

Delaware Valley Bicycle Club



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

AUGUST 2004

Nine DVBC riders complete double century

On June 27th nine DVBC riders successfully undertook their long-planned "Assault on 200." Under the leadership of Woody Kotch, the group adhered to a carefully scripted plan to leave early (5:45), ride as a group, and keep the speed under control. At 7:40 pm, 202 miles later, the nine arrived as a unit back at their Harrisonville NJ departure point flushed with success.

Ed Becker, Katrina Dowidchuk, Dave Hartrum, Bob LaDrew, Phil Morris, Lewis Neidle, Tony Rocha, and Ed Sobolewski accompanied Kotch on the circuitous journey to Cape May and back. Riding time was about 11 hours and average speed was 18.3 mph. Clearly, the stronger riders could have gone faster but this was a group undertaking.

Kotch explained the secrets of the group's success: "Everyone knew up



L to R: Dave, Lewis, Bob, Sag -Dom, Woody, Ed S, Phil, Ed B, Katrina, and Tony

front what the goals were: Start and finish together, everyone finishes, 18 mph average." He said that his own kids sometime call him Mr. Nasty. "When I'm in charge of something I find

it hard to hide my displeasure and I'll let you know it." Kotch chastised the riders when they went too fast and they jokingly began referring to this as "getting busted."

Via a series of qualifying rides over the past weeks Kotch had carefully culled his riders. He said, "I had a prepared team. I well knew the riding abilities and personalities of everyone on this ride. These were good experienced riders, but more importantly these were good people who 'put the needs of the many before the needs of the few.'"

Dominick Zuppo and Gina Bezdziecki drove SAG and videotaped much of the ride. The presence of their vehicle, lights flashing, enabled the bikers to ride much of the route in twin pacelines. Dom and Gina's support, moral and otherwise, turned a potential ordeal into a day of fun.

Drew Knox doubles singly



Just six days before the club "Assault on 200," DVBC member Drew Knox acted out his own fantasy. His was equally as wild, but with an extra twist: ride 200 miles in one

day alone.

After earning his second martial arts black belt five years ago, Knox was in search of a new challenge. He said, "Somehow I latched onto the idea of riding a double century. The idea of biking 200 miles in a day seemed both remote and tantalizing."

Knox explained that, "I toyed with the idea of riding with the club 'assault team'. Ultimately, though I wanted the

challenge to be mine alone."

On June 21, he left Kingsway High School at 5:30 am and eventually returned at 7:15 pm. "I took two 10-minute breaks off the bike, not counting numerous, quick bathroom breaks."

Two major challenges prior to the ride were adding a rack to carry a third and fourth bottle, and configuring handlebars so he could ride painlessly in the aero position hour after hour.

Knox says that "...with preparation and training, any B rider could build up to this ride length, though right now I'm not anxious to do it again. But maybe next year... if I really did put the wind at my back... hey, maybe I could do two and a half. After all, I did go back for Black 2!"



BONKERS CLUB PICNIC

SATURDAY, AUGUST 7

Members and their families free. Please make reservations by Thursday, Aug. 5. Contact Bob LaDrew at: 610-383-9327 or 2ladrews@netreach.net

See inside ride calendar for more info about rides to the picnic.



Our Passion

Click. Click. Click, click, click.

The cadence increases as the sound decreases.

Around the bend, over the crest, then gone.

Silence here, but not there.

Rumble, thump, the man-made earth passes below.

Whirling steel upon small, shining teeth.

Efficiency the expanse of a fingertip, then click.

Away.

Rise. Fall.

Head, lungs, chest, and legs, always legs.

Seemingly pounding the earth, yet always suspended

In time. In motion.

Push. Pull.

Imaginary circles of power drive forth

The mass of flesh, and blood, and hope.

Onward.

Sweat. And pain.

Rivulets of our spirit escape the torment,

Muscle and sinew expand and contract

Forever. For now.

Gravity changes at every inclination,

Levity arises with little indication,

To persist, or to fail.

