

# Delaware Valley Bicycle Club



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

March 2006

## Mixing Business with Pleasure

By Dominick Zuppo

On Monday, December 5th, the club held its annual membership meeting. Fifty seven club members and their guests braved a nasty winter evening to attend the event at The Little Inn in Media, during which we conducted formal club business, ate a wonderful meal, and recognized some of the people who remind us of the discovery and benefits of cycling.

During the formal segment of the evening I read the Treasurer's report. The club started the year with \$6,078.29 in our bank account. While we enjoyed good turnouts at the 2005 Bonkers Metric and Brandywine Tours, we also incurred some significant expenses during the year, including \$1,021.00 in tour insurance premiums, \$1,951.46 for the new club brochure, \$2,715 for the pre-order of the new club jersey, and \$2,823.02 in newsletter printing and postage expenses. And while the club had a balance of \$7,468.10 as of the night of the banquet, we moved to donate \$500 each to the Bicycle Coalition of Greater Philadelphia and the Chester Creek Branch Rail Trail.

The Membership report

indicated that the club had 229 members as of the 2004 annual membership meeting and 235 as of this year's gathering.

It is during the December meeting that the club elects its Board of Directors. In addition to current members Ed Becker, Mike Broennle, Debbie Chaga, Frank Jackson, Drew Knox, Tony Rocha, Peter Schmidt, and myself, the club confirmed the addition of Larry Green and Cheryl Lynch to the Board. Thank you, and welcome!

With the conclusion of official club business, members switched to "social butterfly" mode as they mingled and marveled at how well their normally sweaty, helmet-haired friends looked in civilian clothes. One of the highlights of this year's meeting was the smooth jazz sounds of the Daniel Rocha Five (my title, since they're still in negotiations with Sony Entertainment), a musical group composed of Penncrest High School seniors and lead by Tony's son. Their stylistic interpretations of the jazz genre complemented discussions of gear-inches and coming year tour plans.

After a delicious dinner, Bob LaDrew kicked off the start of the night's recognitions. Although many of us have stories about surviving close calls with nary a scratch, Doug Bower was not so lucky, earning this year's Crash and Burn award. Steve Rothrock was a new member in 2005. You could see his confidence and strength grow with each club ride, and Steve's volunteer work during the Brandywine Tour insured

his distinction as Rookie of the Year. And many of us have marveled at the tenacity of Nancy Schwarz, another new rider who has become a fixture on many club rides. While Nancy may have been disappointed after stomach problems forced her to "abandon" last year's cross-Pennsylvania tour, we hope her recognition as Best New Rider of the Year will raise her spirits to new heights in 2006.

Then it was David Bennett's turn to man the podium, and no one commands attention like the D'ster. Following a musical fanfare and proudly wearing his formal club jersey (complete with epaulettes, mind you), David grew serious as he recited the history of the Father of the Shore Rides, a longtime member whose encouragement, inspiration, and devotion to the club and to bicycling have made him a cherished member of our sporting community, Charlie Stockley, the DVBC's 2005 True Cyclist of the Year.

A hard act to follow, but Mike Broennle was up to the task as he confidently took the microphone. It was then that I learned my fellow club members had secretly conspired to recognize yours truly for the work I've performed for the club. Thank you, everyone, but let me add that my service has been an effort to repay the DVBC for the adventures, health, and lifelong friends I have made just by riding a bike.

With the evening winding down and digestion setting in, we moved on to the acknowledgment of those

(Continued on page 4)



It's getting warmer. Dig out that bike.  
(Ed Sobolewski photo)

**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 12<sup>th</sup> of each month.

### Board of Directors & Staff

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

Ed Becker, *Ride Coordinator & Vice-pres.*  
 Rides@dvbc.org

Frank Jackson, *Secretary*  
 FJackson@rohmhaas.com

Drew Knox, *Treasurer and Brandywine Tour Coordinator*,  
 treasurer@dvbc.org, or bwtour@dvbc.org

Antonio Rocha, *Web Page*  
 484.802.8374 or tony@crafttech.com

Mike Broennle  
 ambroennle@earthlink.net

Peter Schmidt  
 pschmid1@swarthmore.edu

Debbie Chaga, 610.494.3033 or  
 dreamer@crafttech.com

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

Bob & Judy LaDrew, *Newsletter Editors*,  
 610.383.9327 or bonkers@dvbc.org

### Club Affiliations



LAB



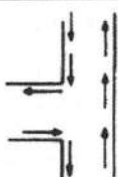
*Bicycle Coalition of Greater Philadelphia*

*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



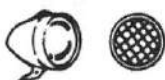
Obey all applicable traffic regulations, signs, signals and markings.



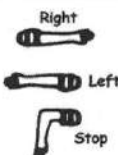
Keep right. Drive with traffic, not against it. Ride single file.



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 stopping 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!

## DVBC Members Summarize Their Past Riding Year

*DVBC members were asked to send in their 2005 year-end wrap-ups. Here are the 23 responses we received:*

**Frank Jackson:** 2005 was a tough year with only 1272 miles, my lowest since finishing night school ten years ago. The dismal showing was a reflection of a shift change, which put a crimp on evening riding. My rides ranged from 25 to 90 miles. Partially compensating for the low mileage were 160 gym visits, 85 of which were spinning classes. Both these figures represent personal highs. How else could I get rid of those "ten-cent legs" as claimed by F. X. Pedrix? I'll see that turkey in the spring and he'd better have his climbing legs.

