



Delaware Valley Bicycle Club



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

OCTOBER 2005

Summer Roundup

By Dominick Zuppo

Those fuzzy caterpillars scrambling across the road. Cool mornings and hot afternoons. Tons of organized bicycle tours. And school buses. Yes, the end of summer is upon us.

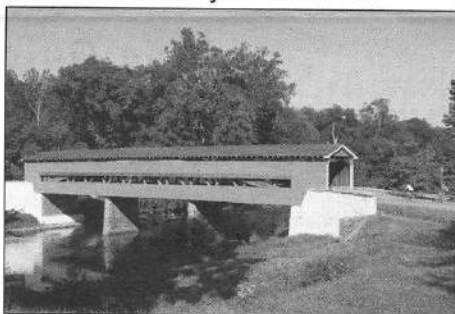
It's hard to believe that the prime cycling season is almost behind us. Time to review our main summer event and prepare for the annual club banquet.

Brandywine Tour. What can I say? Great weather. Greater turnout. The greatest group of volunteers a planner could ask for. And the greatest amount of stress I have ever experienced at a tour.

After the third (or was it the fourth?) round of refilling water jugs at the main food stop, the movie "The Perfect Storm" came to mind. But despite the jokers who paint over our road marks, the riders who attempted a lengthy route on their second ride of the summer, and the over-extended volunteer staff, the 29th annual Brandywine Tour was a resounding success. According to the final count, our attendance totaled 444 riders for the day. Total gross income was \$8,120.60. We even welcomed 37 new members to the club. And we raised \$96 in Hurricane Katrina disaster relief for the American Red Cross.

While we did encounter a few snags, the compliments far outweighed the criticisms. For example, T.C. wrote, "The 2 riders I brought from the LBC really enjoyed the Brandywine Tour."

"Today I finally got to ride the Brandywine 50 and had a great time," exclaimed E.Z. "The rest stops were spaced just right and the route was excellent. Thanks to all who had a part in this." S.L. added, "I just wanted to thank you and your club for the spectacular ride on Sunday. This is the first time I've ridden with your club. The



century route was very scenic and the roads were lightly traveled. Route markings were excellent! I didn't have to look at my cue sheet once, except to see where the next food stop was." And R.S. took the time to write, "The ride was nicely

organized. The road markings were perfect. I did the 50 miler. My legs were rubber after about 25 miles! Those are some hills you have there in Pennsylvania."

As human beings, we tend to focus on the negative. But I want to acknowledge the fantastic work that our volunteers performed for our cycling guests, like the parking attendants who did their best to find spots for all riders. Registrars who processed a flood of humanity in 45



minutes. Food and water stop attendees who kept working and smiling through it all. And SAG

(Continued on page 3)



New Jersey New Jersey Ride

Sunday, Oct. 2, 9:00

Miles: 32-50 Class: ALL

Meet at the Kingsway High School, Rtes. 322 and 551. Wear your DVBC jersey, classic or updated, for a group photograph. We'll split into groups, then ride to the Kountry Kitchen for Sunday morning breakfast.

Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org

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).



GO BONKERS!

DVBC welcomes articles and ride reports for the newsletter. Please submit your proofread materials to the Editor before the 12th of each month.

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 Rides@dvbc.org

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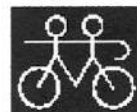
Brian Wade, *Past President*,
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 610.383.9327 or bonkers@dvbc.org

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 products or services advertised.

Ride Guidelines



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.

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!

(Continued from page 1)

drivers still working their routes well after the close of support services.

What I can say is "Thank you!" To our sponsors, our facility hosts, our cycling guests, but most of all to the members of the DVBC who displayed the true meaning of selflessness and the love of bicycling by donating their precious time at our signature event. Their years of experience in our sport may exceed my own, but my gratitude for their hard work will never be surpassed.

