where I was to invent a detour, and the cue sheets were no help. I cursed the event organizers for not directing the riders around the tarred road.

I just had to go through the tar. I stopped to cross the road on foot, because the hot tar would have disintegrated my tires. I picked up my bike and tossed it onto the grass at the roadside away from the tar, and made sure the bike ended right-side up to save the derailleurs. Then I stepped out lightly and my cleats sank into it! Doo-doo would have been pleasant compared to this tacky stuff! I extricated myself and climbed onto a construction vehicle placed across the road as a barrier to stop traffic. The gleaming metal burned me! However, because I have short legs, I could not span the crossing onto solid ground. So I climbed off the vehicle and fell into the ditch behind it, where I found dry debris. I climbed back onto the vehicle and threw down the debris so I could step onto something solid, something that wasn't gooey. Before I could begin riding, I scraped the goo as best as I could from my cleats and looked at the clock on my bike computer — traveling twenty feet took forty minutes!

**Woody Kotch:** It could be twenty years ago when I was a macho buck that I took on the "Savage Century" for the first time. I was a strong rider by virtue of my youth and I thought it was all about muscle. I trained for weeks before the ride by doing my incredibly

See **WORST RIDE**, p. 8

# DELAWARE VALLEY BICYCLE CLUB



## Ride Calendar October 2001



### \*\*\*\*\*Recurring Weekday Rides\*\*\*\*\*

<b>Tuesdays All Month, 6p</b> Miles: 10-20 Class: C <b>NightRiders</b>	We continue to ride Tuesday evening thru southern Delco. We meet in the Pathmark parking lot in Folsom. Night riding gear is a must. Contact Dave Trout at 610-368-0760 or dtwave@rcn.com.
<b>Weekdays, All Month, 7a</b> Miles: 10 Class: C+/B- <b>Weekday Ramble</b>	Just about every weekday (Thursday is the Breakfast Ride), I'm out there doing a 10-mile c+/b-ride at about 7 am. Leaving from my home in Havertown (401 Colfax Road) to various destinations. It's important to call the night before in case times change. Contact Joel at 610-789-7673 or joelperlish@aol.com a couple of days ahead.
<b>Wednesdays at 6:00p</b> Miles: 15+ Class: B+ <b>Workout</b>	Meet me at Rose Tree Park on Rte. 252 as we end this season's workout rides. As the days get shorter, the ride will get shorter, but until the time changes we can still burn a few calories. Expect a fast pace and a few good hills. Call Tony at 610-416-0514 or tony@crafterch.com to confirm the ride.
<b>Thursdays, All Month, 7:30a</b> Miles: 10-25 Class: C-/C <b>Pancake Breakfast</b>	7:30 am on each Thursday, weather permitting, we leave from our Havertown home in the Oakmont section. This is an easy-paced ride of 10-15 miles with a pancake place in between. Please don't forget money and a helmet. We're generally back to start by 9:45 am. Please call the night before, to confirm departing place and time. Contact Joel at 610-789-7673 or joelperlish@aol.com.
<b>Every Thursday, 6p</b> Miles: Not Sure Yet, (less than 2 hours approx.) Class: C <b>Mountain Bike Ride</b>	Call Sarah for a fabulous adventure on a night mountain bike ride. We'll go every Thursday night throughout the season, but start here in beautiful October. Location and time to be determined based on rider interest. Please call Sarah for more information. 610.353.3494 home, or at work 610.742.7524
<b>Monday, Oct. 1, 7p</b> <b>DVBC Board Meeting</b>	The board meeting is open to all club members. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Jan Chadwick at 610-541-0784 or chadwick@crafterch.com.
<b>Saturday, Oct. 6, 7a</b> Miles: 126 +/- Class B <b>Ocean City</b>	Meet at the Kingsway High School, Routes 551 & 322 in NJ. We'll ride to the shore, and stop at Uncle Bill's for pancakes before returning home. Call Bob 610-833-2365.
<b>Saturday Oct. 6, 8:45a</b> Miles: 50 Class: C <b>A Hilly and Chilly Ride</b>	Meet at Octorara HS on Route 41 for a C ride of the outer fifty of the Brandywine Tour 100. Expect hills and great scenery! Bring food and money. Contact Brian Wade at 610-254-9485 or breakframe@aol.com.
<b>Sunday, Oct. 7, 8:30a</b> Miles: 30 +/- Class C <b>Northbrook Orchards</b>	Meet at the Chadds Ford Elementary School, on Route 1, ¼ mile south of Route 100. Call Bob 610-833-2365.
<b>Monday, Oct. 8, 7:30p</b> <b>General Meeting</b> <b>Open to the public</b>	Newsletter columnist Woody Kotch, assisted by Bob Martin, will be presenting a bike repair and maintenance session. He is encouraging attendees to bring an old bike that is in need of some repair. For more information contact Jan Chadwick at 610-541-0784 or chadwick@crafterch.com.
<b>Saturday, Oct. 13, 7:30a</b> Miles: 60 +/- Class B <b>Manayunk</b>	Meet at Rose Tree Park. We'll ride to the Valley Forge Park and take the trail into Manayunk. Bring money for food and drink. Call Bob at 610-833-2365.
<b>Saturday, Oct. 13, 8a</b> Miles: ??? Class A++++ <b>Swap Meet</b>	Meet at Rose Tree Park and we'll carpool to go to the Lehigh Valley Velodrome 13th Annual Flea Market. If you are looking for a new frame, new team jersey, or any kind of bike stuff at significant discounts, this is the place to go. Contact Tony Rocha at 610-416-0514 or tony@crafterch.com to confirm the ride.
<b>Saturday, Oct. 13, 10a</b> Miles: 50 Class C, C+ <b>Over 50</b>	Leave from O'Grady's Restaurant, Rte. 23 west, Phoenixville. Call for directions. Bring snacks, money. Walt, 610-917-8761.

