

Delaware Valley Bicycle Club



P.O. Box 156, Woodlyn, Pa, 19094-0156 WINTER 2004-2005

Calling All Members...

As 2004 winds down, what do you remember from this year's riding? You can add up your miles, reflect on the good times and the not-so-good, what you want to keep and what you want to throw away. Think about why you started to ride. Does your riding still fit that goal or have your goals changed and, if so, how? Responses will be published in the March newsletter.

Send your responses to **Bob LaDrew** (2ladrews@netreach.net or 139 Gabel Road, Coatesville, PA 19320, but NOT to the club's email list serve.).



NO PEEKING!

We have a special puzzle on pages 10 and 11 in this issue. The answers are provided upside down on page 13, so if you want to solve the puzzle on your own you may want to avert your eyes from the bottom of page 13.



Judy Gimbel (left), Pat Haggard (center), and Valerie Shinbaum cruise the Delaware and Raritan Canal trail on a November 6th DVBC ride.

DVBC Holiday Banquet Monday, December 6th, 7:00 pm at Rosario's.

The cost is \$5.00 for club members
and for each family member.

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Send money and confirmation to
Bob Leon at the Club mailing address.

From Rte. 476, take Media/Swarthmore exit. Take Baltimore Pike east for one mile. Turn right, south, on Rte. 420 at Target & Mobil. Go about one mile to railroad tracks. Turn right at tracks onto Morton Ave. Rosario's is on your left. Parking lot one-half block down on right.

**Check inside for a great
ride list for the months of
December through February.**



*Be sure to contact
the ride leader the
night before a
winter ride to
confirm that it is
happening.*

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 12th of each month.

Board of Directors & Staff

Dominick Zuppo, *President*,
 610.544.8630 or domzuppo@att.net

Bob Leon, *Treasurer*,
 610.833.2365 or treasurer@dvbc.org

Maureen Shanahan, *Secretary*,
 215.421.8227 or secretary@dvbc.org

Bob LaDrew, *Newsletter Content Editor*,
 610.383.9327 or bonkers@dvbc.org

Judy LaDrew, *Newsletter Layout Editor*,
 610.383.9327 or jladrew@dvbc.org

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 484.802.8374 or rides@dvbc.org
Web Page, tony@craftech.com

Drew Knox, *Brandywine Tour Coordinator*,
 bwtour@dvbc.org

Eric Valencia, *Vice President*,
 484.802.9844 or vicepresident@dvbc.org

Debbie Chaga, 610.494.3033 or
 dreamer@craftech.com

Brian Wade, *Past President*,
 610.254.9485 or bwadedvbc@aol.com

Club Affiliations



LAB



*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 prod-
 ucts or services advertised.*

Obey all applicable traffic regulations, signs, signals and markings.

Keep right. Drive with traffic, not against it. Ride single file.

Watch out for car doors opening, or for cars pulling into traffic.

Protect yourself at night with the required reflectors and lights.

Use hand signals to indicate stop-
ping or turning.

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 Bonkers picnic, all club events are free to the general public. The general public is welcome!



Dear Javvy

Dear Javvy:

Every winter I tend to lose fitness because I don't ride when it gets too cold. Is there a proper way to dress when the mercury falls?

—Shivering in Springfield

Dear Shivering:

The answer to your question is "Layers, layers, layers!" You need to dress in layers. Some riders can get through even the coldest ride with a base layer of silk or polyester, covered with wool or fleece, and a weatherproof shell on top. What I do every winter is add a layer between my abdominal muscles and my skin.

Dear Javvy:

During my winter rides, I'm always able to keep warm by dressing in layers, but my toes get painfully cold not halfway in. How

can I keep my toes warm?

—This Little Piggy hurts in Primos

Dear Piggy:

That is an excellent question. Neoprene booties keep wind and moisture away from your shoes while providing an extra layer of insulation. Unfortunately, on the coldest days they do eventually fail — particularly if you're clipped into cold pedals. I've heard great stories about electric socks, but I'm certainly not about to stick my feet in a toaster. The only sure-fire way to keep your toes warm during winter riding is to kill the nerves in the toes. On the first day in the 20's, go out for a century ride wearing sandals. Your toes will lose all feeling for the duration of the winter and your problem will be solved. They might also fall off, but did you really need them for bicycling anyway?

Dear Javvy:

Keeping warm in the winter is not a problem for me. But what should I do when the roads are covered in snow or ice?