My best ride of the season was the American Cancer Ride in July. It was great hooking up with so many of my DVBC, BCP, and spinning-class friends. All my rides were good ones so I didn't have a "worst ride." Also I had quite a few great "Bob Martin Manayunk" rides. I hope to record more and longer rides this year.

**Bob LaDrew:** On September 20<sup>th</sup>, with 6200 miles under my belt, I realized I had become a slave to numbers. I resolved to stop counting miles and replace this quantifying obsession with a love of riding and a concern for health and fitness. Now I ride to feel good and have fun. One highlight was my solo 414-mile, 5.5-day ride from Coatesville to Rochester. I traveled light and slept in motels. I learned that when you are alone strangers are more open to meeting and talking with you. Riding without a plan, I just made up the route as I went through each day.

Another highlight was a guided bike tour around Washington D.C., led by Jan Chadwick.

**Glenn Lyons:** Total road miles: 5414. I recorded more roller miles than previous years and more running and strength training. My no-fall streak has now passed 10,000 miles. Longest ride: 109 miles including the Brandywine Century with my neighbor and new riding partner. I finished the Pine Cone Circuit Road Race near the front with a sprint (I now realize I should have been at or nearer the front earlier).

**Mike Keating:** 4,060 miles. Local highlights include rediscovering how much I like the riding west of Unionville and, on a less positive note, running out of steam on a club ride — my own. The only rider who showed up was stronger than me so limiting ourselves to the listed

pace (B+) was optional. It was a great 65 miles of riding, but on an 84-mile ride. Second place highlights were three days in Colorado including Squaw Pass — a 14-mile (3,200-foot vertical) climb to 11,130 feet. The turnoff to Mt. Evans (14,000 feet) was unfortunately still closed on May 22. Maybe this year I'll have another chance. First place was a two-week trip to France, riding classic mountain stages of the Tour: Alpe d'Huez, Mont Ventoux, Col du Tourmalet and several other Cat 1 and HC climbs. Finally, nothing surpassed standing within a few feet of Lance and the boys as the Tour passed.

**Drew Knox:** In 2005 I biked 1001 miles, on rollers. I didn't record trainer or outside miles. Two week-long tours, Bike Florida and the Great Big FANY (Five hundred miles Across New York), were the giants of my season. In between, though, I seemed to have lost the previous year's enthusiasm for long-mileage days having ridden only seven centuries (with three in one week), or about half of the previous year's total.

It is easy now to recall the wonder of climbing from Bob LaDrew's house over the rim into the bowl of fresh, snowy fields of Lancaster County. I can picture the blue sky, brilliant and clear except for an occasional soaring hawk, lazy smoke curling from a distant farmhouse, and steam rising from horses pulling solitary carriages and hurrying home to get out of the cold. We rode through a still-life that became counterpoint to the hazy, heat-slogged rides of August; a 75-miler home from the Renaissance Faire and later the Covered Bridge Metric with worse heat than in deserts I've crossed. Extreme hot or cold — there's no hurrying through either.

While I was opting for shorter rides, they were also slower and hillier, as if I preferred my pain in more intense bursts. On the Gap Gallop I was just barely able to weave back and forth on one horrific climb at 4 miles an hour when friend John passed.

"John," I croaked, "how fast are you going?"

"4!" came his grunt.

"Rats," I thought, "I must be in the high 3s."

Some hills were wonderful: I raced up switchbacks in the Adirondacks and jockeyed on a several-mile climb out of Thurmont on the Civil War Century with Bob "QuickDraw" LaDrew and friend Jeff. But even on the flatlands, I was moving

slower as if to melt into the landscape. In south Jersey, I frequently toted a camera to shoot pictures of birds, stopping too frequently to ask any one to bear the company.

My cycling in '05 was the best way to see seasons — up close.

**Woody Kotch:** I stopped counting my miles this year at 4500 back in October. After that I probably did not ride more than 200. Between rain and cold the opportunities for riding to work were rare in the fall. The highlight of my riding this year was in Utah. I won't bore you with the details. The low point was the conflict between "Doc's Ride" on Wednesdays and my return to teaching at Penn. I have had a philosophical change that led me to feel that all the time on the bike was preventing me from doing less self-centered, but still self-enhancing activities. I am enjoying the teaching.

**Jim Walls:** I rode about 6000 miles in 2005. I had a great year. My highlights were winning the Kirkwood Union Road Race, the Wachovia Amateur Hill Climb, and the Tour de Christiana. I look forward to racing Cat 4 with my newly-formed racing team this year.

**Ed Sobolewski:** 2005 was another phenomenal year for me; most importantly I stayed healthy (without crashes) and again biked my heart out. I also devoted a lot of time to my second passion, photography, and took some decent pictures of my fellow riders and beautiful scenery, including both DVBC signature rides, the Bonkers and Brandywine Tours. Total mileage for 2005 was 12,653, which included 6,425 commuting. I repeat an oft-used quote: "The best thing you can do for your bike is to take it to work." I love this quote and practice it. I also managed to ride 18 full centuries, but regrettably no double this year.