Time. Endless, limited.

Seconds of pleasure, minutes of success,

Hours spent in the communal effort.

Why? And for whom?

Nature. Grandeur.

The panoramic vision of a different era,

Ageless in its design, priceless in its beauty,

An arm's length away for us to enjoy.

Camaraderie. Unity.

Enigmatic threads that bind us together,

The desire to succeed, the willingness to share

The moment. Our passion.

Triumph. Satisfaction.

The end of an endless journey,

Through space, and time, and imagination.

Together.



Check your mailing address on the front of this newsletter to find out when your membership expires. Thanks!

Preregister for the Brandywine Tour, Sunday, September 5

Registration form inside, p.10

New Members



Stephen Althouse
Barbara Ballard
Betty Greene
Veronica Herzog
William Mooney
David & Amy Pollack
Cheryl Taylor
Tim & Debbie Travers
Steven White

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Feeling Good About Feeling Bad

By Rich Alejandre

"Eighty percent of success is showing up."
Woody Allen



Each ride is different; a dissimilarity that makes some rides better than others. We all have personal cycling preferences: time, weather and terrain that we'd rather

bike in, but being the dedicated individuals that we are, we elect to cycle whenever we can, choosing not to wait for that ideal moment. We elect to cycle, to "show up" and participate in something that is important to us. Unfortunately, at times our presence isn't enough to insure that we'll have a successful ride.

The nature of our sport demands that advancing to the next level be earned through hard work. We know what we have to do to get better. Every time we cycle, we need to feel

good about our effort, no matter the outcome. It's easy to be too hard on oneself. We normally don't argue back, and so preclude a balanced outlook on our training. Even comparing ourselves to others is an invalid measure of where we are in our biking. The standard for measurement lies in us. Surveying our own capabilities and shortcomings requires an objective eye, one that can be unbiased and truthful. An unemotional look at what you can and can't do on the bike, and what you'd like to be able to do is the list you need to complete. Time and confidence need to go hand-in-hand here. Believe and continue to tell yourself that you can reach your goals, and give yourself plenty of time to accomplish that point.

As long as we're biking we're doing well. A good day is had every time you get out on your bicycle. Slow pedaling is better than no ped-

aling. Granted there may be days when you'd like to cycle faster or further, but as long as you have these things in mind you will improve. Every time we cycle, we deserve to feel elated. We've completed something that is ours, something that we've chosen to do. Before each ride decide what it is you're going to work on, attempt to do that during your spin, and once home, review just how well your plan went.

On the bike we can do no wrong. We are a success when we know what it is we want to accomplish. By considering beforehand strengths and weaknesses, we can approach a ride with a plan of what it is we'd like to do. Each ride is an opportunity to work on some aspect of your biking. Always work on something. Your directed effort will allow you to be in control, avoiding surprises that could erode your confi-

(Continued on page 8)