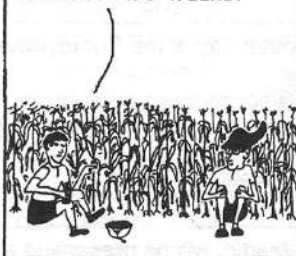
<b>Sunday, Oct. 14, 8:30a</b> Miles: 48 +/- Class C <b>Fort Mott</b>	Meet at the Kingsway High School on Routes 322 & 551 in NJ. We'll ride into Salem, pick up some food, eat at the Riverside Park and roll over to Fort Mott if the weather is good . Call Bob at 610-833-2365.
<b>Sunday, Oct. 14, 9:00a</b> 50 miles: Class B <b>"Hills, Thrills (no spills)"</b>	Meet at Umoja Park in Swarthmore, Yale & Rutgers Aves. Ride to Ridley Creek State Park, then follow (approximately) the Bonkers Tour 35 mile loop at 15 to 16 mph. 1 or 2 rest stops, or as needed. Contact Walt Homan at <a href="mailto:whoman@wilmingtontrust.com">whoman@wilmingtontrust.com</a> or (610) 622-5544.
<b>Sunday, Oct. 14, 8:30a</b> Miles: 50+ Class: A <b>Art Museum</b>	Meet me at Rose Tree Park on Rte. 252 for a ride to the Art Museum. We'll stop in Manayunk for fuel. Bring money for food and drinks. Expect a fast pace and a few hills. Contact Tony Rocha at 610-416-0514 or <a href="mailto:tony@craftech.com">tony@craftech.com</a> to confirm the ride.
<b>Saturday, Oct. 20, 8a</b> Miles: 70 +/- Class B <b>Salem</b>	Meet at the Kingsway High School, Routes 551 & 322 in NJ. We'll ride to the Salem Oak Diner, have breakfast and add some miles if the weather is good. Call Bob at 610-833-2365.
<b>Saturday, Oct. 20, 8:45a</b> Miles: 50 Class: C <b>A Hilly and Chilly Ride</b>	Meet at Octorara HS on Route 41 for a C ride of the outer fifty of the Brandywine Tour 100. Expect hills and great scenery! Bring food and money. Contact Brian Wade at 610-254-9485 or <a href="mailto:breakframe@aol.com">breakframe@aol.com</a> .
<b>Sunday, Oct. 21, 9:15a</b> Miles: 60 Class B/B+ <b>Westtown and Beyond</b>	Start at Moylan Rose Valley Train Station at Manchester & Woodward Rds. in Moylan. Ride through the beautiful wooded hills & valleys of Western Delaware County, Chester County & Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-566-1137 at work or 610-565-4058 at night or <a href="mailto:ira@dvbc.org">ira@dvbc.org</a> .
<b>Saturday, Oct. 27, 8a</b> Miles: 65 +/- Class B <b>Northbrook Orchards</b>	Meet behind the new Dunkin' Donuts on MacDade Blvd & Fairview Road for a ride through Chester County. Expect some hills. Call Bob at 610-833-2365.
<b>Sunday, Oct. 28, 8:30a</b> Miles: 35 +/- Class C <b>Kountry Kitchen</b>	Meet at the Kingsway High School, Routes 551 & 322 in NJ, for a relaxing ride to breakfast. Contact Bob at 610-833-2365.
<b>Sunday, Oct. 28, 9:30a</b> Miles: 45+ Class B+ <b>Bagels in Hockessin</b>	New Expanded Route. More scenery and few more hills. Leave from Westtown-Thornbury Elementary School on Westbourne Rd. Traveling west on 926 turn right onto Westbourne Rd. just past the Goose Creek Grill. Westbourne is about a mile and a half east of the intersection of 926 and 202. Approx. 17 mph avg for the ride. Approx 45 miles. (I'll get the exact mileage when I preview the entire route.) As always add miles if desired by biking to the school. Glenn Lyons (610) 399-0624, <a href="mailto:rollingspeed@cs.com">rollingspeed@cs.com</a> .

