

Delaware Valley Bicycle Club



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

July 2002

Fitzgerald Sets Time Trial Record Craegan has early lead for season championship

Charlie Fitzgerald broke his own club record for the DVBC time trial on June 16. His time of 12:19 reflected an average speed of 28.84 mph over the flat 5.1-mile course. The previous record time was 12:39 which he also held.

Meanwhile, Dave Craegan is the early leader in the clubhouse for the season championship. Craegan's total of 44:53 gives him the fastest time among those who have completed the minimum of three time trials.

The next time trial is Sunday, June 14th, at 8 am.

Name	Category	Time	Avg Speed
Jeff Ried	MA	13:27:00	22.75
Dave Craegan	MB	13:53:00	22.04
Dom Zuppo	MB	14:31:00	21.07
Charlie Fitzgerald	MC	12:19:00	24.84
Glenn Lyons	MC	13:20:00	22.95

*All times are each individual's personal best.



DVBC Bonkers Picnic Saturday, July 20

Rain or shine

At Bob and Judy LaDrew's home. Ride or drive to the picnic.
See the ride calendar inside for
a variety of rides to choose from.

The picnic is free to all club members and their families.

Please try to make reservations by July 17 so that we can
plan food quantities. Contact Bob or Judy at
610.383.9327 or 2ladrews@netreach.net

Hunter Mountain Weekend Getaway

By Javier Pazos

I remember reading in the newsletter last year about four DVBC cyclists who went up to the Catskills and tortured themselves at the first annual Hunter Mountain Weekend. This was just the kind of masochistic endeavor that I would enjoy. So when I heard that Tony (AKA "Our Illustrious Leader," AKA "the Portuguese Rocket") was organizing another trip for 2002, I jumped at the opportunity. What a success the trip turned out to be.



Ride leader Tony Rocha

Ten riders showed up to inflict pain on themselves in the mountains.

Below is my version of the weekend's events. But before I get started, let me extend a heartfelt thanks to Tony for the fantastic job he did planning, organizing and executing the trip. I would also like to thank Kevin and Brian for driving SAG and hosting the barbecue, as well as Danny for his excellent videography of Saturday's torturous ride. If you can't find the video at your local Blockbuster, pictures are posted at <http://www.dvbc.org/NY2002/index.html>.

After a late start on Friday, our four-vehicle caravan headed out towards the Catskills. Tony had supplied us with walkie-talkies so we could keep in touch. Jeff, Richard White and I were assigned the handle

See HUNTER MOUNTAIN on p.11

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.

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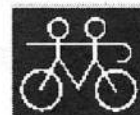
Dominick Zuppo, *Mail Labels*, 610.544.8630 or
domzuppo@worldnet.att.net

Brian Wade, bwadedvbc@aol.com

Club Affiliations



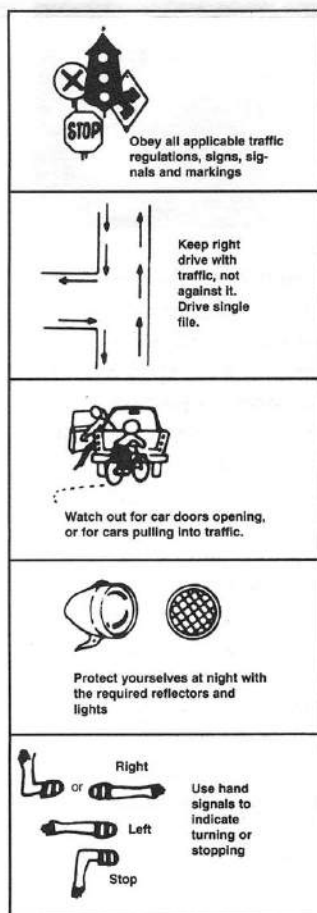
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Bicycle Coalition of the
Delaware Valley

Please note that the views
expressed in this publication are
not necessarily the views of the
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!

Tail Wind Blows Shore Riders Home

by Bob Leon

Saturday, May 25th, 7:00 am: With no clouds and a slight breeze, what a beautiful morning to start our 126-mile ride to the Jersey shore. As the riders trickled in, it was obvious we were going to have a good turnout. The numbers rose to 18. However, two riders wanted to ride to Kountry Kitchen for breakfast before heading out, so they went off on their own. The rest of us consisted of six A-riders and ten B-riders.

Before we started, I informed everyone that, due to an injury at work, I didn't think I could make the entire trip in comfort and at some point I would head back and at least try to complete a century.

