Delaware Valley Bicycle Club

P.O. Box 156, Woodlyn, PA, 19094-0156 March 2002

# Members Honored at Holiday Banquet

At the club's December holiday banquet, a delighted crowd looked on as Bob Martin received the second annual FX Pedrix True Bicyclist of the Year Award. It did not take the audience long to realize who the recipient would be as the award letter from FX Pedrix was read:

"As you may know, I have awarded my True Bicyclist moniker to those DVBC riders who, through their actions, have shown a devotion to both cycling and the bicycle itself, almost at times to the exclusion of personal safety, comfort, or sometimes family harmony. The True Cyclist is one who rides on freezing cold days, in blistering heat, and at night, or one whose first words after a fall or accident are, "Is my bike alright?"

Although we spent many long hours discussing our selection this year, in the end the Committee's choice was simple. Our choice displays all the True Bicyclist qualities and then some. This year's winner:

- Commutes to work by bike.
- Is a gifted and intuitive bike mechanic.
- When riding, if he spots an old bike in somebody's trash, salvages useful parts (although we understand that his wife has threatened him if he brings home any more old bikes).
- Has been a fixture on the local bicycling scene and in the DVBC for many years.
- We are told that over his (and his wife's) bedroom door is a sign that says "Bicyclists dismount before entering."
- On club rides, he's always eager to help fellow riders with their mechanical problems & wait for stragglers so they don't get lost.
- But most of all, he can be seen riding for the sheer joy of riding—not to show off or to beat any one. When you ride with him, you can always sense this joy (mainly because he never stops whistling a happy tune).

I am pleased to announce the Second Annual F.X. Pedrix True Bicyclist of the Year Award winner: Bob Martin. Congratulations, Bob!"

Joel Perlish was honored as the year's Most Prolific Ride Leader, after leading an astounding 264 rides. Other top leaders were Bob Leon (96 rides), Tony Rocha (66), Dave Trout (62), and Sarah Clark (31).

Judy and Bob LaDrew received the first annual President's Award for service to the club during the past year.

Brian Wade and Sarah Clark were recognized as co-Rookies of the Year for making major contributions to the club in only their first year as members. The initial Tommy Hilfiger Award went to Monika Sloane for designing the club jersey of which we are all so proud. Len Zanetich was awarded the Front-of-the-Paceline trophy for stepping up in a time of need to fill the role of Time Trial Coordinator. And Richard White received the Bonkers Roadkill award in only his first year of trying.

# Mileage Roundup

Compiled by Bob LaDrew

Once again, DVBC members have been asked to write in and tell us about their riding experience for the recent year. We think you'll agree that our club has some committed and colorful members:

**Ed Sobolewski:**

I finished 2001 with similar mileage to the previous year, totaling 11,610. My goal was 12,000, but the last two weeks of December I spent in Poland enjoying Christmas with my family.

Unfortunately, the weather in that part of Europe was less than ideal for biking. They got exceptional snowfall and it was snowing almost every day. In my desperation, I started running and rediscovered the reason why I do not do this kind of activity on a routine basis. My knees are still in pain.

See **MILEAGE ROUNDUP**, p.4

## DVBC Member Meeting

*Learn some techniques to improve your riding skills.*

Monday, March 11, 7:30 pm

Topic: *Moving to the Next Step, Pt. 2*

Speaker: Tony Rocha

*See the ride calendar inside for more information.*

**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 15th of each month.*

## Board of Directors & Staff

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## Club Affiliations

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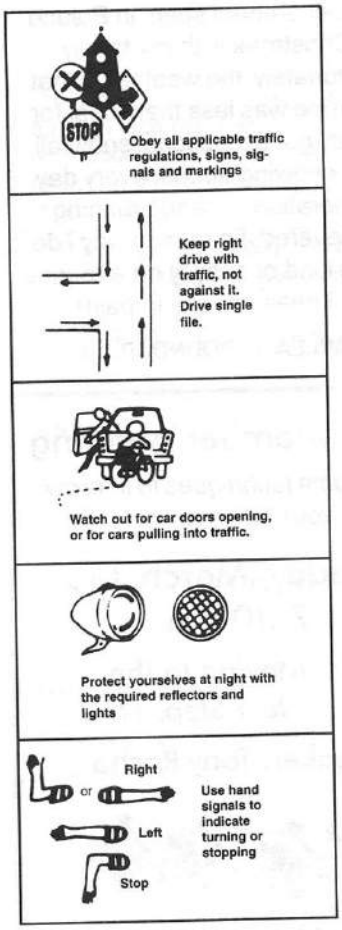
*Please note that the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.*

## Ride Guidelines




1. Arrive early and *be ready to leave on time*. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order *before* you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
7. Ride classifications:
   **Class D:** For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.
   **Class C-:** For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.
   **Class C+:** Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.
   **Class B-:** For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
   **Class B+:** For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
   **Class A:** For very strong riders: 18+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
8. Each rider assumes his/her own risk on all rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. Ride leaders are not expected to be bike mechanics.

**Note:** In the case of questionable weather or road conditions, the Ride Leader may decide to cancel the event. Call the ride leader if in doubt. The general public is invited to all events organized by the Delaware Valley Bicycle Club. Except for the Bonkers Metric, Brandywine Tour, Club banquet and Club picnic, all club events are free to the general public. The general public is welcome!