By far the best time I ever had on the bike was the Utah trip through Capital Reef, Bryce Canyon and Zion National Parks with Trek Travel, which I did in June. If you have not seen the pictures yet, please visit the photo gallery on our DVBC website. There are also pictures and an article (thanks to Zack and Doug) about our trip in the Fall/Winter 2005 edition of VW Driver Magazine. The scenery and climbs up to 10,000 ft were spectacular, and included one day with the most challenging climb I ever

*(Continued on Page 7)*



## New Members!



**Geoffrey Brooks**  
**Ray Kennedy**  
**David Read**  
**Mark Sweetman**

## Business & pleasure, *from page 1*

members who take time from their busy lives to lead club rides. In alphabetical order, our Top 10 Ride Leaders for 2005 were Ed Becker, Larry Green, Ira Josephs, Bob Leon, Bob Martin, Tony Rocha, Valerie Shinbaum, Dave Trout, Brian Wade, and Len Zanetich. As a small token of the club's gratitude, each of these leaders received a \$25 gift certificate to a local bicycle shop.

We finished with the always-anticipated selection of door prizes. Members eagerly held a small orange ticket in their hands as they surveyed a table full of swag donated by Bike Line of Broomall, Biketopia, Cycle Fit, Cycle Sports, and Drexel Hill Cyclery. They then said their good-byes and walked into a cold winter night with thoughts of the warm cycling months yet to come. See you on the road!

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# DVBC Ride Calendar

## MARCH 2006



### \*\*\*\*\*Recurring Weekday Rides\*\*\*\*\*

<b>Tuesdays, 6:00 pm</b> Miles:15-20 Class:C <b>NightRiders</b> ✓	We spin around Southern DelCo 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: <a href="mailto:brider-ride@usa.net">brider-ride@usa.net</a>
<b>Saturday, Mar 4 9:00 am</b> Miles:33-40 Class:C+ <b>Northbrook Country Market</b> ✓	Join Misty and Dan for nice easy ride to Northbrook Country Market. Meet at Chaddsford Elementary school. Bring cash for donuts. Contact Dan Dillon at 610-494-4949 or <a href="mailto:DAniel.dillon@att.net">DAniel.dillon@att.net</a>
<b>Sunday, Mar 5 9:00 am</b> Miles:35 Class:C+ <b>Manayunk</b> ✓	Meet at Drexel Hill Cyclery in Drexel hill on Burmont Road for a ride out to Manayunk. Bring \$\$ for food and drink. Contact Bob Martin at 610-352-2114
<b>Sunday, Mar 5 10:00 am</b> Miles:40ish Class:B- <b>Lion or Lamb</b> ✓	The weather won't stop this herd from an animalistic ride of sorts. March comes in and goes out at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Saturday, Mar 11 9:00 am</b> Miles:62 Class:B <b>Salem Oak Metric</b> ✓	Get lost with Bob but somehow come out with 62 miles. Salem Oak Diner, Rte. 49, Salem NJ. Come early for breakfast. Contact Bob LaDrew at 610-383-9327 or <a href="mailto:2ladrews@netreach.net">2ladrews@netreach.net</a>
<b>Sunday, Mar 12 9:00 am</b> Miles:35 Class:C+ <b>Manayunk</b> ✓	Meet at Drexel Hill Cyclery in Drexel hill on Burmont Road for a ride out to Manayunk. Bring \$\$ for food and drink. Contact Bob Martin at 610-352-2114
<b>Sunday, Mar 12 10:00 am</b> Miles:55 Class:B+ <b>Birthday Ride</b> ✓	Leave Westtown-Thornbury Elementary School for a scenic loop with a stop in Chatham or Springdell. Contact Glenn Lyons at 610-399-0624 or <a href="mailto:rollingspeed@comcast.net">rollingspeed@comcast.net</a>
<b>Sunday, Mar 12 10:00 am</b> Miles:45 Class:B- <b>Wade to Go</b> ✓	... on the road this weekend. So one of the regular R5ers will take you for a ride. Less hilly than usual, but always as fun. Start at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Monday, Mar 13 7:00 pm</b> Miles:0 Class:All <b>1st Annual DVBC Flea Market</b>	Join friends at Friends Meeting House/Peace Center, Old Sproul Road, Springfield, DelCo for tire kicking, part swapping, bike selling, & plain biking trash talk. Totally free event to start 2006 season! Large space betw tables for selling bikes (clean your parts or wrap to protect Peace Center). FREE refreshments. Sellers must make prior arrangement for table. Frank Jackson at 215-620-0632 or <a href="mailto:cyclingfrankrides@hotmail.com">cyclingfrankrides@hotmail.com</a>
<b>Saturday, Mar 18 9:30 am</b> Miles:50+/- Class:B/B- <b>Burritos in Cochranville</b> ✓	Start at Kardon Park (the Duck Pond) behind McDonald's in Downingtown and head west for some Mexican food. Contact Lewis Neidle at 610-722-5823 or <a href="mailto:Lewis.Neidle@ibx.com">Lewis.Neidle@ibx.com</a>
<b>Saturday, Mar 18 10:00 am</b> Miles:30-40 Class:C <b>Riding Socially</b> ✓	Meet at Chadds Ford Elem Sch. 12-14 mph social ride (some hills) passing Winterthur Gardens. A stop at Country Butcher in Kennett Square. Finish mostly downhill. Bring \$. If weather questionable please call. Contact Vera L. at 215-480-9582 or <a href="mailto:liszt01@aol.com">liszt01@aol.com</a>