We all started together and, as usual, there was a lot of chatter in our peloton as we pedaled along the route. About 12 miles out, the A riders began to pick up the pace and soon rode out of sight. Our first rest stop was at the 30-mile mark where we all met up again for a brief moment. We never saw the A riders again, although we did hear that Rich Andreas, a former pro, crashed and decided to go home.

The rest of us stayed together for 22 miles until we reached Tuckahoe. Four stopped for lunch while the remaining six (Woody, Dave Craegan, Dave Hartrum, Lewis, Bob LaDrew, and Drew Knox) rode on to Ocean City.

Bob Martin, Mike Toof, Sean and myself had lunch before heading back to Kingsway. To our surprise we began to feel a tail wind and started to zip along at 20 mph on Route 49. We passed fields of leeks, cabbages,

tomatoes and corn, all the while enjoying a wonderful tail wind, a welcome relief from the usual head wind encountered on the return trip.

Our small group stopped one last time to refuel before completing the last 30 miles of our journey. Having not

wind was sent from heaven to help us on the homeward leg.

Meanwhile, the six other B riders brunchd at Uncle Bill's Pancake House in O.C. before posing for photos on the boardwalk. They experienced the same friendly tail wind on the return



A Shore Thing: Drew, Woody, Dave Craegan, Lewis, and Dave Hartrum pose at the boardwalk before riding back to Kingsway.

attempted a century for some years, Sean began to fade so we slowed our pace to about 16-17 mph in a controlled pace line. As we rode through Elmer, Sean became more fatigued so we stopped in a shady spot along Route 648, rested, ate a power gel and continued. The brief stop helped Sean regain his strength and we all rode back without any problems. The day was perfect for a long ride and the tail

trip and averaged a respectable 17.8 mph for the day.

The A riders—Tony, Katrina, Jeff Ried, Bill Robb and Ed—established an unofficial club record for the double crossing of New Jersey, registering a 19.9 mph average for 126 miles.

I hope you can join us for the next ride to the shore. Keep your rubber side down and your pedals turning. See you on the road.



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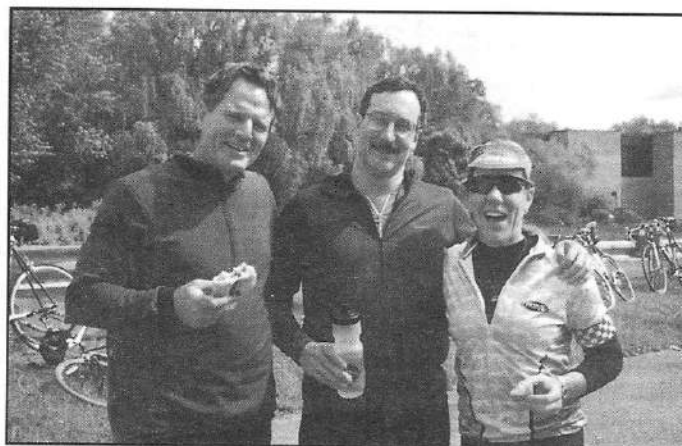
Marshal Helps US Postal Win at Lancaster

US Postal rider Tony Cruz was frantic. Standing next to his broken bicycle, he watched as the peloton sped off. He needed his team support van to provide a replacement so he could catch up before it was too late. Finally, the vehicle rounded the corner from Queen Street, onto Duke. The rider gestured desperately but the driver did not see him. The van was about to leave Tony Cruz behind.

A volunteer race marshal stepped forward, got the driver's attention, and motioned toward the frantic rider. Brakes screeched, a new bike was unloaded and mounted, and the mechanic pushed the rider in the direction of the peloton. The pack had been rejoined by a US Postal rider who would later be needed to help hold off the field when his teammate David Clinger broke away in the final two laps for a convincing victory.

The volunteer race marshal who got the driver's attention was DVBC president Jan Chadwick. And while her gesture may not go down in bicycle racing history, it does illustrate the small way in which local club members can play a role in professional cycling.

Other DVBC members who worked last month at pro races at Lancaster, Trenton or Philly were Charlie Stockley, Paul Minick, Walt Linton, Barb Marsh, Jill Gefvert and Bob & Judy LaDrew.



A chilly morning didn't stop bikers Peter Cornog, Rich Abraham and Alice Moyer from riding the Bonkers Metric.

WELCOME



New Members!