# Keep Your Eye on the Prize

By Bob Martin

At a recent club meeting, a lot of emphasis was placed on reaching "the next level." Training, technique, nutrition, working out, and riding hard are great ways to accomplish this goal. Nothing wrong with that.

But let's not lose sight of the "prize." If you reach the next level through hard work and commitment you will surely get "the prize" at the end of the ride. No? Isn't there a yellow jersey for the first one at the finish? Perhaps a trophy filled with money and endorsement contracts. No? Then where is "the prize?" I suppose the prize is the feeling of accomplishment and pride at having been the best that day and there's nothing wrong with that either.

But let's consider another prize. You're riding with fellow members at a pace that encourages conversation, jokes, small talk and looking at things. You're soaking up the ride. It's sunny with little wind. You see things faster riders may not see. You feel things faster riders may not feel. You think to yourself, "It doesn't get any better than this." You've attained "the prize."

All of a sudden a small group of really fit riders blows past in a cloud of dust. And they're nearly out of sight. You may think to yourself, "Wow! I wish I could ride that fast." Or, "I wish I was that strong. Maybe if I trained real hard I could be." But be careful what you wish for.

I wonder if those really fast riders recall the training rides with as much pleasure as a not-so-fast ride. Do they think back and say, "That was a beautiful day?" I hope they do, but I have doubts. Besides, who wants to ride with a group that doesn't know your name, doesn't *want* to know your name, and doesn't even care if you're there? By the way, be prepared to finish this ride alone should you have a mechanical problem or be unable to keep up. Sound like fun? Then go for it.

But for some of us, we've already got "the prize." The prize is the ride. Not at the end of it. So with the new riding season starting, be careful what you wish for and keep your eye on the prize.

## New Members!

Richard DeStefane
Andy Hooper
Bob Hunt
Jeannie Lukens
Karen Stellabotte

Sunday morning mountain bike rides
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From **MILEAGE ROUNDUP**, p.1

**Dave Hartrum:**

I started the 2001 year with a goal of 3000 or more miles and a minimum must-do of 2000. Well, I finished just in the middle of that range with just over 2500 miles. I have come to realize that breaking 3000 next year will require some winter riding (just bought the right kind of clothing and put 50 miles on over two days with temps around 35 degrees) and more regular participation in summer evening rides. My proudest achievement was completing several century rides (Brandywine Century, Scenic Schuylkill Century, MS150 Day 1 Century) and many metrics.

I can't think of one ride that was the most fun. Every day on the bike is better than a day at work. Even in the cold, pouring rain of the MS150 Day 2, that last killer hill of the Bonkers Metric, or while my legs were cramping in the last miles of the Scenic Schuylkill Century. That 3000+ goal is going to be mine in 2002 :-)

**Glenn Lyons:**

Total Miles for 2001: 6374.

I am proudest of my time of 7:21 in the Brandywine Bicycle Club Time Trial. My most fun ride was probably a trial run of my "Cross County Tour" in November with Rich Alejandre, Rich White, Monika Sloane, and Bill Robb (Ed Sobolewski joined us for the first third of the ride). I will offer this ride (which begins in southeastern Chester County and crosses into Lancaster and Berks Counties) in the newsletter this spring.

**Woody Kotch:**

Miles this year: 4033.

Best ride...The first day of the MS 150 City to Shore with my son Jason as he completed his first century. Worst ride...The second day of the MS-150 City to Shore. Rain all day, 50 degrees, and hypothermia. Shivering and so cold I couldn't open my power bars!

**Javier Pazos:**

2001 mileage: Probably less than 10,000. The only bike that I have accurate numbers on is my regular commuter bike, and it has 6,500 miles since I got it in late February. I estimate that, between the other three bikes, there's about 3,000 miles.

Most challenging ride: The Mt. Evans Hill Climb.

Most memorable ride: My family's annual bike ride/reunion. Every year my father organizes a reunion of my brothers, sisters, cousins, etc., to ride down to the beach. We party it up and then pay for it the next day when we ride home. It's usually the highlight of the year.

**Bill Pashinski:**

2663 miles.

Proudest achievement: following Bob LaDrew up both sides of Welsh Mountain.

Fun ride: Riding 32 miles in the rain with Bob Leon and Bob LaDrew and coming in 3rd.

**Larry Green:**

My total mileage for 2001 was 4880. My most-fun rides were at Eddy Farm in the New York- New Jersey-Pennsylvania junction with Woody Kotch and Bob Ingersol in June. My proudest achievement was to be the first in my group to reach the peak of Col d'Iseran (*hors categorie*, the highest alpine pass) in the snow in August. My worst ride was the terror of descending my first major alpine col—Col de Coyelle-shivering all the way, trying somehow to pedal or something to get warm.

**Rich Alejandre:**

I hadn't planned on divulging my 2001 biking summary, but I did proudly achieve my goal of 200 rides for the year (actually, 206). And, a "ride" for me is a journey of at least two hours in duration on a bike. Mileage? I have no idea.