Club Recognitions. Every year, the club tries to recognize a few members who have come to symbolize some aspect of the sport of cycling. Those categories include "Rookie of the Year," "Crash and Burn," "Roadkill," and "True Bicyclist of the Year." We also acknowledge the top ten Ride

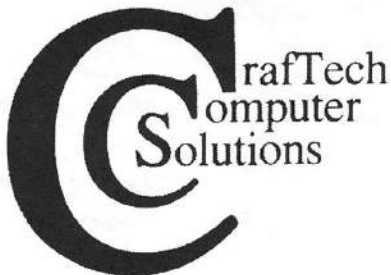
Leaders. Please send your nominations to Bob LaDrew or any Board member listed on Page 2 of the newsletter.

Safety Fund. When a member renews his or her membership, they provide the club with some basic information on the registration form. But the form also includes a section where a donation can be designated for our Safety Fund, and we'd like to hear your ideas for products or services the club might purchase using the proceeds of the fund. For example, last year we were able to purchase a Medical Information Carrier System for every club member. Due to the generosity of our members, the fund has again grown in value, so please send your ideas to me.

Board of Directors. During the annual club banquet, we also

elect a Board of Directors. The Board consists of 11 active members, the eleventh being the past president of the club. The remaining 10 Directors are elected at the annual meeting and serve a one-year term. Once elected, the Board appoints the executive officers of the club, which consist of a President, Vice President, Secretary and Treasurer. If you or someone you know would like to be nominated, please feel free to contact myself or any member of the Board.

It's been a busy summer, and while some activities may come to an end, we still have club business to attend to. Yes, it sounds like a cliché, but this is YOUR bicycle club. The Board needs your thoughts, suggestions, praise, and criticisms. Please feel free to share them with us. See you on the road!



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Sunday morning mountain bike rides
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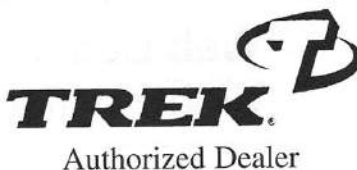
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DVBC Ride Calendar

OCTOBER 2005



*****Recurring Weekday Rides*****	
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
Wednesdays, 9:00 am Miles:30-60 Class:B/B- Doc's ride	Various local routes starting from the Swarthmore area. Sometimes a lunch stop. Foul weather cancels ride. Call ahead of time for weekly plans. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.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: brider-ride@usa.net
Saturday, Oct 1 8:00 am Miles:30+/- Class:C/D Perkiomen Pedal	From Perkiomen Creek Park (Oaks exit off Rte. 422 W), ride the paved and flat Valley Forge trail to Fort Royal and back. An "easy does it" ride - good for all levels, beginners and up, length/speed adjusted to accommodate the group, no one dropped. Bring water and snacks, no formal food stop. Rain cancels ride. PLEASE call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Oct 1 9:00 am Miles:0 Class:ALL Fall Bicycle Flea Market	Lehigh Valley Velodrome 30th Annual Fall Bicycle Flea Market. http://www.lvvelo.org Contact Gretta at 610-967-8033 or gretta@lvvelo.org
Sunday, Oct 2 8:00 am Miles:62 Class:B A Montgomery Metric	A rolling ride with a few climbs and a food stop in the middle. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Oct 2 9:00 am Miles:32-50 Class:ALL New Jersey New Jersey Ride	Meet at the Kingsway High School, Rtes. 322 and 551. Wear your DVBC jersey, classic or updated, for a group photograph. We'll split into groups, then ride to the Kountry Kitchen for Sunday morning breakfast. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Monday, Oct 3 7:00 pm Miles:0 Class:ALL Board Meeting	Meet at Springfield Friends Center. All welcome. See what goes on behind the scenes of your club. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Wednesday, Oct 5 6:30 pm Miles:0 Class:ALL Food - Iron Hill	For ALL night riders, and whoever else would like to join us. To finish our great season of after-work riding, we are all meeting at the Iron Hill in Media for a nice and deserved dinner. Contact me by the 4th to make reservations. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Saturday, Oct 8 8:00 am Miles:35+/- Class:C/C+ Jersey Jaunt	From Kingsway HS (Rtes. 551 and 322), ride South NJ's flat roads. Cue sheets provided. No one dropped. (Also known as "The ride of the many Wawa's.") Bring water and money for food stop. Rain cancels ride. PLEASE call or email to confirm by the Friday before. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Oct 8 9:00 am Miles:50 Class:B+/A- Brandywine 50	Meet at Pocopson High School and ride the Brandywine 50 Route. This could turn into a multiple group ride of different classes if we have a good turnout. If you missed the Brandywine tour this year for whatever reason, this is your chance to do the route. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com