—Stranded in Swarthmore

Dear Stranded:

They sell studded tires for just that occasion. Others advocate chaining your tires. The latter suggestion seemed odd to me at first. After all, why not chain the whole bike? And then I saw how much the studded tires cost: they were several times the price of the sort of beater that I'd actually ride in the slush and salt. Take the bike, but don't you dare steal those tires!

Dear Javvy:

I just can't handle the cold weather, so I'm thinking of riding indoors this winter. Do you have any advice for me?

—Cooped up in Concord

Dear Cooped:

One of the most popular alternatives is "Spinning." The problem, though, is that you need to sign up for a special class. Trust me. I've tried it at home and it simply doesn't work. The hallway in my apartment just doesn't seem to be long enough. Even in my smallest Mt. Washington gear, I can't get my cadence much above 75rpm before crashing into the sofa. Hardly what I'd call "spinning."



Most people use a bedroom for sleeping, but avid bicyclist Ed Becker also finds it a great place to store his bikes.



Yes, there will come a time when things will be green again and we can go around in bare feet.



DVBC Ride Calendar

WINTER 2004-2005



*****Recurring Weekday Rides for December*****

Tuesdays 6:00 pm Miles:15-20 Class:C NightRiders	We spin around Southern DelCo well into the dark. Bike lights front and rear are a must. You must call or e-mail the leader to confirm the start time and location. Very cold or wet weather will cancel ride. Most rides start at 6 PM. Contact Dave Trout at 610-368-0760 Email: brider-ride@usa.net
Tuesdays 6:10 pm Miles:? Class:ALL Group Trainer Ride	Every Tuesday night thru the winter, unless circumstances prohibit, there is a group trainer ride 6:10 at Cycle Sport. We follow training videos for a 40min to 1hr workout, not including warm up and cool down. People wishing to "ride" with us need only bring their bike and trainer. The workout is as hard or easy as you wish, so riders of all abilities are welcome. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
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Saturday, Dec 4 9:45 am Miles:34+/- Class:C+ Kountry Kitchen	Start at Kingsway High School Routes 551 and 322 in NJ, for that familiar ride to a good breakfast. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@crafttech.com
Saturday, Dec 4 10:00 am Miles:45- Class:B/B+ Pick 'Um	Meet at Elwyn train station for the familiar winter wonderland training ride. In case of snow or ice on roads I may switch ride to RCSP for MTB ride or social run. Call before hand to confirm. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Sunday, Dec 5 9:30 am Miles:40+/- Class:C+ Manayunk	This ride will hook up with Bob Martin's ride. It will add extra miles for those riders that want to go a little farther. Meet in front of Bally's on MacDade Blvd and Fairview Road. The ride will leave at 9:30 SHARP. Bring money for food and drink. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@crafttech.com
Sunday, Dec 5 9:30 am Miles:40+/- Class:C+/B- Fun Wheelers Weather Wimps I	Start: Manhattan Bagel, Chesterbrook Shopping Ctr. 11-13 mph pace with hills to W. Chester for brunch. Return via Goshen(s) & Malvern. A multi-club ride. No drops. Cue sheets. Bring snacks, H2O & \$. Call if you want to do this ride. No calls = No ride!. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, Dec 5 10:00 am Miles:50 Class:B The R5 Weekly	The regularly scheduled R5 Ride continues its journeys throughout the winter months with weekly departures every Sunday morning at 10:00 am SHARP from the R5 Wayne Train Station. We will shoot for fifty miles whenever the mercury is above thirty and when the weather is iffy we will mountain bike or run! Email me if you'd like to be put on the hip list. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Dec 5 10:15 am Miles:25+/- Class:C Art Museum	An easy-paced ride starting at the Drexel Hill Cyclery on Burmont Road in Drexel Hill. Travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feels like going a few extra miles. Expect some hills along the way, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114
Monday, Dec 6 7:00 pm Miles:0 Class:ALL Holiday Banquet	DVBC Holiday Banquet at Rosario's. The cost is \$5.00 for Club Members and for each family member. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org