### March Rides, continued

<b>Saturday, Mar 18 10:00 am</b> Miles:50-60 Class:B <b>Lunch at Northbrook</b> ✓	Ridley Creek State Park office. Expect some hills. No one will be dropped. Rain or below freezing cancels. Bring H2O & \$. Contact Woody Kotch at 610-566-2736 or hrkotch@comcast.net
<b>Sunday, Mar 19 9:00 am</b> Miles:35 Class:C+ <b>Kountry Kitchen</b> ✓	Meet at Kingsway High School on Rtes. 551 & 322 in New Jersey for that familiar Breakfast ride to Kountry Kitchen. 50 mile option if weather permits. Contact Bob Martin at 610-352-2114
<b>Sunday, Mar 19 10:00 am</b> Miles:50 Class:B- <b>The Last Ride of Winter</b> ✓	The moon is near Saturn and the vernal equinox near us, so we will ride the rings around the heavenly hills on this planetary excursion. Departs the R5 Wayne Train Station and returns. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Saturday, Mar 25 8:30 am</b> Miles:51 Class:B <b>Shirk's Sale Ride</b> ✓	Ride thru Amish country from Bob LaDrew's house near Coatesville to Shirk's Bike Shop's first annual outdoor sale (see ad). Bring \$\$\$\$\$\$\$\$\$\$. Call or email for directions. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
<b>Saturday, Mar 25 10:00 am</b> Miles:35-40 Class:C+/B- <b>Lunch at Bella Tratoria</b> ✓	Meet at 320 Market, Swarthmore/Springfield, Pa. Suburban rolling roads. Foul weather cancels. Call or e-mail with questions. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
<b>Sunday, Mar 26 10:00 am</b> Miles:40-60 Class:B/B- <b>Winter Westtown</b> ✓	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
<b>Sunday, Mar 26 10:00 am</b> Miles:50 Class:B- <b>Mothering Sunday</b> ✓	A ride to honor our UK regular. Start and end at the R5 Wayne Train Station with a few wanking hills for good measure. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com



## General Membership Meeting

**First Annual DVBC  
Flea Market  
Monday, March 13,  
7 pm  
See Description in Ride  
Calendar**

### DVBC Board Meeting

Monday, March 6th, 7 pm, at the Peace Center  
(See Page 2 for directions)  
All members encouraged to come!



Doug Bower, Dominick Zuppo, Debbie Chaga, Dan Coonan, and David Bennett pose for a Gina Bezdziecki photo at Lake Nockamixon.



## Summarizing 2005

(continued from Page 3)

did. Note that I used the singular "climb," because it was virtually just one climb for 35 miles. Our guides, Brian and Courtney, took care of almost every need. They even pumped our tires and filled our bottles. The only thing we had to do was pedal. The people on the trip were awesome; some old friends, Mel, Woody, Larry, and some new, Barbara, Robert, Stan and Doug.

There were other fantastic rides like the "Strasburg Railroad Museum century" with Ed (Popeye), Dave (Big George) and Jesse (Longhorn from Texas).

A bizarre thing happened to me on December 14, 2005. I was riding to work on a cold morning when my left crank broke off. I turned around and rode home using only one leg, which was not bad except uphill, since I could not stand. I had to look funny because the cars gave me more space than usual. I also noticed a new sensation: my left leg got cold even though I was sweating everywhere else. At home I changed bikes and still made it to work on time.

Over the holidays I traveled to my native Poland and survived without being run over by the local drivers, although they did not have too many chances this time as I only biked two days before winter arrived.

**Ira Josephs:** I'm still stuck in a rut (found my groove?), as I rode 25 miles more in 2005 than 2004 for a total of 4535. Of that, about 1700 were commuting. I did realize a dream I'd had for a while: biking in Europe. That was accomplished on an 8-day trip that included five cycling days in Germany with my 17-year-old daughter. It was a fantastic, wonderful adventure. I don't expect anything to change in 2006... unless some beautiful young babe suggests we ride off into the sunset together. [It's a dream! - Editor]

**Ed Becker:** I had an absolutely fantastic 2005! At 2,643 my miles on the bike were well short of last year's total, but that was offset with 411 miles of running, 1,300 laps swimming and 142 visits to the gym. In March I was slumbering through my workouts and getting a ride in from time to time when I decided to train for some races. I

participated in the SOCH duathlon, Broad Street Run, Bicycle Crossing Triathlon, Moorestown Rotary 8k, Lum's Pond Duathlon and Philly Half-Marathon. Before that I hadn't done much running. With the race plans I found true motivation.