Sunday, Oct 9 7:00 am Miles:104 Class:B The Six County Century	One ride, six counties, ten thousand foot of climb. This ride leaves the R5 Wayne Train SHARPLY at 7:00 AM. It is for well-seasoned centurians only. It is an extreme endurance event. There are three quick food/water stops so bring your own bars and gels. Must RSVP. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, Oct 10 7:30 pm Miles:0 Class:ALL General Membership Meeting	Join your biking friends for an informational meeting. Refreshments served. Springfield Friends Center. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Oct 15 9:00 am Miles:18 Class:C Take to the Woods!	Meet on the North side (Philly) of Rte. 420 in Prospect Park, PA at the John Heinz Wildlife Reserve side lot. From there we'll ride the Reserve's pathways observing nature such as birds, deer, foxes, rabbits, and a whole lot more. Please note that the trail is very tame. This makes the hybrid bike an excellent alternative if you don't own a mountain bike. Wet weather or recent heavy rains will cancel. Call ahead. Contact Frank Jackson at 215-620-0632 or cyclingfrankrides@hotmail.com
Sunday, Oct 16 9:00 am Miles:50+/- Class:B+/A- Art Museum	Meet at Rose Tree Park in Media for a ride to Manayunk and the Art Museum. Expect a fast pace and some nice friendly hills. One quick stop to refuel. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Sunday, Oct 16 9:00 am Miles:52+/- Class:B-/C+ Autumn Bonkers	We'll meet at the parking lot near the ranger station at Ridley Creek State Park and pick up the Bonkers Metric 50-mile route. After Paoli, we'll travel to our food/rest stop at the Wawa in Chadds Ford, then climb out of the valley and head home. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Sunday, Oct 23 8:00 am Miles:58 Class:B Quad Tober Fest	We will take the long way to Kimberton which includes a few climbs, make a quick food stop and return, hitting several different hills on the way back. Expect about five thousand foot of climb. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Oct 29 9:00 am Miles:74 Class:B+ Westtown-Chester Springs	Fall foliage will make this scenic ride even better. Meet at Westtown-Thornbury Elementary School and stop at mile 35 in Chester Springs. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
End of Daylight Saving Time. Turn your clock back one hour Saturday night so you'll be on time for Sunday's ride.	
Sunday, Oct 30 8:00 am Miles:60 Class:B Change the Clock	... and change your ride. Join us as we head to Northbrooke Orchard for some hot soup and snacks and return. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com



DVBC members at the 2005 Delaware Doublecross:
Mike Broenlee, Mike Farrell, Dominick Zuppo, Bob Martin and Debbie Chaga. (Photo by Gina Bezdziecki)



A family biking the Brandywine Tour
(Photo by Ed Sobolewski)

It takes a great deal of work and support to put on a successful bicycle tour. The DVBC thanks its generous sponsors for their contributions in making our Brandywine Tour such a successful event:

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Bike Dirt

By F.X. Pedrix



Last month, criticism leveled at my writing appeared on the club's email list serve: "Have you seen FX Pedrix's article in this month's newsletter? It's an outrage. I've all but given up trying to improve his accuracy, but he really needs help with those drizzly nicknames. His most common creations simply add the suffix 'man' or 'boy'. Yeesh, they make hip-hop nicknames like P. Diddy, LL Cool J, and Grandmaster Flash sound creative. Hmm, Grandmaster FlashX, I wonder...."

I will not stoop to the writer's depths by revealing the identity of the person who leveled these un-Professorial Knox but I assure you that I have my defenders. Just ask Plastic Boy, Bonkers Boy, Soy Boy, Movie Man or the Zee Man.

The only redeeming feature of the ensuing debate is that it stimulated suggestions for a nickname for yours truly. These are some of the early submissions: LL Cool FiX, Ice Ade, Half A Cent, Broke Wheel, Boyz to Boyz, and Only Flat On The Bottom. These are not bad but I am confident you loyal readers can create a sobriquet that does me justice.