Lori Banks	Walt Livingston
Douglas Bower	Lewis Neidle
Andrew Hawkins	John Pickering
Michael Jones	Jeff Ried
Steve Trobovic	

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DELAWARE VALLEY BICYCLE CLUB



Ride Calendar

July 2002



*****Recurring Weekday Rides*****

Tuesdays, 6:00p Miles: 15-20 Class: C Vocabulary Ride	Join us for a spin around Southern Delaware County. Learn a vocabulary word or bring one to share. Meet us at the Pathmark on MacDade Blvd. in Folsom. Contact Dave Trout at 610-368-0760 or dm_trout@hotmail.com
Wednesdays, 6:00p Miles: 25+ Class: A Workout	Meet me at Rose Tree Park on Rte. 252 for a good after-work workout. Come and take your frustrations out on the bike as we push the pace to (C how fast we can go) this month. Expect a fast pace and a few good hills. Contact Tony Rocha at 610-416-0514 or tony@craftech.com to confirm the ride.
Wednesdays, 6:00p Miles: 18-30 Class: C+ Ride with Bonnie and Len	Meet at Kingsway High School (Rte. 322 and Kings Highway, NJ) parking lot. We'll stay together as a group. No one gets dropped. Speed isn't important, but getting out and riding is. Contact 856-866-1000 ext. 3472 daily 8:00am-5:00pm.
Wednesdays, 6:00p Miles: 20+ Class: C/C+ Wednesday Evening with Dom	Will we see the Vice President at Cheney U? Is Dilworthtown really a town? Meet me and some of your fellow C riders at Rose Tree Park, Rte. 252 near Media, PA, for a "hills are our friends" ride through the surrounding area. No worries, no one will be dropped. Contact Dominick Zuppo at 610-407-4958(w) or 484-433-0476 (cell).
Thursdays, All Month, 5:45p Miles: 20+ Class: B Show & Go Evening Ride	Join me, or one of our fine ride leaders, for a fast-paced ride from Rose Tree Park [Rte. 252, just north of Rte. 1] Call Bob Leon at 610-833-2365.
Monday, Jul. 1, 7:00p 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. Contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com
Saturday, Jul. 6, 7:00a Miles: 100 +/- Class B Brandywine Tour BACKWARD	Meet me at the Chadds Ford Elementary School on Route 1, just ¼ mile south of Route 100. We'll attempt to ride the tour route backwards. Let's have some fun and be prepared to ride further! Bring money for food and drinks along the way. Call Bob Leon at 610-833-2365
Saturday, Jul. 6, 8:30a Miles: 40-50 Class: C Meet the Train	We will meet the train from Philadelphia and ride out to and through Ridley Creek State Park. We will meet in the parking lot of the Pathmark on MacDade Blvd. in Folsom, Ridley Township and leave at 8:30 AM sharp, in order to get to the Ridley Park train station to meet the 8:49 train from the city. Riders from Philadelphia can take the R-2 train (#4207) that leaves Suburban Station at 8:25 AM. Bring money for a food stop. Contact Dave at 610-368-0760 or dm_trout@hotmail.com
Saturday, Jul. 6, 6:00p Beers: 6 Class: MGD Bonkers Volunteer Pizza Party	If you were a volunteer on the day of the Bonkers Tour, then come out and celebrate a great tour. Location: Jan's house. Call by July 3 for a "reservation" (610) 541-0784.
Sunday, Jul. 7, 8:00a Miles: 40+- Class: C Riverside Park	We'll meet at that familiar start, Kingsway High School, Routes 322 & 551 in New Jersey, for a mostly flat ride to Riverside Park. We'll stop at the Wawa for food and drink. Call Bob Leon at 610-833-2365.
Sunday, Jul. 7, 8:30a Miles: 74 Class: B+ Tri - State Journey	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926. We will travel scenic roads in PA, DE, MD, through the White Clay Creek Preserve and the Fair Hill Natural Resource Management Area. There will be a stop at mile 35 in Elkton, MD. Our average speed will be 17 - 18 mph for the ride. Call Glenn Lyons at (610) 399-0624 or rollingspeed@cs.com
Saturday, Jul. 13, 6:45a Miles: 126+- Class: B Ocean City, NJ	Join me for a ride to the shore and back. We'll meet at the Kingsway High School on Routes 322 and 551 in New Jersey. Bring money for food and drink along the way. Call Bob Leon for more details: 610-833-2365.