## BONKERS

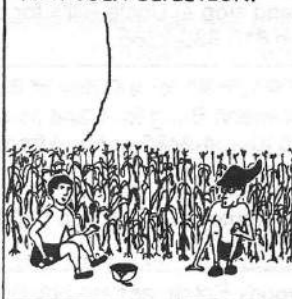


CARTOONS  
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AFTER THE CORN SEEDS WERE PLANTED, THEY DIDN'T GET THE CRITICAL RAIN THEY NEEDED WITHIN TWO WEEKS.



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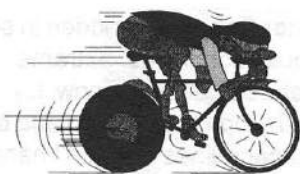


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## Bike Dirt

By F.X. Pedrix

To be honest, I think I am losing my memory as I get older. Lately, it seems as though I am forgetting more and more things that used to come fairly automatically. That vision of loveliness, who is my wife Babs, is constantly on my case about things I forget. The problem is that most of what I forget are the chores I'm to do around the house.

Speaking of being forgetful, one of our pony-tailed, mechanically inclined members showed up for the recent Jersey Devil Century ready for a fast-paced ride. Unfortunately, talented as this veteran is, he could not ride a century on a bike with just one wheel. It seems his overlooked front wheel had been left hanging in the garage when the van was carefully loaded for the 1.5-hour trip to Centerton. While this incident would normally provide ammo for abundant guffaws, the story morphed into a lesson for life when our friend commented, "You know, normally this thing would have ticked me off, but after what happened in New York and Washington, I was able to keep it in perspective. I just waited at a nearby park and didn't let it bother me." Perhaps all of us will be able to take our problems a little less seriously after the events of September 11.