**Bob Blackburn:**

It was one of those years. A nagging knee problem in the spring and working seven days a week in the fall caused major shifts in workout schedules. So here is how it ended up: Cycling 947 miles, swimming 30k yards, and running 625 miles. Weight training and martial arts were the other major activities. I averaged just over five hours a week of exercise. I guess it came out pretty good considering I had 5-6 months of restricted workouts. The best part of cycling this year was the purchase of the Lemond Zurich with the first ride being the Bonkers Metric.

**Pete LaVerghetta:**

We didn't keep a log in 2001—kind of a slow year—but I'd estimate that I rode about 2,000 miles, with Ceil riding about 750. My proudest achievement was taking blind kids for tandem rides, something I've done one day each year for about the past four or five years. I should do it more often. It was a lot of fun and the kids had a great time, asking us to go "faster, use a higher gear!" The most fun was our vacation to the Finger Lakes region of New York, visiting wineries and riding bikes. Hope to see you on the road in 2002.

**Ann Martha:**

Each of my three bikes has an odometer. All three odometers broke last year, so I have no mileage to report. Moral of this story: check odometer batteries and record your mileage before the batteries fail. My biggest achievement was completing this year's MS 150 and riding the entire Sunday ride, all 78 miles, in the cold, damp and rain. I never rode that far in the rain before. I never rode 60 miles through the rain with a Wawa plastic bag wrapped over my helmet before, either. The moral of the story: pack a full set of foul weather clothes for the MS 150.

**Lew Ryan:**

I did not break 5000 but I was close with 4820.

Best ride: MS 150 in New Jersey. It was a great 100 going down, the worst 75 of my life coming back on Sunday in the rain and cold (*#*#!!).

**Bob Leon:**

5,348 miles. Proudest: making over 5,000 miles. Worst: MS150 return trip. Fun ride: That would be the day we had the Club Jersey Ride—about 25 riders in the new club jersey.

**Tony Rocha:**

I did 6528.2 miles with a total average of 16.8 mph.

**Dominick Zuppo:**

According to my copy of Tony's spreadsheet, I rode 1,825 miles during 2001. I think my proudest achievement was keeping up with the B pace riders during one of our rides to Kountry Kitchen. My most fun ride was the Covered Bridge tour in Lancaster. I rode