Saturday, Jul. 13, 8:00a Miles: 75+ Class: C+ Ride to Tabernacle	Meet at Kingsway High School (Route 322 & Kings Highway in New Jersey). No one gets dropped. Travel some new roads and venture into Burlington county. Contact Len Zanetich at Work: M-F, 8:00-5:00pm, 856-866-1000 x3472. Home: 610-558-6232.
Saturday, Jul. 13, 12:30p Miles: 40-50 Class: B Sleep late/out&back series	Beaver Dam + loop. Leave from Swarthmore Library parking lot. Eat lunch first. Rain cancels ride. Larry Green 610-544-5799 largreen@earthlink.net
Sunday, Jul. 14, 8:00a Miles: 5.1, Class: All Time Trial	Must be a DVBC member to participate. Membership forms will be available. Rtes. 662 and 601, Purelands Industrial Park, Bridgeport, NJ. Contact Len Zanetich at work M-F, 8:00- 5:00pm, 856-866-1000 x 3472. Home: 610-558-6232.
Sunday, Jul. 14, 9:00a Miles: 40 +-, Class: B Kountry Kitchen Breakfast	Meet at Kingsway High School, Routes 322 & 551 in New Jersey. If possible wear your DVBC jersey for this ride to breakfast at Kountry Kitchen. Bob LaDrew, 2ladrews@netreach.net or 610-383-9327.
Sunday, Jul. 14, 9:30a Miles: 30, Class C Highland Orchards	Meet at Chadds Ford Elementary School on Route 1 just south of Rte 100. We'll make one stop at Highland Orchards, so bring money for food or produce. Call Steve Bertolini at (302) 529-1122.
Saturday, Jul. 20, Rain or Shine Club members and their families Bonkers Picnic	Ride or drive to the LaDrews' house for the Bonkers Picnic. There will be a ride for all levels. See below ↓. <i>Please make a reservation for cookout by July 17 if possible.</i> Call Bob or Judy at 610-383-9327 or 2ladrews@netreach.net
Saturday, Jul. 20, 10:45a Miles: 16, Class: C Miniature Bonkers	Meet at Kardon Duck Pond in Downingtown and ride with Walt Linton to the picnic. Call Walt at 610-466-7474.
Saturday, Jul. 20, 9:30a Miles: 50 +/-, Class: C Little Bonkers	Ride to the picnic. Meet at the Chadds Ford Elementary School on Rte. 1 south of Rte. 100, on the right. Contact Len Zanetich about the ride. Home: 610-558-6232, Work: 856-866-1000 ext.3472.
Saturday, Jul. 20, 9:00a Miles: 70 +/-, Class: B Bonkers	Ride to the picnic. Meet at Ridley Creek State Park Headquarters. Contact Bob Leon about the ride at 610-833-2365.
Saturday, Jul. 20, 9:00a Miles: 82 +/-, Class: A Big Bonkers	Ride to the picnic. Meet at Rose Tree Park in Media. Contact Tony at 610-416-0514 or tony@craftech.com
Sunday, Jul. 21, 8:00a Miles: 48+/- Class: C Mays Landing Ride	Ride starts at 9:00. Meet me at the Kountry Kitchen on Route 40 in Elmer, NJ. We'll have breakfast then ride to Mays Landing and back. We should try to car pool to take up fewer parking spots at the Kountry Kitchen. You must reserve your spot on this ride so I can make reservations for breakfast. Call me on or before July 19th . Call Bob 610-833-2365.
Saturday, Jul. 27, 6:30a Miles: 140+/- Class: B Sea Isle / Ocean City	Join me for a ride to the shore and back. We'll meet at the Kingsway High School on Routes 322 and 551 in New Jersey. We'll stop at Uncle Bill's for brunch so bring money for food and drink along the way. Call Bob Leon for more details: 610-833-2365.
Saturday, Jul. 27, 8:30a Miles: 4-6 Class: All Hike in Tyler Arboretum	Join us for a hike in Tyler Arboretum, Media, PA. Bring water. Call ahead to find out where we will meet to start the hike. Contact Dave at 610-368-0760 or dm_trout@hotmail.com
Saturday, Jul. 27, 9:30a Miles: 15-30, Class: C CU at Selene	Start at Selene Whole Foods Coop, 305 West State St. in Media. Enjoy this ride through the hills and valleys to Ridley Creek State Park and beyond. Have free refreshments afterwards inside the store. There is free parking in a lot just west of the Coop. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org
Sunday, Jul. 28, 8:30a Miles: 35+/- Class: C Richman Ice Cream	We'll meet at the Kingsway High School on Routes 322 and 551, in New Jersey. We'll meander through South Jersey before enjoying some good ice cream. Call Bob Leon for more details: 610-833-2365.
Sunday, Jul. 28, 8:45a Miles: 60, Class: B/B+ Westtown and Beyond	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 Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org

Brandywine Tour

Sunday, September 1, 2002

28, 50 and 100-mile routes

Time: 8-10 am for all routes. All support services will end at 5 pm. Century riders recommended to arrive promptly at 8 am.