Six DVBC members rode their bikes across Pennsylvania last month. I know you are wondering how bicyclists can cope with those steep mountains in the center of the state. It turns out they offered no difficulty at all. The sextet accomplished their trans-PA journey by riding *out* of the state and *through* Maryland to go *around* the mountains. You might be able to outride us DVBC-ers but you can't outsmart us. Still, it was not entirely flat since, according to the Zee Man's computer, the tourists climbed 29,542 feet in six days.

Upon leaving the B & B after the second night, the group checked with their inn's proprietor to make sure their intended road was bike-worthy. He assured them it was. Initially the pavement was great. But gradually it roughened, then turned to packed stone and, finally, dirt, rocks and roots. This crude trail brought them to the top of a mountain that could only be descended by dismounting and walking the next five miles.

In the last ten miles of that cross-state trip, the Founding Father of the Shore Rides had two punctures—after riding over 400 miles without any. All in all, though, Lady Luck smiled upon the sextet as there was a total of but four flats. The only other annoyance was somebody's squeaky nipple.

Last spring a photo accompanying this column showed Mr. Buckeye sitting on his new high-tech tricycle with two wheels in front. Now he has graduated to a new toy. He recently purchased a Honda Gold Wing motorcycle, the Cadillac of Honda's motorcycle line. However, you would be wrong to assume this is the end of bicycling for Buckeye. In fact, he has fashioned a contraption for the rear of the motorcycle that enables him to transport his bike to our club rides.

On August 27th Gas Passer and the Professor decided to do their Brandywine Tour painting from a car. The Professor was unable to find his cell phone but, later in the ride, he heard it ring. The duo stopped and searched the car but were still unable to locate it. Several more times during the trip its ring had to go unanswered. Finally, Gas Passer decided he would call the

Professor's phone and they would let it ring until the Prof had searched every inch of the car. In the end, the phone's ringing gave its location away. It was perched delicately upon the car's roof. Always known for his smooth personality, we now have to concede that even the Professor's driving is characterized by smoothness.

That same painting ride was impacted by showers that kept club attendance way down. Riders had to be sent out alone on their bikes to paint routes. Popeye, formerly known as Ed Two, admits to having ridden (and painted) the first few miles while grumbling aloud about the lack of helpers and companionship. Finally, Popeye came to his senses and gave himself a lecture, which amounted to: "You might as well stop whining because the horses in these pastures are the only ones that can hear you. Just enjoy being out on your bike on a beautiful day." And that is exactly what Popeye did.

Dog Breeder, not technically a club member, is getting strong backing for the Good Samaritan Award after she showed up unexpectedly at the Brandywine Tour's 87-mile food stop to serve food with Bonkers Boy, who had been frantically working alone. After her work was done, Dog Breeder was riding the final miles toward Pocopson when she spotted a guy leaning over a guard rail. Still in Samaritan mode, Dog Breeder inquired as to whether the man needed assistance.

"No thanks," responded the rider, who was taking a natural break.

"The success of the Brandywine Tour revolves around water." —Mr. D'ster, Rear Admiral of the Brandywine Navy.

Keep on riding and send your rumors, exaggerations, and falsehoods to me.

Mount Washington 2005 Hillclimb Race Report

By Javier Pazos

There isn't a hill for over a hundred miles that even comes close to the challenge that Mt. Washington is. How then, you ask, do I prepare for my annual orgy of masochism? In one word: denial!

I just pretended that I was going up to New Hampshire for a nice relaxing weekend vacation. It was about having fun, and taking in the sights, and oh yeah, something involving a bicycle. Some light hearted jokes about carbo-loading while downing pizza and beer cemented the denial into place.

Then things changed as soon as I lined up at the start. I desperately tried to continue with the denial. "This is just another ride ... What a beautiful mountain ... The turkey lunch is going to be delicious ... etc." None of it worked. It was time to face the music (or howling wind in this case).