See **MILEAGE ROUNDUP**, p. 9

# DELAWARE VALLEY BICYCLE CLUB

## Ride Calendar

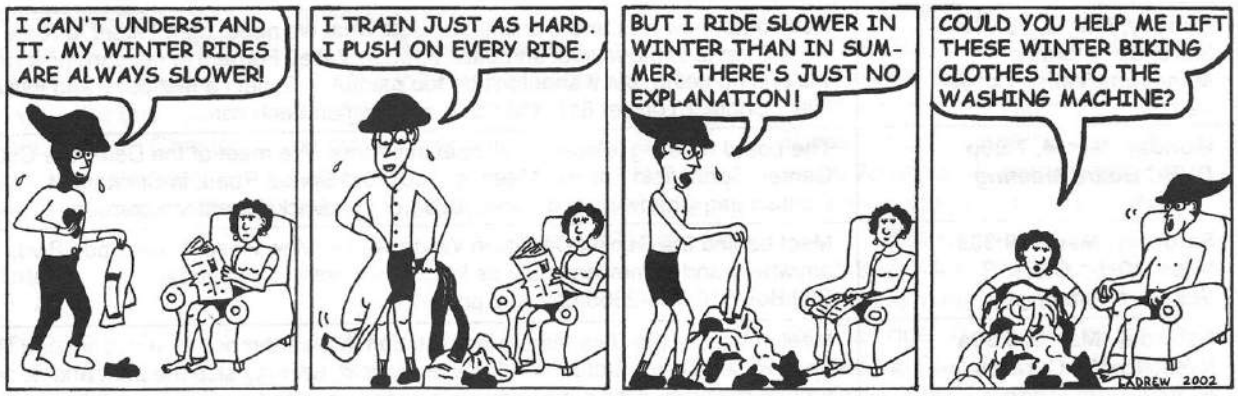
## March 2002

| ******Recurring Weekday Rides****** | |
|---|---|
| **Weekdays, All Month, 7a**<br>Miles: 10, Class: C+/B-<br>***Weekday Ramble*** | 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.<br>Contact Joel at 610-789-7673 or joelperlish@aol.com a couple days ahead. |
| **Thursdays, All Month, 7 to 8 PM,** Class: All<br>***Spinervals in WestChester*** | Winter keeping you indoors? Join the club for an indoor ride. The event is BYOT (Bring your own TRAINER). Bob will supply the Spinerval Tapes and VCR. The session will be limited to the first 10 people who RSVP. The temp. in garage is usually 60F. Please email Bob as soon as possible to reserve your space, or you'll have to ride in the driveway in the dark, sans tapes! Email Bob: tribobpa@yahoo.com. Once your spot has been confirmed via Bob, directions will be emailed to you. Need more info, e-mail or call 610-276-3571 (day) or 610-429-3396 (home) |
| **Thursdays, All Month, 7:30a**<br>Miles: 10-25, Class: C-/C<br>***Pancake Breakfast*** | 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. |
| | |
| **Saturday, Mar. 2, 10:00a**<br>Miles: 40+/-, Class: B<br>***Fort Mott*** | Meet at the Kingsway High School, Routes 322 & 551, New Jersey, for a ride to Fort Mott located along the Delaware River. Bring money for food and water.<br>For more info call Bob at 610-833-2365 before 9 pm. |
| **Sunday, Mar. 3, 10:00a**<br>Miles: 28 +-, Class: C+ B-<br>***Northbrook Orchards*** | Meet at the Chadds Ford Elementary School, on Route 1, ¼ mile south of Route 100 in Chadds Ford. We'll stop at the Orchard if it is open before meandering back to the start. Call Bob 610-833-2365 before 9 pm. |
| **Sunday, Mar. 3, 10:00a**<br>Miles: 60++, Class: A<br>***Manayunk/Valley Forge*** | New route, new hills, more challenge. Just what we need, right? Meet at Rose Tree Park and we will travel to Manayunk and back through Valley Forge. I'm not sure how many miles this will end up being, but it shouldn't be too painful :) Expect a fast pace and lots of nice friendly hills. Contact Tony at 610-416-0514 or tony@craftech.com. |
| **Monday, Mar. 4, 7:00p**<br>***DVBC Board Meeting*** | 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.<br>Contact Jan Chadwick at 610-541-0784 or chadwick@crafttech.com. |
| **Saturday, Mar. 9, 9:30a**<br>Miles: 40+/-, Class: B<br>***Just out Pedaling*** | Meet behind the Dunkin Donuts in Woodlyn, Fairview Road & MacDade Blvd. The ride will go anywhere and somewhere just as long as we get out and pedal.<br>Call Bob 610-833-2365 before 9 pm. |
| **Saturday, Mar. 9, 9:30a**<br>Miles: 15-35, C: Class<br>***Ridley-Ridley Ride*** | Meet in front of the Swarthmore train station in Swarthmore for a ride around Ridley Lake and up to Ridley Creek State Park. If it's really cold, we may skip the park and do fewer flat miles around the area. If it's a nice day we'll do the park and expect some hills. Call me the evening before and find out the plan. Jan at (610) 541-0784. |
| **Sunday, Mar. 10, 8:30a**<br>Miles: 5.1, Class: All<br>***Time Trial*** | Came on out for our first Time Trial. Start early in the season and track your progress. We will join Bob's ride to the Kountry Kitchen for breakfast after.<br>Rtes. 662 and 601, Purelands Industrial Park, Bridgeport. Contact Len Zanetich at Work: M-F 8:15-5:15pm, 856-866-1000 x3472. Home: 610-558-6232. |
| **Sunday, Mar. 10, 9:30a**<br>Miles: 38+/-, Classes:A, B, C<br>***Kountry Kitchen*** | Join me for a ride through South Jersey to the Kountry Kitchen . We meet at that familiar start, Kingsway High School, Routes 322 & 551 in New Jersey. Be there for a relaxing ride to a good breakfast. Call Bob at 610-833-2365 before 9pm. |
| **Sunday, Mar.10, 9:45a**<br>Miles: 35-60, Class: B/B-<br>***Winter Westtown*** | Start at the Moylan Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of Western Delaware County, Chester County, and maybe Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org |

| | |
|---|---|
| **Monday, Mar. 11, 7:30p**<br>**DVBC Membership Meeting**<br>**Moving to the Next Step** | Part 2 of the *Moving to the Next Step* series. This time we will talk about Pace Lines and then conclude with more Hill Climbing tips and techniques. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Tony Rocha at 610-416-0514 or tony@craftech.com. |
| **Saturday, Mar. 16, 9:30a**<br>Miles: 40+/-, Class: B<br>***Breakfast*** | Meet at the Kingsway High School, Routes 322 & 551 in New Jersey. Join me for a ride through South Jersey to the Kountry Kitchen. We'll enjoy that good food we've come to like. Call Bob 610-833-2365 before 9pm. |
| **Saturday, Mar. 16, 10:15a**<br>Miles: 15-30, Class: C<br>***CU at Selene*** | Start at Selene Wholefoods Coop, 305 W. State St. in Media. Enjoy the winter beauty of our local hills and valleys as we ride to Ridley Creek State Park and beyond.<br>Enjoy free refreshments afterward inside the store. Free parking in a lot just west of the Coop. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org. |
| **Sunday, Mar. 17, 9:30a**<br>Miles: 25 +/-, Class: C+ B-<br>***Manayunk Show & Go*** | Meet behind the Dunkin Donuts in Woodlyn, Fairview Road & MacDade Blvd. Bring or buy lunch at the Bucks County Coffee shop. Call Bob 610-833-2365 before 9 pm. |
| **Sunday, Mar. 17, 10:00a**<br>Miles: 55+/-, Class: A<br>***Art Museum*** | Meet me at Rose Tree Park on Rte. 252 for a ride to the Art Museum. Bring money for food and drinks. Expect a fast pace and lots of nice friendly hills.<br>Contact Tony Rocha at 610-416-0514 or tony@craftech.com. |
| **Saturday, Mar. 23, 9:30a**<br>Miles: 50+/-, Class: B<br>***Manayunk*** | Meet at the Rose Tree Park on Route 252, just north of Route 1. We'll ride to Valley Forge Park then down the Schuylkill trail to Manayunk where we'll stop at our usual coffee shop for food. Call Bob at 610-833-2365 before 9 pm. |
| **Sunday, Mar. 24, 9:30am**<br>Miles: 21+/-, Class: C<br>***Manayunk*** | An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there and travel to Manayunk with an optional loop to the Art Museum.<br>Expect some hills, but no one will get dropped. Bring money for a snack.<br>Call Bob Martin at 610-352-2114. |
| **Sunday, Mar. 24, 10:00a**<br>Miles: 60, Class: B+<br>***The Brandywine Inner 50+*** | Leave from Westtown-Thornbury Elementary School (on Westbourne Rd. north of 926) at 10am. Connect with the beloved 50-mile route from Westtown, adding 10.2 miles. Stop at the Tavern in Springdell. Call Glenn Lyons at (610) 399-0624 or rollingspeed@cs.com. |
| **Saturday, Mar. 30, 9:00a**<br>Miles: 50 to 84 +/-, Class: B<br>***If The Weather Is Good*** | Meet at the Kingsway High School, Routes 322 & 551, and join me for a ride through South Jersey to Mays Landing or Buena Vista if the weather is good. If the weather is not favorable, we'll ride to the Kountry Kitchen. Call Bob before 9 pm at 610-833-2365. |
| **Sunday, Mar. 31, 9:30a**<br>Miles: 20 +/-, Class: C+ / B-<br>***Show & Go*** | Meet behind the Dunkin Donuts, MacDade Blvd. & Fairview Road. We'll ride through some Delaware County neighborhoods before stopping at Einstein bagels.<br>Call Bob 610-833-2365 before 9 pm. |