Saturday, Dec 11 9:00 am Miles:32-50 Class:B- Kountry Kitchen	We ride and we dine. 32-50 miles, depending upon the weather. Kingsway H.S., Swedesboro NJ, Rtes. 551 & 322. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Dec 12 10:00 am Miles:50 Class:B Up One Side and Down The Other	Ain't talkin' no hills here. Talkin' 'bout that Surekill River. Damn near flattest ride ya can hitch from that thar railroad station in Wayne. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Dec 12 10:00 am Miles:40-60 Class:B/B+ 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 possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Saturday, Dec 18 9:45 am Miles:34+/- Class:C+ Show & Go Kountry Kitchen	Start at Kingsway High School, Routes 551 and 322 in NJ, for that familiar ride to a good breakfast. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Saturday, Dec 18 10:00 am Miles:45- Class:B/B+ Pick 'Um	Meet at Elwyn train station for the familiar winter wonderland training ride. In case of snow or ice on roads I may switch ride to RCSP for MTB ride or social run. Call beforehand to confirm. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Sunday, Dec 19 9:30 am Miles:40+/- Class:C Manayunk / Art Museum	This ride will hook up with Bob Martin's and Brian's rides. It will add extra miles for those riders that want to go a little farther. Meet me in Bally's parking lot on MacDade Blvd and Fairview Road. The ride will leave at 9:30 SHARP. Bring money for food and drink. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Dec 19 10:00 am Miles:50+ Class:B Phlirt With Philly	Ride to the Art Museum, paint a masterpiece then join other DVBC riders for coffee and bagels in Manayunk. Bring money for ride leader. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Dec 19 10:00 am Miles:50+/- Class:B+/A- Manayunk/Art Museum	You know I don't like to stop in the winter, but we have to go meet with the gang in Manayunk. Start: Rose Tree Park, Media, ride to Manayunk for coffee and bagels with Bob, Bob, and Brian's group. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Sunday, Dec 19 10:15 am Miles:25+/- Class:C Art Museum	An easy-paced ride starting at the Drexel Hill Cyclery on Burmont Road in Drexel Hill. Travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feels like going a few extra miles. Expect some hills along the way, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114
Saturday, Dec 25 10:30 am Miles:25+/- Class:ALL Santa's Ride	Maybe Santa gave you a new bike or components you may need to show off, or maybe you just need to open your appetite for the big dinner. Meet at Rose Tree Park for a short ride to the surrounding area. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Sunday, Dec 26 10:00 am Miles:43 Class:B+ Westtown-Downingtown Figure Eight	Meet at Westtown-Thornbury Elementary School for a winter ride with a short stop in D'Town. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Sunday, Dec 26 10:00 am Miles:50+ Class:B The Land of Misfit Toys	Get whatcha want- great weather and a great ride- on this Holiday Happening. Start at the R5 Wayne Train Station and go north to the Pole for cocoa with Santa and the elves. Contact: Yukon Cornelius OR Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
*****Recurring Weekday Rides for January*****	
Tuesdays 6:00 pm Miles:15-20 Class:C NightRiders	We spin around Southern DelCo well in the dark. Bike lights front and rear are a must. You must call or e-mail the leader to confirm the start time and location. Very cold or wet weather will cancel ride. Most rides start at 6 PM. Contact Dave Trout at 610-368-0760 Email: brider-ride@usa.net