Unfortunately, I strained my left knee a week before the first event, the SOCH duathlon. I had to drop from the event but did the Broad Street Run and never looked back. I had a lot of fun at all the events and am looking forward to repeating all except the Triathlon, where I learned that open-water swims are not for me. Two new goals are to hit the century mark running in a month's time and run my first full marathon

**Steve Bertolini:** My riding for 2005 totaled 2700 miles. 2005 Highlights were Bob Martin's rides to Manayunk.

**David Cunicelli:** 2005 was almost perfect. My mileage: 4311.44. Every month got better and better. I was completely crash-free for the first time in a long time. I needed a change after two years of winning the dubious Crash & Burn Award. I'd like to thank Doug Bower

*Continued on Page 9)*

# Shirk's Bicycle Shop

## First Annual Spring Tent Sale!

Saturday, March 25, 8-4

(Rain date: April 8th)

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## Bike Dirt

By F.X. Pedrix



Much has been made recently of my propensity to electronically eavesdrop on club members whom I deem to represent a threat to DVBC security. Despite my assurances to the Board that I would never abuse the privilege, some silly club officers insist that I should at least get warrants retroactively. For them I have only two words: Trust me.

In these unsettling times loyal members of the DVBC know they have to sacrifice some freedom in order to preserve the values guaranteed by our Founding Fathers back in the 70's: the right to draft, the right to gorge ourselves on rides, the right to buy new and unneeded bikes, the right to neglect domestic responsibilities, a woman's right to choose between Shimano and Campy, the right to bare arms, the right to peaceably assemble a new bike, freedom from cruel and unusual punishment in a paceline led by **Plastic Boy**, the right to a speedy time trial. The list goes on and on.

Most importantly, you readers know I can be trusted to be discreet with whatever disgusting information I dredge up regarding our more unsavory members. I have never let embarrassing or incriminating information go beyond the bounds of this column and I pledge to you that I will continue to maintain the high moral tone that has characterized *Bike Dirt* over the years.

And speaking of disgusting, **Bonkers Boy** created some waves this winter when, on the club email list serve, he stated a personal belief that Lance Armstrong's Tour wins were drug-aided. Many members resented these aspersions cast upon the man who inspired them to new heights. In particular, **Pop-eye** and **Dreamer** both asserted that their personal triumphs were made possible by the inspiration of a post-cancer Lance. But, as pointed out by **Mr. Buckeye**, they owe nothing to Armstrong because their achievements came from within.

On the subject of Mr. Buckeye, he has finally lifted the veil of secrecy on his pre-holiday invention. Finding none commercially available, he created his own bicycle rack (see photo) for a motorcycle. The rack is so impressive that a policeman pulled him over just for the opportunity to admire it. Now that Buckeye had the means to transport his bicycle to club rides on his fuel-efficient Gold Wing, one obstacle remained: winter wind chill. You can ride a bicycle at 15 mph on a winter

day but no one can withstand such cold at 50 mph. Buckeye coped with that obstacle by creating his own set of heated clothing. Sure, electrically heated clothing is available in the stores. But it costs



\$800. Buckeye believed he could do it more cheaply. He had to thread 33 feet of 30 AWG & copper wire into a quilted jacket. No 14-inch sewing needle was available so Buckeye made his own using (what else?) a bicycle spoke. Employing the principle of "pulse width modulation," Buckeye can turn the heat up or down by rotating a dial on his dashboard. Total cost, including jacket: \$90. **The Zee Man's** comment: "I have visions of you riding up to Ridley with singed hair (oops, sorry—I forgot), glasses melted, and emergency vehicles in tow; but you'll be warm."

**The Professor** has resolved to usher a return to the true B-paced flat ride, as popularized some years ago by our **Ride Leader Extraordinaire**. His plan is to host rides that are impervious to hijacking by hammer-headed A riders. Prof says one trademark of his rides will be new and heretofore unexplored routes around south Jersey. Look for the Professor's flat Jersey rides to start appearing in next month's newsletter.

To prepare himself for this leadership role, the Professor went into training by riding centuries while most of us were still celebrating the winter holidays. I can't tell you how many he has ridden so far but I do know that by the evening of New Year's Day he was recording them at a rate of 365 per year.

**D'ster** (see photo) created quite a sensation when he appeared at the holiday banquet dressed in a DVBC nautical/military motif, including epaulets, a sword and coonskin cap. Apparently D'ster is persevering in that nautical fantasy because an email of his I recently intercepted contained the following excuse for

not riding: "I'm afraid my old Navy afflictions are acting up. A combination of symptoms of bearing bearing, campularia, and bilge bottom bracket syndrome has put me out of action today."



Entitled "Rider With Balls," this statue will be on display behind the DVBC clubhouse through the month of March.

In the Fall/Winter edition of VW Driver Magazine, writer Doug Donaldson described his six days of cycling in Utah during a Trek Travel guide tour. Donaldson wrote "After a day of cycling that included a sight-seeing stop at a cliff face with Native American petroglyphs, the eight riders and two guides in this Trek Travel tour group swapped introductions and shared food, including rattlesnake cakes, at the Cafe Diablo. . . ."

By now you must be asking what this has to do with the DVBC. Here it



## Bike Dirt *(cont'd from previous page)*

comes.... "Along for this six-day ride are four guys (our own **Doc**, **Wooden Man**, **Blade Runner** and the **Polish Prince**) from a cycling club in eastern Pennsylvania.... Stan and I were the youngsters of the group, yet the slowest. If I could swap a few years to have some of the stamina and speed of (the Polish Prince), who led the group and even took additional loops, I'd do it in a pedal stroke."