Place: Chadds Ford Elementary School in Chadds Ford, PA

Directions: *From Rte. 476* take exit 3 and follow Rte. 1 south approximately 20 minutes. The school will be on the right approximately $\frac{1}{4}$ mile south of Rte. 100.

From PA turnpike, take Rte. 202 south to Rte. 1 south. The school will be on the right approximately $\frac{1}{4}$ mile south of Rte. 100.

Cost: \$12 pre-registration. (If postmarked by August 23, 2002). \$15 day of the ride. **Ride will be held rain or shine.**



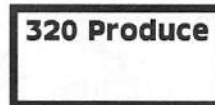
Expected Attendance: 300-500 riders

Services Provided by DVBC: food stops, map/cue sheets, sag wagon, portable restrooms, well-marked route.

Routes: Scenic backcountry roads through the beautiful Brandywine River Valley. Century route passes through three counties, including Lancaster County. The routes range from rolling to hilly. As usual, there will be plentiful food stops for all riders!

Description: You travel at your own pace, with family or friends, or make new cycling friends along the way. All ages, all abilities, and all types of bikes are welcome. The 28-mile route is a great opportunity for newer cyclists and leisure riders.

Safety: Helmets are mandatory. Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump, and tire irons. Each rider assumes his/her own responsibility.



BRANDYWINE TOUR, September 1, 2002, Pre-Registration Form

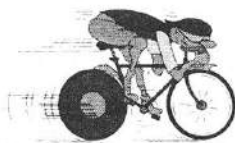
Name: _____ **Address:** _____
City: _____ **State:** _____ **Zip:** _____ **Phone:** _____ **Age:** _____
Emergency Phone: _____ **E-mail address:** _____
Intended ride distance (please check one): ☐ 28 miles ☐ 50 miles ☐ 100 miles

Waiver/Release: In consideration of the acceptance of my application for entry into the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

Signature: _____ **Signature of parent or guardian:** _____
(If you are under 18 years of age.)

Please send this signed form by **August 23** with a check or money order made out to DVBC to:
Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156.



Bike Dirt

By F.X. Pedrix

I was bone tired, but I kept pumping away. All I could see and think about were the white lines in front of my eyes. "White line fever," I thought. I kept going, sweat pouring off of me, every muscle in my body ached as I continued, stroke after painful stroke. Yes, house painting is an agonizing job. My lovely wife Babs said this is the summer to paint, so I have to limit my riding time, at least until the job is finished.

Unlike myself, some of DVBC's stronger riders have no compunctions about riding all day. These riders are going to attempt a "Double", 200 miles, in late June. The Polish Prince assured us that moderation would be the order of the day. "We're going to keep it at a nice, comfortable 20 miles per hour," he stated. When the rest of us think of "nice" and "comfortable," we conjure images of the living room couch.

A few years ago, our club didn't even have A riders or A events. A core group of nine strong riders was assembled for this year's trip to Hunter Mountain. We hear that the strongest climber among that number was a pentagenarian from California. From the looks of Rich and Suzanne's impressive web page (see the DVBC website) chronicling the group's entire Hunter Mountain trip last month, it looks like they had a blast (and a lot to eat). There's only one thing missing—a single shred of hard evidence that

anyone climbed a hill, much less a mountain. Should we accept the riders' words?

The leader talked many into attending his Hunter Mountain ride by telling them, "The Bonkers Boy is coming and you KNOW if he can do it, so can you." That logic brought them all out. Then, on the morning of the first big ride, he crossed them up by slipping Bonkers Boy fifty bucks to get sick and stay in his room. At least that's the way I heard it.

Crash and Burn Department - Guitar Man will be the first to admit that his crash on Hunter Mountain was the result of carelessness. Adding to his embarrassment is the fact that the spill was captured on videotape. Copies of the tape are in commercial production, but thus far, demand has greatly exceeded supply.

Looks as though we may have our first nominee for this year's coveted F.X. Pedrix's True Bicyclist Award @. ??? One of our members had recently started a new job after retiring from many years in the teaching profession. Not long after starting, he abruptly quit because his new job interfered with a summer part-time gig of marshalling bicycle races such as the First Union series held last month. Babs told me not to get any ideas.