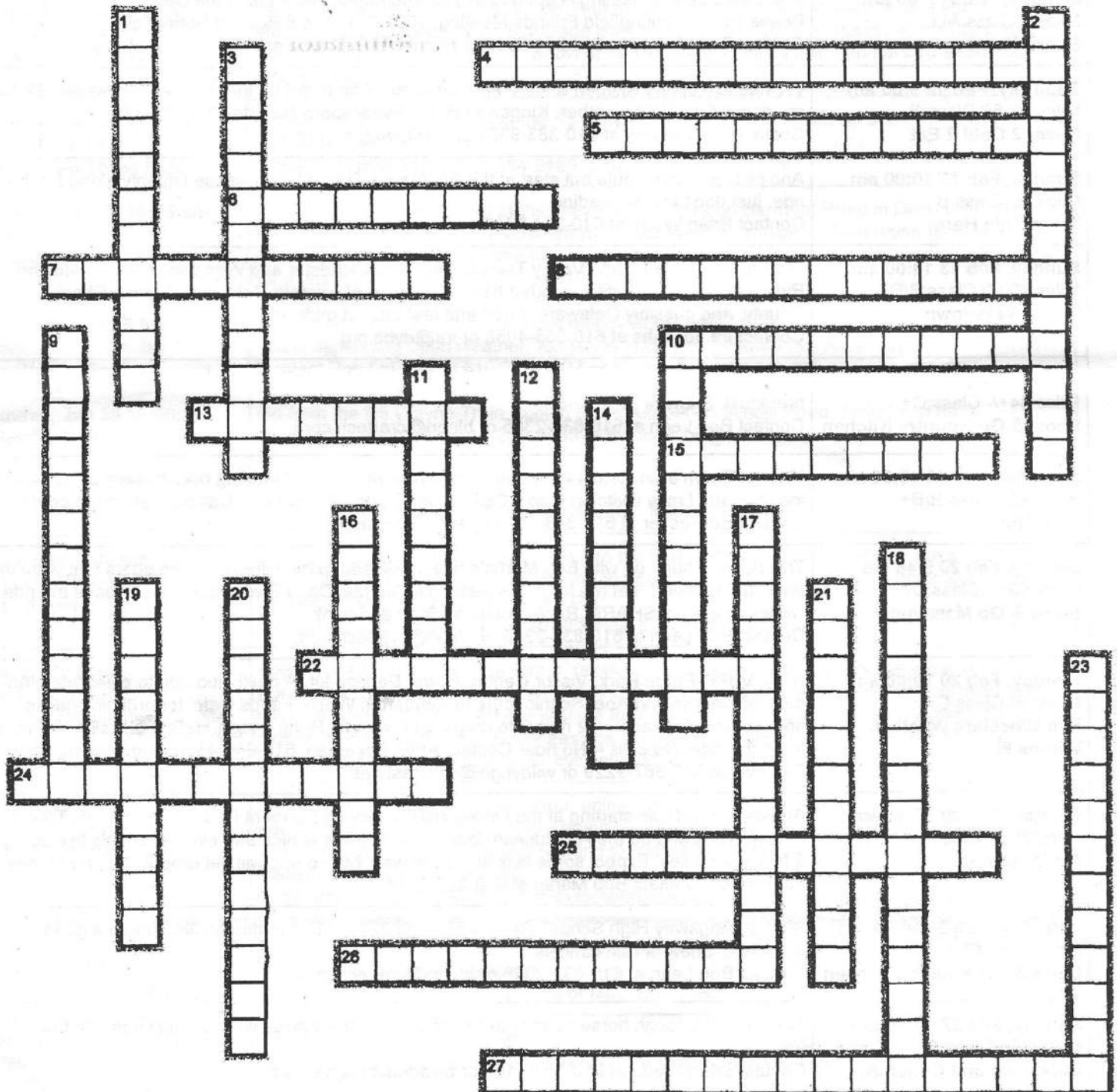
Tuesdays 6:10 pm Miles:? Class:ALL Group Trainer Ride	Every Tuesday night thru the winter, unless circumstances prohibit, there is a group trainer ride 6:10 at Cycle Sport. We follow training videos for a 40min to 1hr workout, not including warm up and cool down. People wishing to "ride" with us need only bring their bike and trainer. The workout is as hard or easy as you wish, so riders of all abilities are welcome. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Thursdays 6:10 pm Miles:? Class:ALL Group Trainer Ride	Every Thursday night thru the winter, unless circumstances prohibit, there is a group trainer ride 6:10 at Cycle Sport. We follow training videos for a 40min to 1hr workout, not including warm up and cool down. People wishing to "ride" with us need only bring their bike and trainer. The workout is as hard or easy as you wish, so riders of all abilities are welcome. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Saturday, Jan 1 12:00 pm Miles:40 Class:B+ Mortonville Loop	Stay up and bring in the New Year, then meet at Westtown-Thornbury Elementary School for a nice winter ride at a quick pace with no stops. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Sunday, Jan 2 10:00 am Miles:62 Class:B The Oh 5 R5 Metric	The mercury hits sixty and so do we. Start the year off with a metric century. Reset your odometers at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jan 2 10:00 am Miles:32+/- Class:C+ Show & Go Northbrook	Start from RCSP Headquarters parking lot for a ride to Northbrook Orchards. We'll stop for food and drink if the orchard is open. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Jan 2 10:15 am Miles:50+/- Class:B+/A- Show & Go Northbrook	Meet at Rose Tree Park and ride to Northbrook Orchards for a snack with Bob's group. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Monday, Jan 3, 7:00 pm Miles:0 Class:ALL Board Meeting	The DVBC 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, Jan 8 10:00 am Miles:32+/- Class:C+ Show & Go Kountry Kitchen	Meet at the Kingsway High School, Routes 322 & 551 in NJ. Out & Back, a big wide circle. Let's follow the leader and get out and cycle. Don't let the cold get us down. Bring money for breakfast. If there's no snow or rain we should ride. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Jan 9 9:45 am Miles:45+/- Class:C Show & Go Manayunk	This ride will hook up with Bob Martin's ride. It will add extra miles for those riders that want to go a little farther. Meet me in Bally's parking lot on MacDade Blvd and Fairview roads the ride will leave at 9:45 SHARP. Bring money for food and drink. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Jan 9 10:00 am Miles:50 Class:B The Forte Five	Join the regulars for our usual-unusual ride. Start at the R5 Wayne Train Station. Expect scattered hills and a flurry of flats (terrain not tires) with a stop for cake and ice cream. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jan 9 10:15 am Miles:25+/- Class:C Art Museum	An easy-paced ride starting at the Drexel Hill Cyclery on Burmont Road in Drexel Hill. Travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feels like going a few extra miles. Expect some hills along the way, but no one will get dropped. Contact Bob Martin at 610-352-2114
Friday, Jan 14 7:00 pm Miles:0 Class:ALL Social Event	Dinner at Warmdaddys on Front Street at the Old City in Philadelphia at the sound of the Blues, followed by Salsa Dance at Brasil's. Burn those extra calories on the dance floor. Learn some Salsa at 9PM and show off what you learned after. MUST CALL TO MAKE RESERVATIONS. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Saturday, Jan 15 10:00 am Miles:45- Class:B/B+ Pick 'Um	Meet at Elwyn train station for the familiar winter wonderland training ride. In case of snow or ice on roads I may switch ride to RCSP for MTB ride or social run. Call beforehand to confirm. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Sunday, Jan 16 10:00 am Miles:50 Class:B Topo the Morning	...to you. Yes, we're doing a winter hill ride where you sweat on the climbs and freeze on the falls. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