I managed to avoid Babs' honey-do list on the Sunday before Labor Day and ride the club's Brandywine Tour. What a spectacular day it was after weeks of crummy, humid weather: bright, sunny and cool with just a nip of fall in the air – great riding weather. The club, as usual, put on a well-organized tour that was very well attended. On this perfect late summer afternoon, two of our members were sailing along through cornfields during the Brandywine Tour. They couldn't believe their fortune when they spotted a bulging wallet lying at the side of the road. They quickly turned around to go

back and retrieve the booty. As one of them stooped to pick it up (Could this be possible?), the wallet actually moved! It jumped from the road into the cornfield, where several giggling, straw-hatted Amish children were tugging on a fishing string.

The DVBC sent a sizeable contingent to the Amish Country Ride last month. It was easy to spot one's fellow members; you could recognize them from 100 yards by their bright, new club jerseys. The new shirts also prompted strangers to strike up conversations and compliment our club on its successful Brandywine Tour. Because of the success and popularity of the new club jerseys, I hear through the grapevine that the Board of Directors is secretly moving to make our club president, President for Life. I'm sure she will be thrilled by the honor and accept the position without additional thought.

With all the bad news lately, I am reluctant to bring up the following. It seems that one of our members recently ran over another squirrel. My sources report that the poor thing was almost cut in two. To make matters worse, the member who ran over the innocent creature was riding with the guy who got into trouble last year for vehicular rodent homicide. My contacts within the law enforcement community report that the SPCA is currently investigating the incident, hoping to use federal racketeering statutes to bring this duo to justice.

If you have any good Bike Dirt, club news, gossip, jokes, quotes, comments or any other info, e-mail me at [fxpedrix@hotmail.com](mailto:fxpedrix@hotmail.com).



Looking ahead....  
Save this date!

November 12  
Membership Meeting

"Moving Up to  
the Next Step"



- ✓ Riding in pacelines
- ✓ How to climb better and ride faster
- ✓ Winter training

## Notes from other Clubs

**Suburban Cyclists Unlimited:** Lost beloved member 43-year-old Khaliq Culbreath, of North Wales, PA. "KC" was struck by a car on July 13 while crossing a street to observe cyclists racing in the Tour de France. He died five days later.

**Hanover Cyclers:** In danger of becoming defunct due to lack of active membership.

**Pennsylvania Bike Club:** We are saddened to note that, within the past month, our sister organization, the Pennsylvania Bicycle Club, has passed from existence. The organization that brought us the John Pixton Memorial Poker Ride and the June Manayunk Wall Climb, ceased to exist at the end of August. PBC's core management group has retired after many years at the helm and replacements have not stepped forward.

Some club members will continue to function less formally as a racing team. The organization actually was formed way back in 1932 as a racing club. Longtime member Laurama Pixton, in a newsletter retrospective, recalled some of the club's well-known racers: Bob Anthony, Chuck Carnila, John Chapman, Bruce Donaghy, Miji Reoch, Allan Rodzinski, Jeff Rutter, and Laurama's late husband, John Pixton, who took up racing in his late 40's and became a national age-group time trial champion.

From **WORST RIDE**, p. 4  
steep 200-foot driveway. After breaking two freewheels I figured I was ready.

The morning of the ride it was drizzling, and after an hour of driving I couldn't find the start on the University of Delaware campus. Finally, after circling on one-way streets for what seemed forever, I stumbled upon the Hollingsworth parking lot. Lots of cars, no bikes, one guy at a table wearing a poncho, it's still raining. "They've all left." He's happy to take my money, however, and with cue sheet in hand I take off an hour after the start time.

Not knowing any better, I leave my glasses on so my visibility is squat. After riding about half an hour the rain lets up enough for me to notice there are no arrows on the road I'm on. I clean off my glasses, get out my cue sheet, and determine that I am lost. Backtracking, I return to the route only five miles in arrears. Unfortunately, having started so late and getting lost, I'll see only two or three other riders before lunch. They are lying on the side of the road on the first big hill.

I rode every hill. I did not walk a step. I cranked out each vertical foot with all the muscle I had and I was going very slow. No one had taught me to spin. My legs were screaming. I was down, but I would not be beaten.