BONKERS

CARTOONS OF THE DVBC

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# DVBC Kicks Off New Time Trial Season

For the 2002 season, time trials will be held the second Sunday of each month beginning March, with a Kountry Kitchen breakfast ride to follow.

The DVBC time trial course is a relatively flat, 5.1-mile route. It begins at the intersection of Rtes. 662 and 601, at the Purelands Industrial Park, near Swedesboro.

There are seven time trial categories: Youthful (ages 18-34, M & F), Masters (Ages 35-49, M & F), and Seniors (50+, M & F). All tandems fall together into a seventh group.

The champion in each category will be determined by the sum of the three fastest times of each competitor. No one is eligible for the championship unless they have participated in three time trials. Riders may participate in as many as they want without penalty. An individual's fastest three times are counted; the rest are discarded.

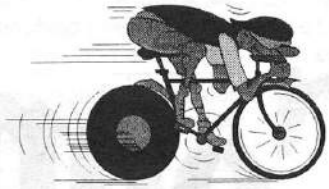
The course record is a one-time event, with no minimum number of performances required. Of course, non-members' times do not count because, for insurance reasons, non-members are not allowed to participate. A tandem course record would not override a course record by an individual.

The current, official course record is 12:39, set in 2001 by DVBC member Charles Fitzgerald.

**Ride Calendar**

We need a volunteer to help Tony Rocha with the DVBC ride calendar.

If you would be willing to help please contact Tony at 610-416-0514 or tony@craftech.com



# Bike Dirt

***By F.X. Pedrix***

I was getting ready to leave the house on a bike ride this past winter and I noticed that my wonderful wife Babs was not giving me the usual weird looks that say, "You have to be crazy to go out in weather like this." I'd like to think it was because of the fabulous riding weather we've had this winter (70 degrees in January, who'd believe) but I really think it's because she has convinced herself that we bike riders are just a bunch of nutcases.

Speaking of riding this winter, on the Welsh Mountain Ride in January, one of our club's top female riders was powering up a formidable hill behind a horse and buggy. The two teenage Amish drivers, evidently feeling devilish on the Sabbath, slowed their buggy, apparently to interfere with our rider's progress. When she sped up to pass the wagon, the lads put the whip to the horse and pulled ahead of our rider, before slowing to a crawl again. There is no truth to the rumor that our gal wiped the smirks off the lads' faces with her ice cream cone, or that she kayoed the horse with a sucker-punch, although, if her riding prowess is any indication, she could have.

When our reigning True Cyclist of the Year arrived at a recent ride, he observed that only four riders were in attendance. Knowing these four bikers and their equipment, he announced immediately that each of the four major groups was represented. No, he was not thinking about meat, dairy, vegetable and grain. His thoughts were of chrome molly, aluminum, carbon fiber and titanium.

One of our strongest riders, a ponytailed stallion, officially enters the rank of senior citizen in May. On this occasion of his 65th birthday, some of his buddies are planning a slow D ride to honor the helmetless one. They might even spring for a Tasty Cake with a candle at the post-ride party. You may have forgotten, but this Senior-to-be is the person who instituted the still-popular 126-mile DVBC shore rides.

One member, known for his daily "monster commute," rode his bike 23 miles to the start of a B+, 44-mile February club ride, then biked all the way home. This hilly, winter, 90-mile ride, impressive in its own right, became even more so when you take into account his doing so on a fixed gear bike.