Sunday, Jan 16 10:00 am Miles:40-60 Class:B/B+ Winter Westtown	Start at Moylan-Rose Valley Train Station, Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Jan 16 10:00 am Miles:30 Class:C Fun Wheelers Weather Wimps II	Start: Manhattan Bagel, Chesterbrook Shopping Ctr. 12 mph pace, urban ride with hills/rolling terrain and a few flats through several UML twps. to Bridgeport for food. Return via VFNHP. Multi-club ride. No drops. Cue sheets. Bring snacks, H2O & \$. Call if you want to do this ride. No calls = No ride! Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Saturday, Jan 22 9:45 am Miles:34+/- Class:C+ Show & Go Kountry Kitchen	Start at Kingsway High School, Routes 551 and 322 in NJ, for that familiar ride to a good breakfast. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Jan 23 9:45 am Miles:45+/- Class:C Show & Go Manayunk	We'll hook up with Bob Martin's ride. Add extra miles for those that want to go a little farther. Meet in Bally's parking lot on MacDade Blvd and Fairview Rd. Ride leaves at 9:45 SHARP. Bring money for food and drink. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Jan 23 10:00 am Miles:50 Class:B A One Two Three Ride	As easy as 1/23? Nah, start at the R5 Wayne Train Station and ride up and down the ridge until we can't climb no more. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jan 23 10:15 am Miles:25+/- Class:C Art Museum	An easy-paced ride starting at the Drexel Hill Cyclery on Burmont Road in Drexel Hill. Travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feels like going a few extra miles. Expect some hills along the way, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114
Saturday, Jan 29 9:00 am Miles:32-50 Class:B- We Ride to Eat	Elmer's Kountry Kitchen loses more money at the buffet table when DVBC arrives. 32-50 miles, depending upon weather. Kingsway H.S., Swedesboro NJ, Rtes. 551 & 322. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Jan 30 10:00 am Miles:50 Class:B Original Spin	Go from the R5 Wayne Train Station to the Kimberton Whole Food Market and back. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
*****Recurring Weekday Rides for February*****	
Tuesdays 6:00 pm Miles:15-20 Class:C NightRiders	We spin around Southern DelCo well into the dark. Bike lights front and rear are a must. You must call or e-mail the leader to confirm the start time and location. Very cold or wet weather will cancel ride. Most rides start at 6 PM. Contact Dave Trout at 610-368-0760 Email: brider-ride@usa.net
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Saturday, Feb 5 9:45 am Miles:34+/- Class:C+ Show & Go Kountry Kitchen	Start at Kingsway High School, Routes 551 and 322 in NJ, for that familiar ride to a good breakfast. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Saturday, Feb 5 10:00 am Miles:43 Class:B+ Bagels in Hockessin	Scenic winter ride at a pace to keep us warm. The colder the weather the shorter the stop. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net