The rain stopped. My legs were jelly and I limped along after lunch having caught only a few other poor souls who were done for the day. The SAG started to follow me. They asked if I wanted a ride in, but I didn't, so they handed me some orange juice through the car window and encouraged me on. Good Guys.

I finished in nine hours and something. This time the Hollingsworth parking lot had no bikes and almost no cars except the White Clay folks' and mine. I had never been so spent, so beyond exhausted. I don't remember driving home, but I must have. I do remember driving down my driveway and starting to cry.

Now I was emotionally destroyed too. I couldn't stop crying. I showered, I cried. We had a dinner engagement, so my wife drove and I wept in the passenger seat. I just sobbed. I was out of control. That's all I remember.

P.S. I rode the Savage again about three years ago. At least 15 years older, but fifteen pounds lighter, much better technique (higher cadence), a seven hour something time and I didn't shed a tear!

**Bonnie Watkins:** My worst ride is the day I knocked Len off his bike and gave him a concussion. It was two years ago in August. I thought we were following our normal loop and Len had something else in mind. When he made the left, I hit him somehow, and he went down.

**Ira Josephs:** My first "worst ride" was on the DVBC's Brandywine Tour in (I think) 1979. After riding for fun and transportation for the first 23 years of my life, now I was commuting eleven miles each way to work, reading *Bicycling* magazine and I joined a bike club. I went all by myself to my first club tour not knowing a soul and started out early to ride my first 100-mile century. I soon hooked up with a couple of riders who were moving along nicely. I don't remember all the details, only that we had a nice fast pace going and it felt good. What I do remember is that one of my knees started to hurt and that was the beginning of the end. I kept up the pace anyway, until it hurt so bad I could hardly ride. The last fifteen miles were absolute torture. I was almost reduced to pedaling with one leg. I remember not being able to walk upstairs for a few days.

As now, I was not much for going to doctors. It did finally get better; it only took about fifteen years. For years I told folks not to overdue it cycling or you could do permanent damage. Every year after that I had to ease very slowly into the season increasing my mileage in small increments and paying close attention to my damaged knee. It was a great surprise to realize several years ago that it was finally all better.

As a footnote, this year for our Brandywine Tour, I rode out to Chadds Ford from home. Then I rode the 28-mile route. At the Brandywine Drive foodstop I ran into my old riding partner from that '79 Tour who was completing the century with a fast group of riders. I rode those last few miles with them thinking about that first worst bike ride.

**Javier Pazos:** I've ridden in some pretty lousy conditions: extreme temperatures, rain and snow, icy roads, 30+ mph headwinds, and the backs of pace-lines I couldn't hang with. But I was always prepared for these conditions. I was even prepared for misfortune, like getting a flat in a downpour or getting lost in the mountains. So I'd have to say that my worst ride was the one that I was absolutely least prepared for. But I was dared, and a dare's a dare.