HH News:
Andy Lackintosh Silver Jr. Worlds
Steve Lehman Gold Master, Worlds

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DVBC Ride Calendar

AUGUST 2004



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

Tuesdays 6:00 pm Miles:15-20 Class:C Vocabulary Ride	The days get shorter and we keep on ridin'. Join us for an evening spin through southern Delaware County. No need to bring a vocabulary word. Meet at the Pathmark on MacDade Blvd in Folsom. Contact Dave Trout at 610-368-0760 Email: dmtrout@usa.net
Wednesdays 6:00 pm Miles:15-20 Class:C Show and Go	Who ever shows up to ride in Delaware County. Meet at the Pathmark on MacDade Blvd in Folsom. Contact Dave Trout at 610-368-0760 Email: dmtrout@usa.net
Wednesdays 6:00 pm Miles:25+ Class:A Workout	Meet at Rose Tree Park on Rte. 252 for our regular Wednesday night workout. Expect a fast pace and some nice hills. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
Wednesdays 6:00 pm Miles:30 Class:B The Rose Tree Ridley	Start at Rose Tree Park on Rte. 252. As the days get shorter, the ride doesn't, so bring your lights... front and back... with a hill or two... Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
Wednesdays 6:00 pm Miles:20-30 Class:B+ South Jersey Ramble	Mileage will vary with the amount of daylight. Start at Kingsway High School, NJ, Routes 322 and 551. Please refer to the ride classifications/guidelines for moving average. Contact Len at 610-558-6232 Email: lzane00@comcast.net
Sunday, Aug 1 8:00 am Miles:45+/- Class:C+ Centerton	Join Bonnie and Len for a ride down to Centerton. Start at Kingsway High School, NJ, Routes 322 and 551. This route is primarily flat with some rolling terrain. Please refer to the ride classifications/guidelines for moving average. Cue sheets will be provided. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Aug 1 8:00 am Miles:70-75 Class:B+/A- Oxford Road Scholars	Leave Westtown-Thornbury Elementary School on Westbourne Rd. for a route through southern Chester County from east to west with a stop in Oxford. Contact Glenn Lyons at 610-399-0624 or rollingspeed@cs.com
Sunday, Aug 1 8:00 am Miles:60+ Class:B The Fifty Sixty	Fifty hills in sixty miles... not possible? Come try it. Over a mile of climb. Starts at the R5 Wayne Train Station. Ends where your body gives out. Bring food, water, money and pain killers. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Aug 1 9:00 am Miles:55 Class:C+ Berks County Odyssey	Not a ride for beginners. Starts at King's IGA supermarket, PA 73 and Friedensburg Rd., Oley, PA. Parking instructions, visit http://www.berksbicycle.com/ . Multi-club ride using a BCBC route to Port Clinton where the Appalachian Trail crosses the Little Schuylkill River. Lunch in Hamburg. Some carpooling to the start is available. Stop to regroup as required. No one dropped. Bring snacks, H2O and \$. You must call if you are making the ride. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Monday, Aug 2 7:00 pm Miles:0 Class:ALL 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 Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Aug 7 11:30 am Miles:Various Class:ALL Bonkers Picnic	Members and their families free. Please make reservations by Thursday, Aug.5 . Ride or drive to the LaDrews' house for the Bonkers Picnic. Rides leaving from Chadds Ford Elementary School, Ridley Creek Park and Rose Tree Park. See ride calendar next page. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net