Sunday, Feb 6 9:45 am Miles:40+/- Class:C+ Show & Go Manayunk	This ride will hook up with Bob Martins ride. It will add extra miles for those riders that want to go a little farther. Meet me in Bally's parking lot on MacDade Blvd and Fairview roads the ride will leave at 9:45 SHARP. Bring money for food and drink. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Feb 6 10:00 am Miles:50 Class:B Rider's Block	What? You expect me to come up with name for every ride? Oh wait... never mind... Start at the R5 Wayne Train Station and go around the block... the long way. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Feb 6 10:15 am Miles:25+/- Class:C Art Museum	An easy-paced ride starting at the Drexel Hill Cyclery on Burmont Road in Drexel Hill. Travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feels like going a few extra miles. Expect some hills along the way, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114
Monday, Feb 7, 7:00 pm Miles:0 Class:ALL Board Meeting	The DVBC 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, Feb 12 9:00 am Miles:32-50 Class:B- Never 2 Cold 2 Eat	We ride to Kountry Kitchen & store another layer of fat to get us thru this horrible winter. 32-50 mi. depending upon weather. Kingsway H.S., Swedesboro NJ, Rtes. 551 & 322. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Feb 13 10:00 am Miles:50 Class:B Insert Title Here	And pick your own route but start at the R5 Wayne Train Station 'cause I'm only along for the ride, just don't fell like leading. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Feb 13 10:00 am Miles:40-60 Class:B/B+ 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 possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
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Sunday, Feb 20 9:45 am Miles:40+/- Class:C+ Show & Go Manayunk	This ride will hook up with Bob Martin's ride. It will add extra miles for those riders that want to go a little farther. Meet me in Bally's parking lot on MacDade Blvd and Fairview roads the ride will leave at 9:45 SHARP. Bring money for food and drink. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Feb 20 10:00 am Miles:30 Class:C Fun Wheelers Weather Wimps III	Start: Valley Forge Park, Visitor Center, Lower Parking lot. A multi-club ride to celebrate birth-days of George and Abe. Scenic route to Kimberton Whole Foods Cafe' for organic snacks and, some hills. Pace: ~12 mph, No drops. Cue sheets. Bring snack, H2O & \$. Call if you want to do this ride. No calls = No ride! Contact Arnie Roseman, 610-640-4529, and Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, Feb 20 10:15 am Miles:25+/- Class:C Art Museum	An easy-paced ride starting at the Drexel Hill Cyclery on Burmont Road in Drexel Hill. Travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feels like going a few extra miles. Expect some hills along the way, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114
Saturday, Feb 26 10:00 am Miles:34+/- Class:C+ Show & Go Kountry Kitchen	Start at Kingsway High School, Routes 551 and 322 in NJ, for that familiar ride to a good breakfast. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Feb 27 10:00 am Miles:35+ Class:B Subdivide and Concrete	Take a spin through horse country before the winter thaw gives way to backhoes and bulldoz-ers. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

WHAT'S IN A NAME?

Think you know some people in the DVBC? Try your hand at solving this crossword puzzle. The clues are on page 11. Each clue is the nickname of a member of the DVBC. The answers to the clues are both the first and last names of the identified person. When filling in the boxes, you need to leave an empty box between the first and last name. The solution to this puzzle is on page 13.



Clues for "What's in a Name?"

Across

4. Fixed Gear
5. Polish Prince
6. Second Coming of Ed
7. Guitar Man
8. California Kahuna
10. Legend
13. Ride Leader Extraordinaire
15. The Professor
22. Plastic Boy
24. Dreamer
25. Motorola
26. Eye of the Needle
27. Mother Lode

Down

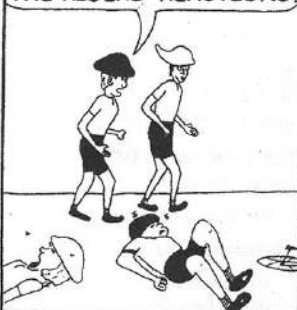
1. Soy Boy
2. Queen of Sheba
3. Master of Mt. Washington
9. Canadian Lightning Bolt
10. Wooden Man
11. Dominator
12. Septuagenarian
14. Bonkers Boy
16. Movie Man
17. Señor Blanco
18. Three Speed Steve
19. Mr. Buckeye
20. Juror #6
21. Doc
23. President for Life

BONKERZ

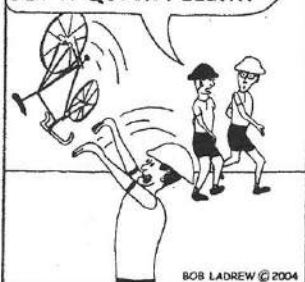


CARTOONS
OF THE
DVBC

AFTER LEADING A RIDE,
TRY TO GET A SENSE OF
THE RIDERS' REACTIONS.