Our current **Rookie of the Year** has been making a lot of Kountry Kitchen rides lately, apparently because he's so impressed with that restaurant's service. It all started a couple of months ago when his waitress, Mary, delivered his stack of flapjacks. "But, Ma'am," he protested, "I didn't want them with this powdered sugar on top."

"Knock it off!" she replied. And, with her bare hands, Mary picked up the rookie's pancakes, shook off the sugar, and threw them back on his plate.

Excerpt from a January email from reigning **Best New Rider**: "On our way to Northbrook this morning, I came to the rescue of a horse that had somehow gotten on the wrong side of a split rail fence. I stopped a little way down the road and called the police. **Gray Wolf** was in the road facing me. All of a sudden a look of horror crossed his face; he informed me that the horse was behind me. It turned out Mr. Horse had an eye for the ladies—not the ones on our ride but of his own species across the road. If he'd been ringing a bell he would have been the **Mr. Buckeye** of the stallion world."

The **Polish Prince**, who has twice in recent years been knocked off his bike by cars, went down again in January. This time neither bikes nor cars were involved. The Prince slipped in an icy parking lot, landing on his Nikon and breaking a rib. The camera was fine.

Keep on riding and sending your rumors, scandals and outright lies to me.

## Summarizing 2005 *(from p.7)*

for stopping my streak and sharing with other members a crash somewhat sillier than hitting a mailbox. On the lowlights, I did not complete a century for the first time since I started riding. I could have. I should have. But I didn't. I hardly rode with anyone in the club, a familiar lament. In 2006 I would like to feel better on the bike and ride better on the hills. I'm doing the Mountains of Misery with Brian Wade. I've also set a goal of finishing the Savage Century under six hours but will settle for a finish without a flat tire.

**Debbie Chaga**: My yearly total was 1830.5 miles. I started slowly because I had my thyroid removed on January 4th and it took a while to get over that and the treatment. I tried to do an MTB ride in Barbados in February but bonked after about 5 miles. That was depressing! I began my real riding in late March and rode the rest of the year. I look back fondly on a lot of great rides with great people. This was the first time I went to the spring Trexlertown Swap Meet, where I bought a great touring bike.

Other highlights: a Salem Oak ride where I hung with Bob Leon and Dan Coonan, getting my daughter and her friend to work the Bonkers Tour, my first ACS ride (with Bob Leon and Maureen Shanahan at a quick pace), riding the 2003 Lake Nockamixon route with five others on a beautiful November day, and taking part in the Marshalton Triathlon, which is a blast.

My goals for 2006 are to continue having fun on the bike, try to ride more, and do a tour on my touring bike.

**Larry Green**: I rode 5815 wonderful miles over 225 days on seven different bikes. In addition to the Delaware Valley ride, I also cycled in Naples, Fla., on the roads of Utah, St. Louis, Columbus, Ind. and Gettysburg.

All the Utah rides were THE BEST. Unfortunately, the worst was the DVBC Jersey Jersey ride (although the riding part was okay, as far as I remember; the part in the hospital sucked).

**Mel Styles**: My 2159 miles more than doubled the previous year. My most significant accomplishment was the Trek Travel trip to Utah in May.

**Lewis Neidle**: I averaged just over 20 miles a day for the year. I luckily managed to avoid hitting the pavement, although there were a couple of close calls with inconsiderate motorists.

This was the year in which "it" happened on June 28 on a warm, humid afternoon near Vesuvius, Virginia. Conceptually, I knew "it" was possible but had not happened in a long time and had never happened with my aging Raleigh. Still, the signs were there: when the notoriously understated Bike Virginia folks called the day's optional route "difficult," when the locals rolled their eyes and smirked, when my legs were already stiff from the previous day's hilly century, when a stream of beaten-down cyclists appeared from the other direction and I knew the route did not double-back, when at the bottom I immediately needed my penultimate and then my final gear.

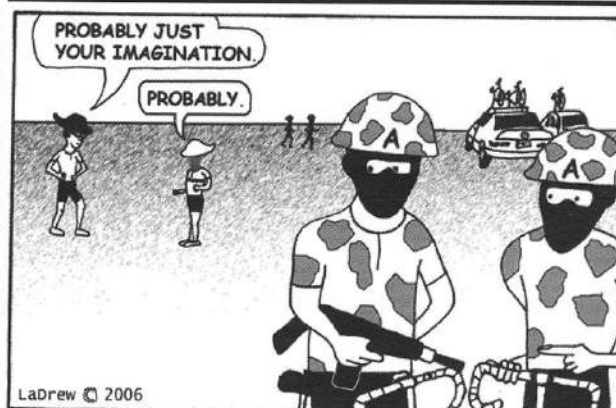
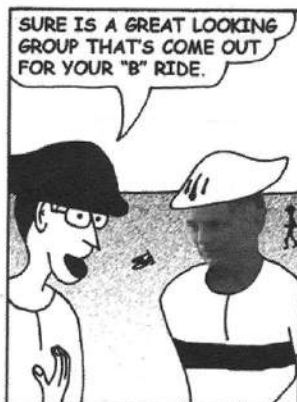
Still, I had done tough climbs and ridden on tired legs before. Once I had *thought* about unclipping because I was about to fall but realized that would ensure falling. Another time my front wheel jerked off the ground repeatedly. How many hills over the years? This time there was no scheduled rest stop, no panoramic view, no dropped chain, no conflict with a vehicle or another cyclist. I stopped simply because I could not draw another breath. I could not turn the pedals a single revolution more. I felt good completing the climb after spending five minutes draped over the bar

*(Continued on Page 10)*

## BONKERS



CARTOONS  
OF THE  
DVBC



LaDrew © 2006

## Summarizing 2005, from p 9

gasping. Later I used some topo software to confirm it was the longest, steepest climb I had ever attempted.