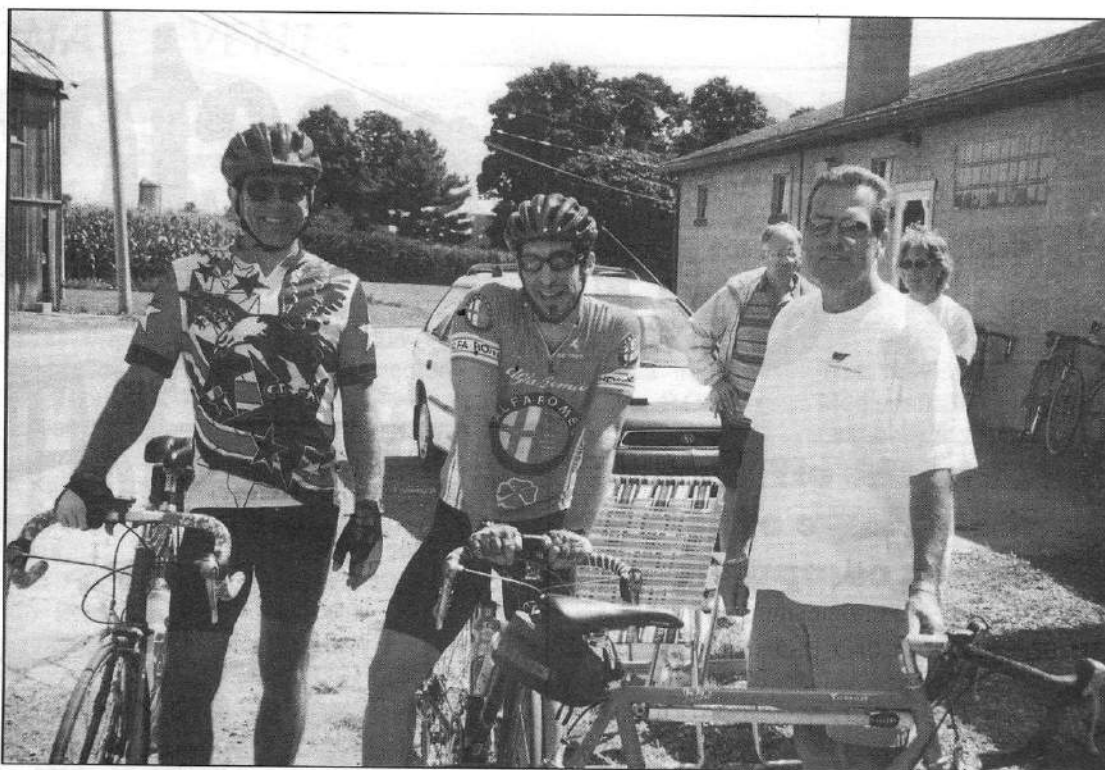
It was one of my first century rides. I say 'one of my first' because I had actually ridden a couple of centuries back in my youth, when getting in shape was easy and I couldn't gain weight even if I tried. It was about 4 years ago that I took the dare, and the most riding I had done in one day was 10 miles, which I'd only done twice. But I wasn't worried because I had done the same thing when I was 18 (though I seem to have forgotten how painful it was back then). Wearing a cotton tee shirt and a pair of corduroy shorts, I hopped onto my old mountain bike with its big knobby tires, old-fashion pedals with no toe clips, no pump, no water bottle, and the omission I would come to regret the most, no sunscreen. But hey, a dare's a dare.

The twenty miles to the 1<sup>st</sup> rest stop went rather well: still no inkling that this was going to be my worst ride. The next leg had me missing a turn and adding 8 miles to the ride. I also started to suffer, but I still had no idea how bad it was about to get. At the 2<sup>nd</sup> rest stop I had a sandwich, a candy bar and a ton of iced tea. At this point, I really wanted to stop, but a dare's a dare. The next 30 miles were the most I'd ever suffered. My legs hurt when I pedaled. They hurt when I touched them. They hurt when the sun shone on them. In other words, they hurt all the time. My neck was so stiff it felt like I was getting stabbed every time I tried to lift my head. I hurt when I tried to turn my head. My arms and wrists hurt. And I was raw and burning all over.

When I hobbled into the 3<sup>rd</sup> rest stop, some of my friends who were

See **WORST RIDE**, p. 11





Bill Robb and Rich White stop for a brief rest and some refreshments at the Nickel Mines rest stop. Len and Bonnie managed the food stop on the outer 50.

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## REGIONAL EVENTS

**Sept. 29-30: MS150 Bike to the Bay.** Smyrna to Dewey Beach, Delaware.

Susan Kelly, MS Society, Delaware Chapter, Two Mill Rd., Ste. 106, Wilmington, DE 19806; 302-655-5610, Fax: 302-655-0993.

<susan.kelly@ded.nmss.org>

www.biketothethebay.org

**Sept. 29-30: MS150 City to Shore.**

Cherry Hill to Ocean City, NJ. Registration fee + minimum donation. Nat'l. M. S. Soc., Greater Delaware Valley Chapter, 1 Reed Street, Ste. 200, Philadelphia, PA 19147; 1-800-445-BIKE. <pae@nmss.org>

www.ms150biketour.