Speaking of race marshalling - It wasn't easy working as a race marshal in the pouring rain at Trenton on June

6th. One of our members, soaked and shivering, was approached by the marshal working the opposite corner of her intersection, "Here," he said, handing her his umbrella. "You take this. I'm going home." And he walked away two laps before the race was finished. In all honesty, there weren't enough spectators left to make the presence of a marshal necessary.

"Almost" road kill is our next subject. Seems like our DVBC President-for-life was riding to the start of a certain Tuesday night ride when a squirrel darted in front of her. Kill it she didn't but maim it she did. Unlike previous heartless cyclists, she stopped to offer assistance but the poor squirrel would have none of it and proceeded to drag itself up the closest tree.

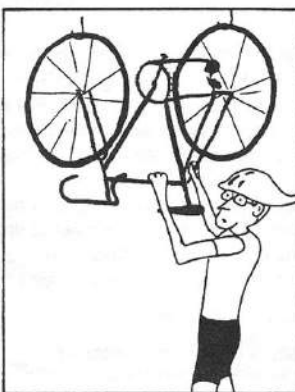
I recently learned that there is a grassroots movement afoot to lobby the DVBC Board to buy the club's mascot, Bonkers, a DVBC club jersey. I want to throw my considerable Twinky-fed weight behind this movement - it's about time the poor guy had a club jersey. The only problem I see is that if he starts sporting a club jersey then we will have to change the jersey so that on the sleeve of the jersey his picture will show him wearing the club jersey and in that picture, on the sleeve, it will show a picture of him wearing the jersey with a picture of him wearing the jersey ad infinitum. Whew!! It might make us dizzy on the rides. Maybe we will have to rethink this.

Send your gossip, news, jokes, trivia, rumors or outright lies to fxpedrix@hotmail.com.

BONKERS



CARTOONS
OF THE
DVBC



REGIONAL EVENTS

July 6-28: Tour de France.

www.letour.fr/indexus.html

July 7: Delaware Double Cross,

Middletown HS, Middletown, DE; 31 or 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

July 14: A.C.S. Bike-A-Thon. 1-way

ride: 62 mi., 6:45 a.m. start from Ben Franklin Bridge, Philadelphia; 48 miles, 7:45 a.m. start from Voorhees, NJ; or 32 miles, 8:45 a.m. start from Hammonton, NJ. Return Transportation available. Reg. fee + min.

donation. ACS, 1626 Locust St., Philadelphia, PA 19103; 215-985-5400.

<info@acsbike.org> www.acsbike.org

July 21: Tour de Tinicum. 8:00.

Delaware Valley Fire Company of Erwinna, PA. 1-50 mi. Ride ends at firehouse with picnic. \$25 reg. Children free when accompanied by registered adult. Central Bucks Bike Club.

Jennifer @ 215-766-8506 or e-mail at jenn_rn@lycoms.com.

July 19-25: Cycle Across Maryland

(CAM) Tour, 300-450 mi. on Eastern Shore. One Less Car, 700 Melvin Ave. Suite 7B, Annapolis, MD 21401.

<info@onelesscar.org>

www.onelesscar.org

July 27: Phila. to Atlantic City.

7:45am from 20th and Walnut. By Variety Club to help children w/disabilities. 65 mi. Police escort thru Philly and Camden. Ea. rider must raise a min. of \$100 with all proceeds benefiting the charity. Joel Karsch, 215-418-3077 <joel.karsch@db.com>

July 27-Aug. 3: Penn Central. 1-way

supported tour from Pittsburgh to Phila., 450 mi. Pedal Pennsylvania,

P.O. Box 385, Harleysville, PA 19438; 215-513-9577, fax: 215-513-

7552. <Pedalpa@netcarrier.com>

www.Pedal-Pa.com

Aug. 2-4: LAB BikeFest Rally,

Amherst, MA. University of Massachusetts. League of American Bicyclists, 1612 K St. NW, Ste. 401, Washington, DC 20006; 202-822-1333.

<bikeleague@bikeleague.org>

www.bikeleague.org/mediacenter/medprs40.htm 413-253-0700.