Maybe one more gear or a few less pizzas would have made the difference. But "it" had happened. [That's not so bad, Lewis. Sooner or later "it" happens to all of us. — Editor]

**Mike Broenlee:** Highs: I did the most riding since returning to biking in the fall of 2002 with approximately 1560 miles between my three bikes. I only walked up one hill. I rode at least four metric centuries.

Lows: I walked up one hill (off of Rte 82 on the first half of the BBC's Taxing Metric. I watched Steve Trebovic ride away up that hill.) I did not do a century.

Goals for 2006: Complete a century. Do at least one overnight tour. Do at least one multi-day tour. Pack up the HH touring bike for a trip by plane. Catch a tarpon (oops...that's fishing, not biking!)

**Peter Schmidt:** My computer counts the miles, I look at the scenery. 2005 was a mixed saddle bag as far as bicycling went, with too much time out due to a bruised tailbone (a paceline

accident when someone else dropped a chain and didn't drop to one side) and too many job responsibilities. Highlights included winter rides to Northbrook, summer rides around Belleplain State Forest, and lots of rides from Kingsway & Harry's in Media up north of Rte 3 into covered bridge territory. Oh, and chasing a red-tailed hawk early morning along Higbee Beach Road, Cape May. In 2006 I will try to do more day events with Lancaster, White Clay, and the Philly club as well as the ole DeeVeeBeeCee. [Those pesky jobs keep getting in the way. — Editor]

**Eric Zwicky:** I hardly did any riding in 2005 due to insane work travel requirements. After being gone all week most weeks, I wanted to spend weekend time with the family. But with family time in mind here's what I'm aiming for in 2006:

- 1) Get my wife and kids excited about riding the tandem.
- 2) Do a Kountry Kitchen ride with my son, Evan. He's 13 but has not ridden more than five miles at a stretch.
- 3) Ride the 25-mile option of Bike-4-Sight on the tandem with Evan.
- 4) Do a few C-level DVBC rides with

Evan on our solo bikes.

5) Ride to Kountry Kitchen with my wife, Emily, and once with my daughter Gina (11).

If I can accomplish a few of these goals this year, I will feel more fulfilled than I would by completing any solo personal efforts.

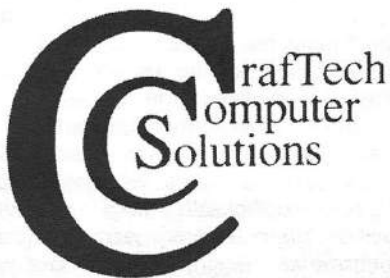
**Doug Bower:** I would like to thank the many DVBC members who took the time to visit me in the hospital and put up with my slow riding while I worked my way "back into the saddle." People exhibited great patience with my slow moving trike; the first thousand miles were at a snail's pace.

**Javier Pazos:** The highlights were the week-long Blue Ridge Mountains tour, climbing Mt. Washington, the Iron Creek tour and a two-day tour in West Virginia. Racing highlights were a top-ten finish in the Wachovia WRD individual time trial and a relay win in the Philly triathlon.

There were no lowlights.

Among my goals is a repeat in the Philly triathlon, a faster time at Mt. Washington, and a bike tour in Spain this year or next.

*(Continued on next page)*



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## Summarizing 2005, from p 10

**Nancy Schwarz:** On February 6, 2005, I went to a luncheon for a friend and sat next to a member of DVBC. By chance, later that same day, I rode with another DVBCer on the Schuylkill Bike Trail. I decided this must be a sign so, when I got home, I joined the club. A few weeks later I went on my first club ride – the first of many. I've ridden out of Chadds Ford, Drexel Hill, Swedesboro, Media, Coatesville, Ridley Creek State Park and pedaled across PA for two days. I've put thousands of miles on my bike and made countless nice and funny friends. Thanks to all of you for a very memorable year!



**Nancy Schwarz**

**Glenn Davis:** The highlight of my summer was two weeks riding in Colorado, first around Colorado Springs, then in the Boulder area. We mostly rode up Left Hand Canyon, out to Lyons and up to Carter Reservoir. We ended the trip with a ride up Mt. Evans, the highest paved road in North America (14,130 to the Summit House parking area – 14,264 to the peak). The distance was a long 17 miles. At the top there were lots of mountain goats, oblivious of the tourists. On the descent I topped out at about 50 but my friend, ex-racer Don, has no speed limit and can hit 60 frequently. He passed a couple of cars on the way down. What took ~3 hours to get up took 43 minutes to descend.

The balance of my summer was spent riding around the shore area before we headed off to France. With some additional riding in the fall I got in about 3,000 miles.