Our Ride Leader Extraordinaire just gets better every year. How does he do it? This year he is going to lead three rides simultaneously each month. I've heard that on the second Sunday of every month Our Leader will guide our A, B and C riders to an all-club breakfast at Kountry Kitchen. Well, he might have to enlist some sergeants to help out. Wouldn't that be an impressive peloton if we all wore our club jerseys?

On that same Sunday each month, an hour earlier, there will be a time trial. There's a bunch of riders who want the club course record so bad they can smell it. My lovely wife Babs thought 12:39 was slow for 5.I miles—until I explained it was twelve *minutes*, not hours.

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

## FOR SALE

**Mountain bike**:
Gary Fisher -Joshua, XTR brakes, gears and crank, Rock Shox with lock out, Hubs white industry Mavic 217 Rims , Chris King headset , syncros titanium seat pole, top of the line bike spent over $3,000. Asking 2,000. Serious inquiries only. Julie at 215-327-8637or jcsheller@msn.com.

From **MILEAGE ROUNDUP**, p.4

with another club member, saw some fantastic scenery as we switched back and forth along the country roads, and completed my first metric century.

**Jan Chadwick:**

Miles for 2001: 3,025. Proudest achievement: finishing the most miserable ride I have ever ridden—the MS 150, Day 2, the hypothermia day. Most fun ride: most rides are fun! But I always enjoy riding to the US Pro Championship and watching the race, then watching Bob Martin schlep all our stuff home on his now over-weighted bike.

**Ira Josephs:**

Total: 4600, 97 less than last year, although about 340 more of those miles were commuting. I commuted by bike almost every day, which is really nice, and increased from a measly 4-mile ride to coming home a longer way and making it six. Another highlight was riding to the US Pro Race this year. I've never missed attending and I usually bring my bike and ride around, but this is the first time I'd ridden there in maybe ten years.

The lowlights would have to be the number of times my 12-year-old Olmo, with over 20,000 miles on it, failed me. The rear derailleur cable broke on a ride in February; but it was a cold rainy day and that gave us an excuse to turn around after only six miles. Then in March, my chain came off while descending Gradyville Rd. When I couldn't get it back on by shifting and pedaling, I stomped on it, breaking the rear dropout and chain, and launching the derailleur into the spokes of my wheel. I have to say that by the time my son arrived to take me home 45 minutes later, I had everything fixed up enough to try riding home.

Probably the worst instance occurred on June 24, while returning from a 70-mile ride to Marsh Creek where my seat kept coming loose. I was coasting through Ridley Creek State Park sitting up no handed, stretching, when my seat broke off. I slid off the back and landed with the rear tire right between my legs, then sat down hard on the pavement.

The last time was in December when finishing Tony's Manayunk ride way behind most of the group. After riding up Route 252 from the Reservoir, just as I turned into Rose Tree Park, my chain broke and I coasted up to the car spinning madly with the chain dragging on the road.

**David Bennett:**

My year's total for 2001 was 4361. My weight is 15 lbs. more than this time last year. I figure I must be a stronger rider now because I'm able to carry that and ride almost as fast as last year. My most memorable day of riding was during Wally Hertler's Tour of West Virginia. I had gotten ahead of the pack on Route 39 in Virginia. We had started out from a truck stop on I-81 near the Cyrus McCormack Farm and were headed west toward Warm Springs. I have never seen a sight on the East Coast as beautiful as the rocky Maury River in Rockbridge County. When I got to the foot of the hill upon which Warm Springs is situated, I stopped in a restaurant called Ted's for Gatorade and asked them if there was a hill ahead. "Hill?!" the lady exclaimed! "It's no hill. It's a mountain!" And it surely was.

**Bob LaDrew:**

My mileage for 2001 was 7680, giving me more than 72,000 since January 1990. I don't do the marathon rides of Bob Leon or Rich Alejandre. I just keep pecking away, usually riding 300 or more days a year.

The most fun rides for me were any in which we stopped and had breakfast. I'm a sucker for breakfast. My proudest achievement was building up the nerve to ride the club time trial. This year I am determined to improve my time.

**Monika Sloane:**

My miles for the year are 6045. A couple of my memorable rides this year were:

1. Finishing a 130+ mile shore ride and feeling fine...only to find out I had locked myself out of my car.

2. Doing a 45-mile Northbrook Orchards ride (in late November)... timing it just right to get back before dark when, for some reason, Richard White takes us on an additional 20-mile loop...riding home in the dark thinking we will make it until Richard gets not one, but two, flats...and finally giving up at 6:30 in front of Cheyney University and phoning a friend to rescue us.

The DVBC needs a **tour coordinator** for the Bonkers Metric and Brandywine Tour.