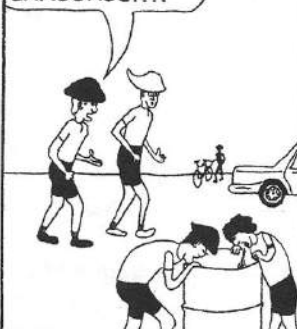


JUST OPEN YOUR SENSES.
YOU CAN WALK AROUND
THE PARKING LOT AND
GET A QUICK FEEL....



BOB LADREW © 2004

BE RECEPTIVE TO BODY
LANGUAGE....



MEANWHILE, YOU CAN
RELY ON MY OBSERVA-
TION THAT EVERYBODY
ENJOYED YOUR RIDE.



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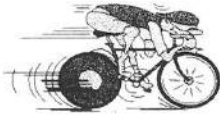
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Bike Dirt

By F.X. Pedrix



Adrenaline was flowing freely. While bike commuting to work the Polish Prince had just been sideswiped by a Ford Focus and the perpetrator was fleeing. One young female driver was about to find out what the entire DVBC already knows; the Prince is nothing if not fast.

Disregarding the pain of a wrist injury, the enraged Prince pedaled in hot pursuit after the car. The Focus got stuck in traffic and its desperate driver turned onto a side street. Seemingly in the clear, the lady assumed she had dropped the Prince. (Who among us hasn't wished we could do that?) Prince had lost visual contact but continued the chase. Guessing correctly, he pulled into and through an apartment complex and circled behind the buildings, spotting the haphazardly parked Ford Focus. A young woman emerged and said, "Are you okay...? I was going to turn around and see if you were okay." The police agreed that the driver's expression of concern for her victim was belated and lacking in sincerity. Now she is facing hit-and-run charges.

Expressions of concern and advice poured forth from club members. The Professor offered perhaps the sagest of counsel: "You are going to annoy a lot of drivers if you make a habit of getting hit by them. After all, no one wants scratches and blood on a new finish. And that's not to mention the inconvenience of waiting around for police and/or ambulances. Even worse, you could get caught in the wheel and you know how that makes an annoying thud when you go around corners and may even necessitate realignment."

One of our members is training a new puppy. Recently, having stepped briefly out of the house, he returned to find his new \$170 Goretex riding jacket chewed to pieces. I can't tell you who this was but he has named his dog Buckeye. And I can reveal his phone number because he regularly writes it on the pre-ride sign-up sheet

under "Emergency Contact": It's 911.

Congrats to the Eye of the Needle, who finished in second place for the recent season of Brandywine Bike Club time trials. His luck turned, however, on a November DVBC ride on the Schuylkill River trail when a stick jumped out of a pile of leaves and jammed in his wheel. Somehow the rider in front of him, who shall remain nameless (he is the owner of a puppy named Buckeye), managed to avoid the object. After crashing, the Needle was bleeding profusely and had to catch an early ride home. But his bike was okay. This was his second major crash of the season.

Feeling creative? Mt. Washington Man has the venue for your talents. Having entertained DVBC newsletter readers for a couple of years now with his periodic articles, Washington has agreed to host a creative writing section of the DVBC website. Look for an announcement of details soon at dvbc.org--and don't forget your pen.

Rumor has it the design of a new DVBC jersey will be unveiled at the December 6 banquet. The Canadian Lightning Bolt has vowed there will be no compromise of her design integrity on this project. Early reports are that the new jersey will be stunning.

Also unveiled at the banquet will be a professional quality DVD as produced by our president, Cecil B. D'Zuppo, the inventor of ButtCam©. Guaranteed to thrill, at least those who are *in* the video, the film will feature the exploits of many club members and display the cinematic talents of the Dominator both behind the camera and in the editing room. I always thought there was nowhere to go but down after the DVBC presidency but Cecile B. is clearly headed for Hollywood.

And, speaking of movie directors, last month Guitar Man was leading his first ride after finger surgery, when his group encountered a flock of thousands of grackles. As the riders approached, the noisy birds

waited till the last second before taking flight. According to Ed II, "There were so many birds around us that everything turned black as we proceeded through the cloud." Holding their collective breath, the disconcerted group made it through. As they emerged, several riders looked back and could swear they saw the birds form a cloud in the pudgy shape of Alfred Hitchcock.