<chamber@amherstcommon.com>

Aug. 3: Princeton Event, Rider

University, Lawrenceville Road (Rte. 206), just South of I-95, Lawrenceville, NJ. Princeton Free Wheelers. P.O. Box 1204, Princeton, NJ 08542-1204; 609-882-4PFW (4739). princetonfreewheelers.com

Aug. 10: Bridgeton Zoo Ride,

Schalick High School, Centerton, NJ; 25, 50, or 100 mi., 8 AM start.

Flat to slightly rolling. \$14 pre-reg.

until 8/1; \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123.

<biker@cccnj.net>

Aug. 10: Dog Daze Century,

Brandywine Bicycle Club, P.O. Box 3162, West Chester, PA 19381.

www.geocities.com/brandywinebikeclub

Aug. 18: Covered Bridge Metric,

Lancaster, PA; 15, 31, or 62 mi. Seven covered bridges. \$10 pre-reg. by 7/18; \$15 after. T-shirt \$14, only available with pre-reg. Lancaster Bicycle Club, P.O. Box 535, Lancaster, PA 17608-0535. www.lancasterbikeclub.org

Aug. 24: Shore Fire Century,

Middletown High School, Middletown, DE; 35, 65, or 100 mi. 5 rest stops on century route. \$15 pre-reg., \$20 day-of-event. T-shirt only available with pre-

reg. White Clay Bicycle Club, Jim Montgomery, 302-731-5371.

<iwannabike47@hotmail.com>

www.whiteclaybicycleclub.org/shorefire.html

Sun. Sept. 1: Brandywine Tour,

Chadds Ford Elementary School, Chadds Ford, PA. 28, 50, or 100-mi. routes on rolling to hilly terrain. Scenic country back roads through beautiful Brandywine River Valley. Century route passes through 3 counties, including Lancaster County. \$12 pre-reg. by 8/23; \$15 after. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156; 610-541-0784.

<chadwick@crafttech.com>

www.dvbc.org

Sept. 7: Amish Country Tour, Dover,

DE. 15, 25, 50, 62, or 100-mi. scenic flat routes. Mass start at 8:15 near Visitors Center, Federal Street, Legislative Mall, Dover. Amish Country Tour, P.O. Box 576, Dover, DE

19903; 1-800-233-5368 or 302-734-

4888. <kctc@visitdover.com> or

www.visitdover.com

Sept. 8: Southern Maryland Fall

Century, Indian Head, MD. 25, 50, 63, or 100-mi. routes from Village Green. Oxon Hill Bicycle and Trail Club, P.O. Box 81, Oxon Hill, MD 20750.

<info@ohbike.org> www.ohbike.org

Sept. 15: SCU Lake Nockamixon

Century, Horsham, PA. Marked route, cue sheet, SAG support, a full lunch stop at Lake Nockamixon (on the 55-100-mi. routes), and a post-ride meal. Home-baked snacks. Start Hatboro-Horsham High School, 899 Horsham Rd. (Route 463), Horsham, PA.

Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216.

<centuries@suburbancyclists.org>

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From **HUNTER MOUNTAIN** on p. 1

"Eagle One." Bob and Ed were "Eagle Two." And Katrina up in the lead van was designated "Mother Bird." This somehow quickly evolved into "Mother Lode." It seems like there are some things in life you just can't control. Rich Alejandro didn't have a walkie-talkie, but Mother Lode was able to communicate with him and Map Boy (Glenn) by cell phone. Why did we need a map boy when we had cue sheets, you ask? Well, Glenn turned out to be our savior after two wrong turns and some dyslexic route numbers on the cue sheet. So after a thirty-mile detour, we finally rolled into the Rose Motel where "Jeff the Chef" cooked us up some pasta before bedtime. On a side note, Monika decided that everyone should have a nickname and she thought "Princess" would be a good one for someone to have. But if you read the captions under the photos on the website, you'll see who got stuck with that particular nickname. That's right, Princess, your plan went horribly wrong.

The next morning, nine of us plus SAG headed out towards Hunter Mountain. Bob had a bad headache and couldn't join us. After a twenty-mile warm-up with gusty winds, we started the big climb. My strategy was to stay on Rich Alejandro's wheel for as long as I could since I knew he was a fairly strong climber. I was quickly shown the error of my ways. When I started to crack and Rich began to pull away from me, I happened to glance back and notice that there was nobody else in sight. I think I may have gone out a little too fast. Before I could recover from my initial acceleration, most everyone else passed me and the rest of my climb was a world of pain. But then that's what I signed up for, wasn't it? At this point, I've got nothing but great things to say about all the other riders who climbed the mountain that day. Of the nine cyclists who started the climb, 100% made it to the top. And Rich Alejandro is the man! Not until I saw the video later on did I realize just how

strongly he climbs. Not even Lance Armstrong demolishes his competition the way Rich blew us all away. We have a new King of the Mountains.