## Swarthmore promoted as "Bike Friendly Zone"



On Sunday, April 23rd, from 1 to 6 pm, the Swarthmore Friends Meeting will hold a Fun Fair to raise the level of awareness and support, and to promote Swarthmore as a "Bike Friendly Zone." The event will feature helmet and bicycle inspections, and will

trumpet the benefits to individuals, families, and the environment of riding to downtown. It is an event for the whole family. Donations will be accepted, with 50% slated for the Feeding the Homeless project and 50% for the Swarthmore Bike Friendly Zone initiative. Please visit <http://www.swarthmorefair.org> for more details.

# Regional Events

**March 1-3, National Bike Summit®**, Washington, DC. League of American Bicyclists

**March 11-12, The Bike Show** at the new Carlisle Expo Center, Carlisle, PA. Exhibitors, shopping, seminars, and rides.

**Sat. March 25, Icicle Metric**, U of Del, Hollingsworth Park Lot, N. Coll. & Cleveland Aves, Newark, DE. 16, 31, or 62 mi moderately hilly. Indoor food stop. White Clay Bicycle Club, David Vispi, 302-995-2155.

**Sat. April 1, Bicycle Club Conference**, York, PA. Officers of bicycle clubs in PA invited to meeting to learn about & share experiences w/other PA clubs. Bicycle Access Council, 717-417-1299.

**Sat. April 22, Ocean to Bay Bike Tour**, Fenwick Island, DE. 1-800-962-SURF or 302-539-2100 ext. 15.

**Sat. April 22, Spring Bicycle Flea Market**, Lehigh Valley Velodrome, Trexlertown, PA. \$5 entry fee, 9 am-2 pm. 610-395-7000

**Sat. April 22, Taxing Metric**, Warwick County Park, Brandywine Bicycle Club, Knauertown, PA.

**Sun. April 23, Bike Annapolis: Ride for Shelter**, Annapolis, MD. Ride 5, 15, 25, or 40-miles.

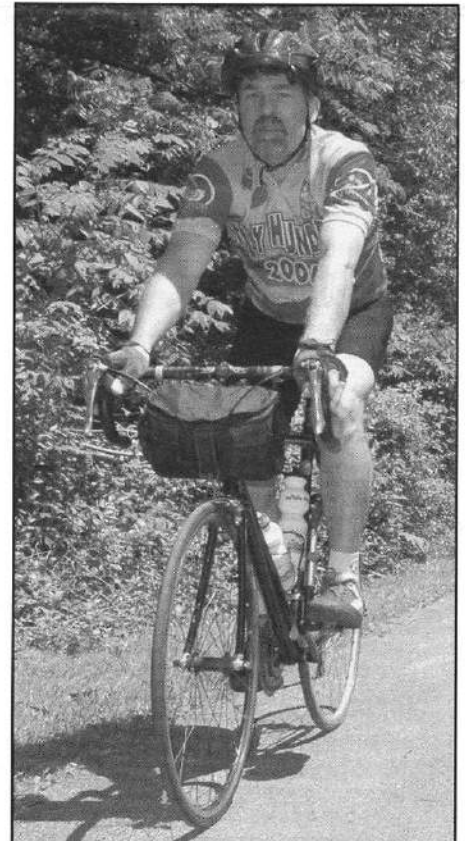
**Sun. April 23, Girls With Gears - Women's Cycling Event**, Limerick

Community Park, Limerick, PA. Benefits Carol For Heart, Inc.

**Sun. April 23, Horsham Rotary River Ride**, Horsham, PA. Start College Settlement Camp, 600 Witmer Road. 5, 20, 35, or 63 mi. Benefits the Horsham Rotary. Horsham Rotary, P.O. Box 99, Horsham, PA 19044, or call 215-674-9590.

**April 28-30, Spring-n2-Cycling Weekend**, Danville, PA. BCP, Linda McGrane, 267-251-7862.

**Sat. April 29, State Police Memorial Metric Century Ride**, Hershey Park Complex, Hershey Park Dr & Sand Beach Rd, Hershey. Tour Hershey & Lebanon Valley areas. 15, 31, 45 & 62 mi. 9 a.m.-noon. \$20 by April 1, incl Food, Support, T-Shirt. Reg. online with Active.com Visit [www.pspmetriccentury.com](http://www.pspmetriccentury.com) or Richard Kovalik, at [rkovalik@state.pa.us](mailto:rkovalik@state.pa.us), or 717-533-9111, X 426.

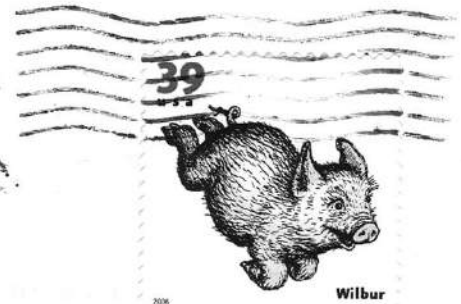


**Brian Wade led more rides last year than any other ride leader.**  
(Ed Sobolewski photo)





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



Expiration Date: 11/30/06

BOB & JUDY LADREW  
139 GABEL ROAD  
COATESVILLE PA 19320

19320+1284-39 R010



### 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)