Ed II conducted an informal poll on our email list serve. The readers were asked, "What do you read first when you get your DVBC newsletter?" Here are the results: President's article: 2. Woody's Wheel Wise (even though it's now defunct): 1. Front-to-back: 7. Bonker's cartoon: 1. Ride calendar: 6. Bike Dirt: 4 (No, I didn't vote four times). Obituaries: 1.

Plastic Boy revealed that he always reads my column first because "There's almost always some Plastic Boy issue going on." Sorry, Plastic Boy, but not this month.

Vocabulary Mouth was asked what dirt he had scraped up on any recent C rides. He reported that, "Between work, major home repairs and maintenance, and a sprained ankle, I have been way out of the biking scene. In the past two months I think I rode only four times and of those four, with only three different people. Sorry"

So are we, Mr. Vocabulary. We miss riding and gabbing with you.

Movie Man says that on his "Thighs Matter" ride, all the A riders (except Ed II) complained so much about the hills he had to knock off 2,000 feet of climbing to shut his riders up. But he added a 22% grade at the finish. "After the last hill," he says, "I slowed to pet a dog and couldn't clip out and it knocked me over, to which Ed II quipped, 'I've wanted to do that all day!'"

Movie Man indicates that one rider (Joel Neigh) calls him Magellan for his ability to navigate roads unknown and end up at a familiar rest stop. His riders refer to one rest stop/

(Continued on page 13)

(Continued from page 12)

deli as "the porn shop" because they rent videos and there is an adults-only room. (One rider regretted not bringing panniers.)

Joel Neigh, Randy Schultz, Jerry Rhoads and Isabel Hayley have attended these R5 rides out of Wayne almost weekly since April. "What are they thinking?!" wonders Movie Man.

Recently, he says, "We saw a

pileated woodpecker. I spotted it and Isabel confirmed it. Then at the lunch stop I stumped them with the word piciformology (it is the study of woodpeckers)."

I know my credibility is down after what happened the last few years but nothing is going to keep me from attending the upcoming holiday banquet. You would think my Awards Committee would run out of worthy

nominations for True Cyclist of the Year but not in the DVBC! Babs and I know you'll agree that this year's winner epitomizes all the attributes of the True Cyclist. A handful of other awards will be presented to other deserving club members too.

Keep ridin' and sendin' your gossip, news, jokes, trivia, rumors or outright lies to me or my spies.

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11. DOM ZUPPO-Dominator
12. DON LARSON-Septuagenarian
14. BOB LADREW-Bonkers Boy
16. BRIAN WADE-Movie Man
17. RICHARD WHITE-Señor Blanco
18. STEVE BERTOLINI-Three Speed Steve
19. DOUG BOWER-Mr. Buckeye
20. FRANK JACKSON-Juror #6
21. LARRY GREEN-Doc
23. JAN CHADWICK-President for Life

8. RICH ALEJANDRE-California Kahuna
10. WALT LINTON-Legend
13. BOB LEON-Ride Leader Extraordinaire
15. DREW KNOX-The Professor
22. ANTONIO ROCHA-Plastic Boy
24. DEBBIE CHAGA-Dreamer
25. DAVE HARTRUM-Motorola
26. LEWIS NEIDLE-Eye of the Needle
27. KATRINA DOWIDCHUK-Mother Lode
1. IRA JOSEPHS-Soy Boy
2. DAVID BENNETT-Queen of Sheba

4. PETE LAVERGHETTA-Fixed Gear
5. ED SOBOLEWSKI-Polish Prince
6. ED BECKER-Second Coming of Ed
7. GLENN LYONS-Guitar Man

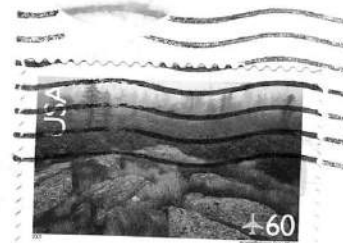
ACROSS:

ACROSS continued:

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



Delaware Valley Bicycle Club
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Woodlyn, PA 19094-0156



Expiration Date: 11/30/05

Bob & Judy LaDrew
139 Gabel Road
Coatesville, PA 19320

19320#1284



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:
(check all interests) ☐ Ride Leader
☐ Tour Volunteer
☐ Board Member

Please send your check or money order to the:

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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)