Contact Jan at 610-541-0784 or chadwick@craftech.com

**The DVBC extends thank you's to the following organizations for donating items as prizes for our holiday banquet!**

Beans Bicycles
10 W. Lancaster Ave.
Paoli, PA 19301

Frank Havnoonian
Drexel Hill Cyclery
703 Burmont Rd.
Drexel Hill, PA 19026

CycleFit
320 S. Chester Rd.
Wallingford, PA 19086

# REGIONAL EVENTS

**March 30**: **Icicle Metric**, U. of Delaware, Hollingsworth Parking Lot, N. College & Cleveland Aves., Newark, DE. 16, 31, or 62 mi. $12 pre-reg. by 3/21, $15 after. White Clay B. C., Bruce Poole, 104 Maple Hill Rd., Wilmington, DE 19804; 302-999-1211. <info@whiteclaybicycleclub.org> www.whiteclaybicycleclub.org/icicle.html

**April 20**: **Ocean to Bay Bike Tour**, Fenwick Island, DE. 20 or 50 mi. T-shirt and party will be held after the ride at Harpoon Hanna's. Amy Scott, Bethany-Fenwick Area Chamber of Commerce, P.O. Box 1450, Bethany Beach, DE 19930; phone 302-539-2100 X-15, fax 302-539-9434. <amy@bethany-fenwick.org> www.thequietresorts.com

**April 27: Taxing Metric,** Knauertown, PA. Warwick County Park. 64, 32, 20 mi. 8:30 am. $12, Brandywine Bike Club, Maliya Piergalline, 610-363-3538.

**May 4**: **Farmlands Flat Tour**, Lincroft, NJ. 18, 25, 38, 50, 62, or 100 mi. on flat terrain. Pre-reg. by 4/20: $15 without T-shirt or $20 with, optional lunch $6. $20 day-of event, no shirt or lunch. Central Jersey Bicycle Club, Howie Glick, 3 Tracy Drive, Fords, NJ 08863; 732-225-HUBS. <tandem2@erols.com> <howie-g@juno.com> www.cjbc.org

**May 5**: **SCU Quad County Metric**, Green Lane Park, Green Lane, PA. Scenic ride on rolling terrain, a few hills. Marked route, cue sheet, SAG, and post-ride meal. Home-baked snacks. Join SCU (PDF) and save $5 on reg.! Formerly Mexican Metric. Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216.<centuries@suburbancyclists.org>

**May 11**: **Pinelands Triple Loop**, Washington Township, NJ. A flat and scenic ride thru Jersey Pinelands on 3-separate loops of 36, 29, and 35 miles. 29, 65, or 100 mi. Loops start and end at Batsto State Park. Lunch provided. $15, free T-shirt with pre-reg. by 5/5. Shore Cycle Club, P.O. Box 492, Northfield, NJ 08225-0492; 609-296-4726. <sundeck@sprynet.com> www.shorecycleclub.org

**May 18-19**: **River Ramble**, Yardley, PA to Easton, PA, 105 miles. Ride up Jersey side of Delaware R. from Yardley. Stay in Easton overnight, then return down PA side of river. Pedal Pennsylvania, P.O. Box 385, Harleysville, PA 19438; 215-513-9577, fax: 215-513-7552. <Pedalpa@netcarrier.com> www.Pedal-Pa.com

## Sun., May 19: Bonkers Metric

(formerly Save Open Space Tour and Freedom Tour), Ridley Creek State Park (Parking Lot #15), Media, PA. 18, 35, 50, or 65-mi. routes on rolling terrain with some big hills. Ride on scenic country back roads through the open space of Delaware and Chester Counties. All routes include a food stop. $12 pre-reg. by 5/10; $15 after. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156; 610-541-0784. <chadwick@craftech.com> www.dvbc.org

**June 1**: **Get Ready Metric**, Pennsville, NJ; 32 or 64 mi. Easy pedaling thru flat terrain of southern Jersey. Start out from Fort Mott by the Delaware River. Lunch by Pavilion & call it a day, or continue on to the second 32-mi. loop. $14 pre-reg. until 5/24; $17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net> www.sjwheelmen.org

**June 7-9**: **Chesapeake Bay Bike Tour**, Salisbury, MD. If you missed the Sea Gull Century, here is another chance to ride to Assateague. Overnight accommodations at Salisbury University with Crab Fest dinner. American Lung Association of Maryland, 1840 York Rd, Ste. M, Timonium, MD 21093-5156; 410-560-2120. <bike@amlungmd.com> www.lungusa.org/maryland/special.html#chesapeake

**June 8**: **Night Mare Tour of Lancaster County**, Marietta, PA; 177 mi. Scenic ride thru Lancaster County while climbing over 11,000 feet. See June 15 Dream Ride for shorter routes. Dream Ride for Lancaster County, P.O. Box 141, Lancaster, PA 17604-0141. www.dreamrideprojects.org

**June 8-9**: **MS150 PA Dutch**. 2-day 150-mi. tour takes cyclists thru Pa. Dutch countryside. Starts from Lehigh Valley Velodrome. Overnight accommodations at Kutztown University. 2-day 100-mi. route option. Reg. fee + min. donation. National MS Soc., Greater Delaware Valley Chapter, 1 Reed Street, Ste. 200, Philadelphia, PA 19147; 1-800-445-BIKE. <pae@nmss.org> www.ms150biketour.org

**June 9**: **First Union USPRO Championship** & Liberty Classic Races, Philadelphia. For pro racers only, but great spectator event for all. No car traffic & no parking along the route. Bike to the race or take SEPTA. <www.firstunioncycling.com>