I've been told by many that it's absolutely necessary to have a bailout gear with at least a 1:1 ratio. This, however, requires making non-trivial changes to the front end of the drive train. Since I'm cheap and lazy (for someone who shells out \$300 to torture myself on an adventure that I have to train like crazy for), I have always opted for the cheap-o solution that gives me an "almost 1:1" ratio of 39:34. This has resulted in me mashing too big a gear, wishing I had another bailout, as I watch riders less winded than me flying by. This year I would make a change to the front of the drive train. I rode with a 38:34 bailout gear.

I knew the secret was to try

to stay out of the bailout gear as much as possible so I would have it when I really needed it. After riding the whole second mile in my bailout gear, feeling like my head was going to explode and my stomach turn inside out, I stopped to catch my breath. This was bad. Last year I made it all the way to mile 5 before having to stop. After some uncertain time of panting by the roadside, I clipped in and continued on.

Surely this break would give me that second wind so I wouldn't need to stop again at mile 5. Wrong! This was really turning into one of my worst hillclimb efforts. I just wanted to finish it so I could go back into denial. But there was no denying that the shrubs near the tree line were being violently whipped around by the wind. This did not bode well.

The wind was particularly vicious at the sharp steep left turn at mile 6. As I approached the turn, I saw rider after rider in front of me hit the pavement as they tried to balance their bikes in the gale. I was determined not to join them. I took the turn on the inside, giving myself enough room to maneuver into the wind. But as soon as I cleared the shelter of the mountainside and entered the turn, I was overwhelmed by a gust that I can best describe as a total shock to my system—both physically and mentally.

It took every ounce of energy I had left just to stay on my bike. I crouched down as low as I could and thanked my weakness for fatty foods for giving me the assets I needed to weather the storm. The wind literally blew me all the way to the very outside of

the turn. Another few feet and I would've had to unclip to avoid the sheer drop-off. The feeling was downright surreal! But somehow I managed to steer the bike into the wind just in the nick of time. Now came the easy part—riding up an 18% grade into a fierce headwind with too big of a gear.

Through the haze, both internal and external, I could see that I was passing 20-30 riders who had been downed by that wind. As I passed my teammate Moe, who had just been blown off his bike, he told me "This is the same place it happened last year." I, however, could not respond to him since I was too busy gasping like an asthmatic with emphysema and thinking that I was going to die.

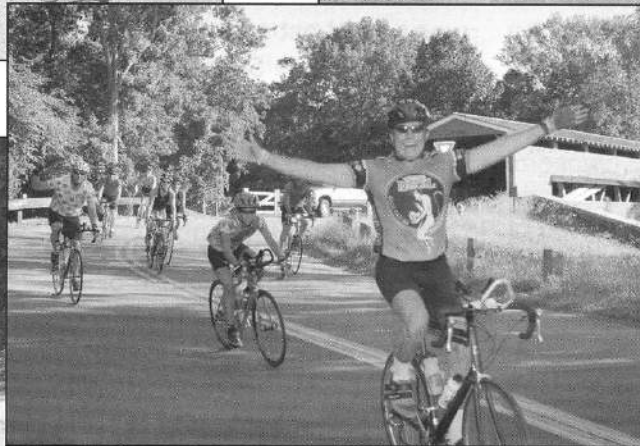
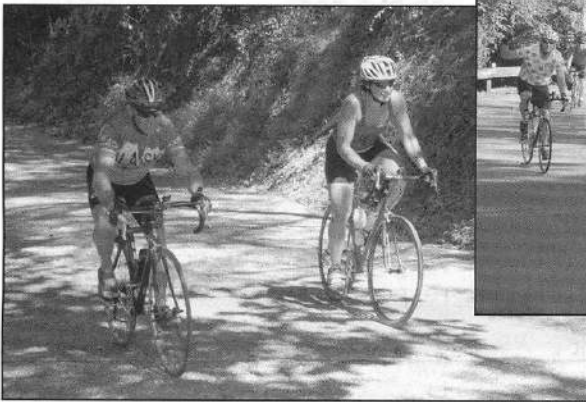
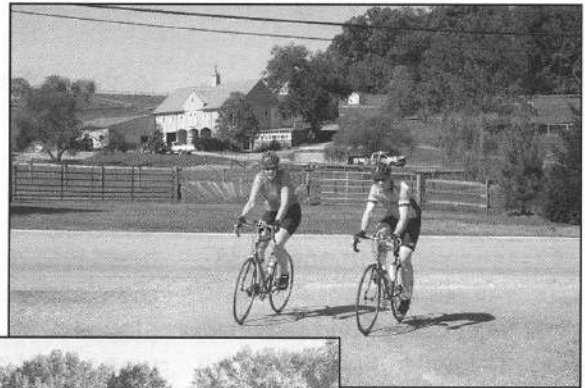
I did finally make it to the top, and to my surprise, about 7-8 minutes faster than last year. I don't believe it—but is it actually denial if I want to believe it?