Saturday, Aug 7 9:00 am Miles:50 Class:C Little Bonkers	Ride to the Bonkers Picnic. Meet at Chadds Ford Elementary School, on Rte. 1. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Aug 7 9:00 am Miles: 62 Class:B- Bonkers	Ride to the Bonkers Picnic. Meet at Ridley Creek State Park headquarters. Contact Gina Bezdziecki at 610-525-0129.
Saturday, Aug 7 9:00 am Miles:80 Class:A Big Bonkers	Ride fast and far to the Bonkers Picnic with Tony and his fellow hammerheads. Meet at Rose Tree Park. Contact Antonio Roche at 484-802-8374 or tony@craftech.com
Sunday, Aug 8 7:00 am Miles:60+ Class:B The Long Strange Trip	End and start at the R5 Wayne Train Station with a happy trail in between and a moment of silence for Jerry Garcia. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Aug 8 8:00 am Miles:44+/- Class:B Marsh Creek	Join Bonnie & Len for a ride to Marsh Creek. Start: Chadds Ford Elementary School, Rte. 1 and Fairville Rd., PA. Flat to rolling with two moderate climbs. No one dropped, will regroup as necessary. Please refer to the ride classifications/guidelines for moving average speed on flat terrain. Cue sheets provided. Contact Len at 610-558-6232 or lzane00@comcast.net
Saturday, Aug 14 7:30 am Miles:135 +/- Class:B/B+ Avalon	Meet at Kingsway High School, Rtes. 322 & 551, NJ, for an Ed squared (Ed S. & Ed B.) ride with lots of drafting and fun on mostly back roads. Rest stops halfway down and half-way back. Lunch in O.C. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Aug 14 9:00 am Miles:40+/- Class:C/C+ Jersey Jaunt	Start Kingsway High School, Rtes. 322 & 551. Ramble around So. Jersey. Food stop at a WAWA. Mostly flat, little-traveled roads. Cue sheets, no one dropped. Bring water and \$ for food. Rain cancels ride. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Aug 14 9:00 am Miles:18-28 Class:C CU at Selene	Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside the Co-op. Free parking in lot just West of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Aug 15 8:00 am Miles:65+ Class:B Work Out or Wuss Out?	Your choice. Climb Welsh Valley, Yellow Springs, Flowing Spring, County Park, Rock Run, and Chestnut Hill... just to name a few. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Aug 21 8:00 am Miles:100+/- Class:B/B+ Mays Landing	Join the two Eds at Kingsway High School located at Rtes. 322 & 551, NJ. Rest stops as needed. Lunch down in ML. We may even surprise you with some new roads. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Aug 21 8:00 am Miles:85+/- Class:B Middleton, Delaware	Join Bonnie and Len for a ride to Middleton, DE. Rolling with moderate hills. No one dropped; will regroup as necessary. Sections with busy traffic. Cross over the Delaware Canal on Rte. 896 bridge. Cue sheets provided. Please refer to ride classifications and guidelines for moving average on flat terrain. Start at Chadds Ford Elementary School on Rte. 1 and Fairville Rd., PA. Contact Len at 610-558-6232 or lzane00@comcast.net
Saturday, Aug 21 9:00 am Miles:35+/- Class:C/C+ State to State	Start from Glen Eagle shopping center, Rte. 202 south, just below Rte. 1 south; ride on back roads into DE; food stop halfway. Rolling terrain. No one dropped, cue sheets provided, bring water and money for food stop, rain cancels ride. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Aug 21 9:30 am Miles:30- Class:C Highland Orchards	Meet at Chadds Ford Elementary School, Rte. 1, just south of Rte. 100. Ride is hilly. We'll make one stop at Highland Orchards, so bring money for food or produce. Contact Steve Bertolini at 302-529-1122.
Sunday, Aug 22 6:30 am Miles:65 Class:B The R5 Goes Fishin'	Start at the R5 Wayne Train Station and carpool to Suburban Cyclist's Lake Nockamixon ride. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Aug 22 8:00 am Miles:40+/- Class:C+ Wash Twp	Join Bonnie and Len for a ride to Washington Twp. Start at Kingsway High School, NJ, Rtes. 322 and 551. Please refer to the ride classifications and guidelines for moving average. Cue sheets provided. Contact Len at 610-558-6232 or lzane00@comcast.net

Sunday, Aug 22 8:30 am Miles:40 Class:C+ VF/Art Museum	Meet at Valley Forge Trail Head for an easy-paced ride to the Art Museum with a stop in Manayunk on the way back. Bring money for a snack. Contact Bob Martin at 610-352-2114
Sunday, Aug 22 9:00 am Miles:62+/- Class:B/B+ Northbrook Orchard	We'll try Northbrook again to see if it's open for business yet. Meet at Moylan-Rose Valley train station at Manchester & Woodward Roads. We will travel some different classic DVBC routes. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Saturday, Aug 28 8:30 am Miles:Various Class:All Brandywine Painting Ride	Meet at Pocopson Elementary School to team up with your club friends, ride & paint arrows for the Brandywine Tour. Good turnout means we paint a little, then ride a lot. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Aug 29 8:00 am Miles:60+ Class:B The Montco Maffick	Look it up. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Aug 29 8:30 am Miles:34 Class:C Art Museum	Nice C-paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture but to cruise the museum loop in summer weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114.

MEMBERS: Have you tried **downloading** your newsletter as a **PDF** from our web site: dvbc.org? If you like getting your newsletter that way, contact Dom Zuppo by emailing him at: domzuppo@att.net Tell Dom, "Please don't mail me my newsletter anymore. I am willing to download it as a PDF."