**June 15**: **Dream Ride for Lancaster County**, Marietta, PA. 15, 30, 62, or 100 mi. w/specific start times for ea. route. Scenic ride thru farmlands of Lancaster County on hilly terrain. Dream Ride for Lancaster County, P.O. Box 141, Lancaster, PA 17604-0141. <www.dreamrideprojects.org>

**June 15**: **The Longest Day**, High Point, NJ to Cape May, NJ, 200 mi., or lower-leg Allentown, NJ to Cape May, 100 mi. One-way ride diagonally across New Jersey from North to South. $30, participants must pre-reg. by 5/15 and join Central Jersey Bicycle Club, P.O. Box 2202, Edison, NJ 08818; 732-287-9447. <longestday@att.net> www.cjbc.org

See **REGIONAL EVENTS**, p. 11

Pax Romanus

crisp cookie-cutter confetti drizzles down
on brightly clad conquering Caesars passing
on their brisk journey to town remote riches imagined
glory brief as welcome waves from a timid populace
& swirling fallen golden leaf soften foreign ground
harbingers of journey sound creating under foot
the soft swoosh of entry unimpeded

what brought them here, these efficient helmeted
warriors? what of their mission can one surmise
as they speed by shunning conversation explanation
response as eye-contact guarded by somber mirrored
lenses reflect those and that being passed in a blurred
daydream leaving no condemning mark or suggestive hint
of who it was that passed or why it was they crossed

after the campaign tally on both sides will be made
accounts of gains and losses changes and constants
measures to prevent and maneuvers to proceed
rules regulations suggestions for future struggles
expected expeditions to new and alien lands anticipated
with the vigor that only the unknown can provide
the unforeseen furnish to warriors unsated by conquest

Rich Alejandre

JONES' AUTOMOTIVE
501 Chester Pike
Ridley Park, PA 19078
State Inspection
Emission Inspection
Towing Services
4-Wheel Alignment
Complete Automotive Services
610-522-1370
Fax: 610-522-8294
Rick Jones, Prop.

Fax (610) 353-8230 Phone (610) 356-1515
Accurate
Auto Tops & Upholstery
Convertible Tops - Roadster Tops - Sunroofs
Car Ceilings - Truck Seats - Classic Restorations
Edgemont Court Ind. Park
W. Chester Pk. & Miller Rd.
Edgemont, PA 19028
Jim Moore
Owner

# ELSEWHERE . . .

US Postal's race director Frankie Andreu was slated to take a leisurely ride with **White Clay Bike Club** members on Saturday, February 23rd. Later that day Andreu was to be the guest speaker at the club's banquet. He retired from racing in 2001 after a career in which he competed in the Tour de France nine times.

On March 4, the **Bicycle Club of Philadelphia** is presenting a free lecture by Leigh Weber on his 5,500-mile solo trans-U.S. bike trip. The program will be at the Free Library of Philadelphia Main Branch, Montgomery Auditorium, 1901 Vine Street, at 6:30.

How about the controversial statement by **Central Jersey Bike Club** president Mike Kruimer in that club's newsletter last month: "The next thing that is needed is for the price of gasoline to go up.... This will do two things. It will give (the Governor) some needed money to help balance the State Budget and it will force people to leave their SUV's parked and use alternative transportation for those short trips that we all do a couple of times each day."

From **REGIONAL EVENTS**, p.10

**June 16**: **Freedom Valley Bike Ride**, Philadelphia, PA. Bicycle Coalition of the Delaware Valley, 252 S. 11th St., First Floor, Philadelphia, PA 19107-6735; phone 215-898-4937, fax 215-829-0426. <fvbr@bcdv.org> www.bcdv.org and www.freedomvalleybike.com

**June 21-26**: **Bike Virginia** - New River Valley Odyssey. Bike Virginia, P.O. Box 203, Williamsburg, VA 23187-0203; 757-229-0507, Fax 757-259-2372 www.bikevirginia.org

**June 22**: **Jersey Double**, Whitehouse Station, NJ. 200-mi. loop through 6 northwestern NJ counties. Moderately hilly w/ 7500+ ft. of vert. climb. Western Jersey Wheelmen, Bruce Thomson, 213 Black River Rd., Long Valley, NJ 07853-3067; 973-285-5010 (day), 908-879-6477 (eve), 973-539-3190 (fax). <jerseydouble@wjw.org> www.wjw.org

**June 23: Bay to Bay Ride**. Betterton, MD. 27-104 mi. $20 pre-reg. by 6/1, then $25. Jim Gent, 7 Cedar Chase Court, Chestertown, MD 21620-1665. (410-778-4881). <www.active.com>

**July 6-28**: **Tour de France**. www.letour.fr/indexus.html

**July 7**: **Delaware Double Cross**, Middletown HS, Middletown, DE; 31 or 62 mi. Chance to cross and "double cross" an entire state in only 31 total mi. over flat terrain. 62-mi. $12 pre-reg., $18 day-of event;. White Clay Bicycle Club, Paul Stevenson, 35 Rossiter Circle, Newark, DE 19702; 302-368-2167. <info@whiteclaybicycleclub.org> www.whiteclaybicycleclub.org/xx.html

**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