There were no major climbs after that, but the 50mph gusts kept things interesting (and sometimes scary). The final descent to the motel was on a five-mile, steep, twisting road with harrowing crosswinds. Despite this, some of us sped down in excess of 51mph (my max speed was only 49.9). At the bottom of the hill, Ed told us, "You guys need to have your heads examined!"

"But you were right there with us, Ed." Katrina replied.

"So I need to have my head examined!"

That night, we headed off to Brian's for a barbecue. Once again, Jeff the Chef helped out with the chicken, steaks, tuna steaks, ribs, etc. I helped myself to a few brews (after the day we had, I felt no guilt about it). The night finished off with a guitar jam session with Danny, Glenn and Rich W. while the bonfire burned in the background.

The second day was more painful than the first. We started out with a full contingent of ten riders, but halfway up the first climb, two who weren't feeling well turned back to do a flatter ride. It wasn't that this climb was steeper or longer than the previous day's climb, but it came five miles into the ride and had a strong headwind the whole way up. So the combination of being sore, not being warmed up and fighting the wind made that the hardest climb of the weekend. But after our initial warm-up (if you consider being thrown into the fire a warm-up), things got better. We went up the mountain via the gradual route with a strong tailwind blowing us the whole way up. If only all climbs could be that easy.

Half the group went back that afternoon leaving five of us to do an easy ride (yeah, right!) on Monday. All in all, I had a ton of fun and look forward to doing it again next year.

DVBC Members Shine at Pa. Senior Olympics

Three DVBC members raced at the Pennsylvania Senior Olympics on June 14th and won five medals in the two cycling events. In the 50-54 category Charlie Fitzgerald (current record holder in the DVBC Time Trial) won the gold medal in both the 10K and 5K races while Glenn Lyons won silver in the 10K and bronze in the 5K. In the 55-59 category Rich Alejandro won the silver coming in just two seconds behind the current national champion in the 10K. All three members qualified for the national competition to be held in 2003.

Elsewhere . . .

A new helmet safety video for kids has been made available free by the **National Highway Traffic Safety Administration**. The film is just under nine minutes and is perfect for use in classrooms. Contact the League of American Bicyclists: [<bikeleague@bikeleague.org>](mailto:bikeleague@bikeleague.org)

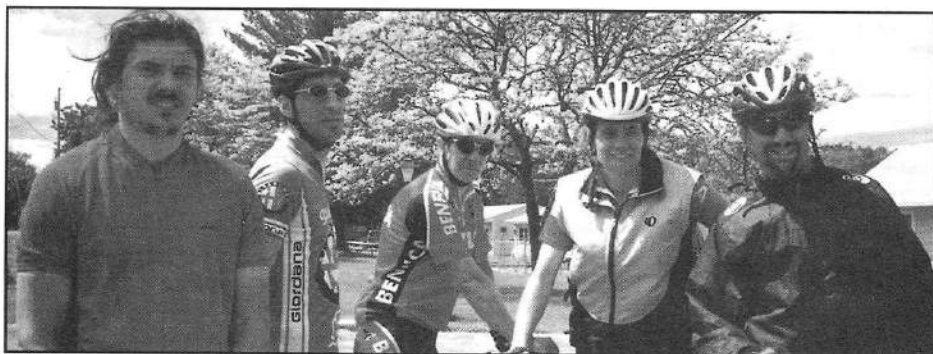
Jen Escorcio, president of the **Bicycle Club of Philadelphia**, resigned suddenly last month because of a family illness. She is being succeeded on an interim basis by vice-president David Johnson.

The **Hanover Cyclers** have figured out how to stimulate attendance at club meetings. Their July session is being held at Bill Mack's Ice Cream Parlor.

An article by Chris Beetham of **Suburban Cyclists Unlimited**, urges cyclists to refrain from riding whenever there is the threat of lightning. Chris says you can learn more about the danger of lightning at the website www.lightningsafety.com.

Quotable:

Stu Baird, editor of the **Brandywine Bicycle Club's** newsletter, on the journalistic style of *Bicycling Magazine*: "The new issues read like the editorial staff has overdosed on Jolt."





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



11/1/05

BOB & JUDY LADREW
139 GABLE RD
COATESVILLE PA 19320-1284

19320+1284 17



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



GO BONKERS!

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