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DVBC Contingent Tours Nova Scotia

Four DVBC members spent the week of July 10-17 enjoying the scenic, rugged southern coast of Canada's Nova Scotia. Doug Bower, Ed Becker and Bob LaDrew logged five biking days of 114 to 140 kilometers (Okay, 71-87 miles) following a well chosen route planned by their tour host Judy LaDrew, who drove the team van and caught up with the riders each evening at a pre-designated lodge.

The riders were delighted to discover that lodging in Nova Scotia usually included TVs that carried OLN's coverage of the Tour de France. They felt like they were having their cake and eating it too.

The group made the roundtrip to and from Yarmouth NS via the *Scotia*

Prince ferry out of Portland, Maine. Total miles biked was about 425, with Becker powering up most of the hills, then waiting patiently at the top

for his cement-legged comrades. Bower, utilizing his God-given attributes, excelled on the descents. The travelers were in agreement that they would like a return engagement of greater duration.

Among the highlights

were scrumptious seafood, friendly locals, pristine wilderness, and varying seascapes characterized by sandy beaches, rocky, forested shorelines and picturesque fishing villages like Peggy's Cove.

Biking conditions were excellent, with cool weather, lightly traveled roads and considerate motorists.



L to R: Doug, Judy, Bob and Ed

(Continued from page 4, **FEELING GOOD**)

dence. Strive to improve skills by using your mind to control output, extolling your body in the direction of things you've never done before. During sub-par rides when you're feeling poorly, review why you're feeling that way to avoid a repeat occurrence. Sometimes doing all the right things could leave you still feeling under the weather. If you can figure out why you're performing poorly make the adjustment to ride well next time. For those instances when you just can't think of what led to a poor performance, chalk it up to the unknown.

Being on the bike isn't enough to insure having a good cycling day. If you're intent on not feeling well, do so as the result of not having worked out. Each opportunity that you can go for a ride is a good one. In the meantime, be content to pat yourself on the back for being a rider, being on a ride and being a member of an elite minority of folks in the world, who've chosen to enjoy a great activity.

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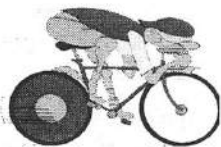
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Bike Dirt

By F.X. Pedrix

"It sounds to me like the patients have escaped en masse from the Institution and have not been taking their medications." I thought my lovely wife Babs might be impressed but that was her only comment when I detailed for her the impressive bicycling feats some DVBC members have achieved in recent weeks. Shore rides of 150 miles, multiple climbs of Hunter Mountain, a bike tour of Nova Scotia.... All capped off by the 200-mile "double century" ten riders achieved in late June. I decided it would not be a good time to confide to Babs that I am secretly hoping to complete all 100 miles of September's Brandywine Tour.

Speaking of craziness, Ed I (the Polish Prince) and Ed II (known collectively as "Ed²") have discovered a commonality: a craving for distance. Neither can sate his appetite for the mile. Each would kill for a kilometer. Over the 3-day Fourth of July weekend they logged 136 miles on Saturday, 62 on Sunday, and 103 on Monday. A lot of club members don't ride that many miles in a month!

When the Canadian Lightning Bolt's knee blew out 58 miles from home on a July 3 Avalon ride, the peloton assembled to discuss alternatives. The Bolt, clearly in pain, could park her bike and wait several hours for the group to ride home and return with a car. She could hire a taxi. She could.... Well, there weren't many options. Plastic Boy did have one far-fetched brainstorm — he could *push* the Lightning Bolt home. With nothing to lose, the group mounted up and Plastic Boy applied his hand to the former Lightning Bolt's back. He proceeded to push Canadian Bacon, at 20 mph, the next 48 miles toward Swedesboro. (My spy, normally prone to hyperbole, swears that this time he is not exaggerating.) Even Plastic Boy is human so, after 48 miles, he had reached his limit. With ten miles remaining, Plastic was melting and Bacon was fried so Canada was neutralized in a rest area while a limo was fetched. We've all been recipients of some strong pulls from Plastic Boy but this may be the first *push*.