**Oct. 6: Belleplain Fall Century.**

Shore Cycle Club. Belleplain State Forest, Woodbine, NJ. \$20. Steve Rulli

@ <sundeck @ sprynet.com> or http://www.shorecycleclub.org

**Oct. 7: Pumpkin Patch Pedal.**

Thompson Park, Jamesburg, NJ. 25, 50, 62, or 100-mi. Farmlands of central NJ. SIBA, 1436 Bay St., Staten Island, NY 10305. www.sibike.org

**Oct. 14: Covered Bridges Ride.**

Tinicum Park, Erwinna, PA. Up to 8 covered bridges. 1,360 riders in 2000. Central Bucks Bicycle Club, P.O. Box 1648, Doylestown, PA 18901. Wayne Siefert, 215-579-9393.

<coveredbridges@att.net>

www.cbbikeclub.org

**Oct. 20: The Savage.** Newark, DE;

40, 60, 75 or 100 mi. One of the most difficult rides on the east coast. Major hills are only on the 75- and 100-mi.

loops. \$14 by 10/1, \$18 after. White Clay Bicycle Club, Mary Becker, 106 Mill Top Dr, Kennett Square, PA 19348; 610-925-0757. <wcbbc@delanet.com> www.delanet.com/~wcbbc/savage.html

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### FOR SALE

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From **WORST RIDE**, p.8

driving SAG said, "Oh my God! You look like hell! And you're red all over! Maybe you should stop. We could drive you the rest of the way."

But I would hear none of it. A dare's a dare! So as I got back on my bike, they all stared at me in great admiration of my stoic bravery. Or ... or were they just awestruck at my incredible stupidity? Well, whatever.

**Bob LaDrew:** My worst ride ever was my first solo tour in 1980. My camping gear was cheap and heavy. I had one water bottle and knew nothing about the importance of hydrating. I wore cutoff corduroys and no biking gloves. By the end of the second day I had biker's palsy. For the next six months I could not touch my thumbs and ring fingers together.

I rode from Worcester, Massachusetts, to Downingtown PA—486 miles in five days. At crawling speeds, I pedaled each day from sunrise till sunset. At the top of the Berkshire Mountains I met another biker who taught me, in a single glance, everything about touring I needed to know. He was riding from Connecticut to Toronto. His "gear" was a credit card and a toothbrush. He provided the model toward which I strove thereafter.

On my worst ride ever I did just about everything wrong. Still, I had a blast.

**Tony Rocha:** The "I wished I could be riding today" ride.



Above: A large contingent from the Shore Cycle Club came up from South Jersey.

Below: The first group of riders to arrive at the Springdell food stop.





Delaware Valley Bicycle Club  
P.O. Box 156  
Woodlyn, PA 19094-0156



The Delaware Valley Bicycle Club (DVBC) is a non-profit corporation formed to educate the public as to the safe use of the bicycle through lectures, seminars, planned rides, and other activities promoting the bicycle as an efficient and enjoyable means of exercise, recreation, and transportation. Non-members are welcome on rides, but are urged to consider their ability and experience when selecting a ride (see the "Ride Guidelines" on the inside cover). Helmets are mandatory for all rides. The club cannot accept responsibility for accidents or injury when participating in a DVBC event.

### Application for DVBC Membership

(Expires 1 year from date joined/renewed)

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Annual Membership: \$15.00 per household.**

Check one: ☐ new member or ☐ renewal

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) = \_\_\_\_\_

Please send your check or money order to the:

**Delaware Valley Bicycle Club**  
P.O. Box 156  
Woodlyn, PA 19094-0156



### Interest Survey

**Your Ride Pace:**  
(check one)

☐ Class D: *slow* ☐ Class A: *fast*  
☐ Class C: *average* ☐ Off-Road  
☐ Class B: *brisk*

**I'll volunteer for:**  
(check all interests)

☐ Ride Leader ☐ Tour Food Stop  
☐ Sag Wagon ☐ Newsletter Delivery