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Thanks go to Ed Sobolewski for photos of this year's Brandywine Tour



Regional Events

Sat. Oct. 1: Githens Center Bike-A-Thon, Lumberton, NJ. Start from Bobby's Run Elementary School.

Sat. Oct. 1: Belleplain Fall Century, Belleplain State Forest, Woodbine, Cape May County, NJ. \$25, pre-reg before 9/17 for long-sleeve t-shirt or set of license plate holders. Shore Cycle Club.

Oct. 1-2: Bike to the Bay, Dover, DE, to Rehoboth, DE. 23rd annual ride w/1700 participants. National Multiple Sclerosis Society, Delaware Chapter, 302-655-5610.

Sun. Oct. 2: The Gap Gallop, Bethlehem, PA. 50 or 100 mi. Lehigh Wheelmen Association.

Sat. Oct. 8: Sea Gull Century, Salisbury University, Salisbury, MD.

Sat. Oct. 15: Savage Century, Newark, DE. White Clay Bicycle Club, 302-239-7415.

Sun. Oct. 16: Covered Bridges Ride, Erwinna, PA. Central Bucks Bicycle Club.

Oct. 21-23: Cape May Weekend, Smyrna, DE to Cape May, NJ. A 3-day, flat 142-mile round-trip ride. White Clay Bike Club, Sue or Chuck Harris, 302-764-2644 after 6 PM.

Oct. 21-23: BCP Fall Foliage Weekend, Hanover, Gettysburg,

PA. Find itinerary and reg./ payment form at www.phillybikeclub.org. Linda McGrane mcgranel@mlhs.org, or 610-251-5573 [work], or 267-251-7862 [cell].

Sat. Oct. 22: Between the Waters Bike Tour, Nassawadox, Eastern Shore of Virginia. 100, 60, 40, & 20 mi. Flat. \$35 adult cost. T-shirt for prereg by 10/1. www.cbes.org. info@cbes.org or 757-678-7157.

Sun. Oct. 23: Tour de Bronx, New York, NY. Rain date: Sunday, 10/30. NY's largest free cycling event.

Bicyclist faces manslaughter charge

Associated Press: A bicyclist in Corvallis, Ore., was charged with manslaughter after he ran through a stop sign and struck and killed a 71-year-old woman last month. Jean Calder died at Good Samaritan Hospital after she was struck on the evening of September 9th as she crossed a street at an unmarked crosswalk. Christopher A. Lightning, 51, was charged with manslaughter and reckless driving.

"Being married to a pro bike racer sounds a lot cooler than it actually is, which might help account for the oft-cited high divorce rate. Yes, there's travel; yes, there's Europe. But there's also the fact that you're dealing with a guy who's gone all the time, who trains obsessively, who has idiosyncratic dietary requirements, who never wants to walk anywhere, and who requires a post-workout nap every afternoon. ... Being partners with a pro bike racer, on the whole (isn't) that different from taking care of a toddler."

--Daniel Coyle in his book *Lance Armstrong's War*, 2005, HarperCollins Publishers.

BONKERZ

CARTOONS
OF THE
DVBC





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



Expiration Date: 11/30/05

BOB & JUDY LADREW
139 GABEL ROAD
COATESVILLE PA 19320

19320+1284-33 R010



Application for DVBC Membership

(Expires 1 year from date joined/renewed)

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) = _____

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

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

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)