Everybody knows that if the 67-year-old Founding Father of the DVBC Shore Rides has slowed down, it is not by much. However, lately he is prone to breaking off from the peloton to give the roses a sniff. That is what he was doing on the second half of a recent 126-mile shore ride when a driver, coming from the opposite direction, hailed him.

"You got dropped, didn't you?" the motorist asked.

"No, I just prefer to ride alone."

"No, I know you got dropped. I saw the other riders up ahead. I ride a bike, too. It's okay. I know sometimes I get dropped. You got dropped!"

For more than a year since the Iraq invasion our country has been on Canada's bad side. But things got pretty well smoothed over last month on our club-sponsored bike tour in Nova Scotia. Mr. Buckeye, in his amiable manner, chatted up every Canadian in sight—not just the pretty girls—so that now our neighbor to the north probably wouldn't give a hoot if we invaded Iran, North Korea, or even Monaco.

The prevailing view is that pro riders should not attempt to ride the three major tours—Giro, TDF and Vuelta—in the same year. Probably no rider can rebound from the rigors of

(Continued on page 11)

Celebrating my first anniversary with DVBC

By Ed Becker



August 20th represents the one-year anniversary of my participation in the DVBC. This is such a highlight in my life that I would like to share it with everyone. Let me start with how this all came about. Like most kids back then, one of the most important things in my life was my bike. It represented freedom. You pedal and steer wherever you want to go. I rode my bike

everywhere. We even organized a bike race in my neighborhood. I came in second, losing to someone who had a bike with gears. Prior to the race I detailed that bike that my dad had built for me till it shined so much I could see myself in the paint. I entered a contest and won Best in Show.

In elementary school I caused a major controversy because I insisted on riding my bike to school instead of taking the bus, which the school board considered mandatory because I had to cross railroad tracks in Primos. Well, they didn't stop me; I rode to school every day.

At about age 14, I felt like I could do anything on a bike and was dared to jump a huge pit in the woods in our neighborhood that no one else would attempt. I agreed to jump the pit, but not on *my* bike. A friend told me that if I was willing I could use his. I took his bike and got a good start and sprinted to the ramp. I jumped the pit and landed about five feet past it on two wheels, but the frame broke in half. I threw the bike down and became a hero to all who had witnessed the accomplishment.

Unfortunately, upon becoming a teen I started driving and hung up the bike. I rediscovered it when I built a 10-speed from parts that I had scavenged and started commuting to and from work in Lansdowne. That all ended when a neighbor accidentally ran over my bike. I was devastated because it was beyond repair and I never replaced it.

As time passed and the pounds went on, I had a couple of spurts where I took care of myself and got in decent shape, but could never find something that really motivated me. A couple years ago I found myself back in the gym but really didn't have any focus or goals other than to get stronger. While on my quest I dusted off a bike that my sister had bought for me and started working it into my regimen. I eventually found some friends who also had bikes and coaxed them out for a loop around Ridley Park or John Heinz. It was fun, but not enough to change all the bad habits I had acquired.

On August 20, 2003, after buying my first road bike and going on a DVBC-sponsored ride from Cycle Sport, I was introduced to the DVBC. In the beginning I thought it would be awesome if I could join a ride or two each month. After a couple of rides and the Brandywine Tour I was hooked. I realized this was what I was missing in my life! I changed my eating patterns and workouts to better suit the sport and permanently dropped all those bad habits. I now had goals and focus. I strived to become better. Not to beat others but to participate in more rides and more challenging ones—which leads, of course, to more miles. I also figured the better rider I became, the more I would enjoy the rides.

Now that I am approaching my first full year as a DVBC member, I feel so good to be where I am today—physically, socially and mentally. I've been averaging about 1000 miles the last couple months and am approaching 4000 for the

(Continued on page 11)

Regional Events

Sat. Aug. 7: Dog Daze Century, West Chester, PA. 27, 50, or 100 mi, rolling to hilly. \$12 pre-reg by 8/5 or \$15 after, incl. lunch. Brandywine Bicycle Club, Ann Marie Sullivan, P. O. Box 3162, West Chester, PA 19382; 610-644-3792.

Sat. Aug. 7: Princeton Event, West Windsor, NJ. 16, 25, 35, 50, 65, or 100 mi., flat to rolling, or 65+ hilly. \$25. pre-reg. by 7/25 for T-shirt. Meal incl. in fee. 609-882-4739.

Sat. Aug. 14: Bridgeton Zoo Ride, Schalick HS, Centerton, NJ; 25, 50, or 100 mi, 8 AM. Rural roads Salem County, flat. Lunch from deli nearby. Discount coupon part of package. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705.

Sun. Aug. 15: Covered Bridge Metric Century, Lancaster, PA. 15,

31, or 62 mi. Rolling w/few hills on 62-mi ride & flat to rolling on 15- & 31-mis. 7 covered bridges & lunch stop on 62-mi ride. Shorter rtes lunch at end. Reg. \$20. Lancaster Bicycle Club, P.O. Box 535, Lancaster, PA 17608.

Sun. Aug. 22: SCU Lake Nockamixon Century. New locat. (TBD, somewhere betw. Horsham & Doylestown, PA). Marked route, cue sheet, SAG, post-ride meal. Century Chairperson, Suburban Cyclists

Aug. 28, Shore Fire Century. 35-65-100 mi. Middletown DE. \$15 pre-reg before August 14, \$20 day of. <http://www.whiteclaybicycleclub.org/shorefire.html> or SASE to WCBC c/o Don Carbaugh, 49 Marsh Woods Lane, Wilmington, DE, 19810. shorefire@whiteclaybicycleclub.org or 302-731-1430.

Sun. Sept 5: Brandywine

Tour, Pocopson Elementary School, Pocopson, PA. Ride 32, 50, 68, or 100 miles, rolling to hilly. \$12 pre-registration by 8/29, \$17 day of event. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn PA 19094-0156. 610-383-9327.

Sat. Sept. 11: Amish Country Tour, Dover, DE. 1-800-233-KENT

Sun. Sept. 12: Hillier Than Thou, Washington, NJ. Ride 40, 62, or 100 hilly miles. 12,000 feet of climbing on the century. Central Jersey Bicycle Club, Phil Apruzzese, phone 732-452-1233.

Sun. Sept. 12: Scenic Schuylkill Century, Philadelphia, PA. Bicycle Club of Philadelphia (BCP), P.O. Box 30235, Philadelphia, PA 19103.

BRANDYWINE TOUR, Sept. 5, 2004, Pre-Registration Form

(Must be postmarked by August 29th)

Pre-registration: \$12.00
Day of registration: \$17.00

Pre-registration plus membership with PDF newsletter: \$20.00
Day of registration plus membership with PDF newsletter: \$25.00

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Age: _____

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): ☐ 25 miles ☐ 50 miles ☐ 68 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 with a check or money order made out to DVBC, by August 29, to:
Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156. For more info: www.dvbc.org

Bicycle Coalition Names Executive Director

The Bicycle Coalition of Greater Philadelphia is proud to announce that Alex Doty has been named Executive Director. You may be familiar with Alex through his work on the Freedom Valley Bike Ride and membership recruitment. John Boyle has been named Advocacy Coordinator. John worked as project manager for the Greater Philadelphia Regional Bike Map and assisted in implementing the Philadelphia School District's Bicycle Education and Enhancement Program (BEEP).

This year has brought other changes to the Bicycle Coalition in addition to hiring new staff. We moved out of our storefront location on 11th St to a suite in the Land Title Building (on South Broad St above Tower Records). We welcome back Dennis Winters for his second tenure as President of the BCGP, while former President Parker Snowe now heads up our fundraising Campaign for Leadership and is serving as Board Secretary.

One thing hasn't changed—there is plenty of work for us to do! As we formulate our advocacy plans, we would like to hear from you. Let us know your riding gripes and favorite ideas for improvements. John can be reached at john@bicyclecoalition.org and Alex at alex@bicyclecoalition.org.

org, or just call (215) BICYCLE.

Bicyclists Baltimore Pike has been the button issue in Delaware County this year. A plan by the county to create a bicycle friendly route between Swarthmore and the Philadelphia City Line was turned back due to the opposition of elected officials from Aldan Borough, Upper Darby and Ridley Township. The Bicycle Coalition's Delaware County Committee continues to work on this issue. If you live in any of the above mentioned municipalities please contact your local officials saying that you support Bicyclists Baltimore Pike.

Please visit www.bicyclecoalition.org to see our latest action alerts, including links to send emails supporting a Bicycle Coordinator at City Hall, access across the railroad tracks to Schuylkill River Park and encouraging further installation of SEPTA bus bike racks.

Thanks to those who joined us for the 25th Annual Freedom Valley Bike Ride. This year we added a century ride extending into northwestern Chester County. The ride had 660 riders and raised over \$20,000 for the Coalition.

If you aren't a member already, please make your ride better by joining the Bicycle Coalition at www.bicyclecoalition.org!

(Continued from *BIKE DIRT*, page 9)

a first tour to ride well in a second and, still less likely, a third. So if you study the photos from our club's big three recent events (200-miler, Hunter Mountain, and Nova Scotia), you'll see only a handful of faces in two of the three events. Cross checking more carefully, however, you will discover that one youthful and enthusiastic face shows up in all three pictures. You can read more about the roots of this rider's enthusiasm in the article on page 9.

Our produce grocer had an awful collision with a car in July. When the vehicle made a left-hand turn into his path, the ensuing collision left him with painful injuries and a ruined bike. Aside from neck and back pain, he says that the distressing thing is the lack of sympathy from non-biking people, police included. "The driver who nearly killed me was not issued a ticket; the medical process is crazy as everything up to \$10K is paid for by my car insurance (and I wasn't even driving!)." Get well soon, David!

Keep riding and sending your gossip, news, jokes, trivia, rumors or outright lies to fxpedrix@dvbc.org.

(Continued from *CELEBRATING*, page 9)

year.

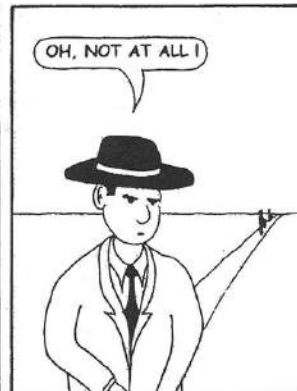
Recently I took part in a club trip to East Durham NY where some friends and I did some alpine rides. After the first climb, an eight-miler up Hunter Mountain, I was so happy to be alive and to have accomplished such a thing that I cried with joy. On June 27 I also took part in the club's successful 200-mile assault, which turned out to be the experience of a lifetime.

In a few days I will be joining three other members in a bike tour of Nova Scotia. Some may think I'm obsessed or crazy, but it makes perfect sense to me. This is an ideal replacement for that blurry decade and a half that was filled with depression, obesity and substance abuse.

Here I am, 35 years old, happier than I've been in well over a decade, in the best shape in my life! And I have many friends that I respect and care for very much. All this because of the DVBC!

BONKERS

CARTOONS
OF THE
DVBC





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

Application for DVBC Membership

(Expires 1 year from date joined/renewed)

Annual Membership: \$15.00 per household.

Check one: ☐ new member or ☐ renewal

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

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) = _____

I'll volunteer for: ☐ Ride Leader
(check all interests) ☐ Tour Volunteer
☐ Board Member

Please send your check or money order to the:

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

In consideration of the acceptance of my application for entry into the DVBC, 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 DVBC. In addition, 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 any 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 under 18 years)