

Delaware Valley Bicycle Club



P.O. Box 156, Swarthmore, Pa, 19081

March 2007

Year-end Wrap-up

DVBC members were asked to send in their 2006 year-end wrap-ups. Here are the responses we received:

Vera Kohut: I wish I could give you detailed stories about my 2006 riding season but I have not tallied my 2006 miles. Nor did I have the most inspiring ride, the most challenging ride, or the most memorable. Developing friends through our biking organization and others was the most gratifying. Many of those biking friends have become best friends. Over the years, things happen. I have been humbled to the point where I now take absolutely nothing nor anyone for granted. I rode the crest of the wave for many years and needed to spend some time in the trough of the wave to bring me back to earth and to realize what's really important in life. Good times and tough times on and off the bike have been a real learning experience for me. All I have to say is thank you, guys, for the care that I see among each other. You are the most inspiring to me.

David Bennett: Miles: 3696. My most memorable (adventurous) moments were part of the Wally Tour 2006. My biggest thrill was riding into Johnstown on this huge interstate for about 7 or 8 miles during the evening rush-hour, going downhill, fully loaded, around 35 to 40 MPH, constantly crossing rumble strips for the entrance and exit lanes (I got off the cue sheet!). That inspired me to name my new band "The Rumblestrips."
"BUDERUDERUDERUDERUDERUDERUDERUDERUDERump." Also on that trip, we crossed the Allegheny National Forest from west to east. We had crossed it from south to north a few years ago. It's downhill both ways.

Eric Zwicky: I didn't get in a whole lot of miles in 2006, due mainly to heavy work travel along with a knee operation last spring. But I will say that my high points were the couple of tandem rides with my son Evan, who is finally getting interested in road riding with me. I hope to get him out on a lot more rides with me in 2007.

Frank Jackson: I expected to get in more miles (the count was 2084), but then don't we all? The number may seem low to some but I rarely do cold, damp, or wet rides. That's why they make fitness clubs, and a spouse who says, "Let's go to the gym."

Unfortunately, I did get caught in a really bad storm this past summer on a BCP Thursday night ride. It was quite tense for a while heading back to the Art Museum.

Anyway, all of my rides were single-day events of roughly 25-100 miles. This was a much better result than last year when a personal project put a damper on evening riding. In addition to my mileage, I had 117 gym visits, of which 80 were spinning classes. My riding was spurring in 2006 from losing 20 pounds. How else could I get rid of those "ten-cent legs" as claimed by FX Pedrix? Really, where was that turkey? Did anyone see him ride in 2006? Anyway, I'm shooting to lose another dozen pounds in 2007.

My best ride of the season was the BCP Schuylkill Century in September. Sorry guys. Even though I'd been riding since the '70's, it was the first time I'd done one hundred miles. It wasn't that I couldn't; I've probably done over a hundred rides between 75 and 95 miles in my 30 years of riding. It's just that I always opted to get home early to stay out of

the doghouse. Those with non-riding significant others know what I mean. Also I had numerous great Wednesday night rides out of Rose Tree and quite a few nice BCP Thursday night rides from behind the Art Museum, one of which got me honorable mention in BCP's newsletter for pulling the group along the West River Drive in a breakaway peleton fashion. Since all my rides were good ones, I didn't have a "worst ride." In 2007 I am shooting for 2500 miles.

Ira Josephs: I thought this would be the year I finally fell out of my groove. The whole first half of the year my mileage total was getting further and further from my previous year's, until I was 230 miles down in the first week of August. I started catching up little by little, then had a few big weeks, until the final 6 weeks of the year aided by a big dose of "global what?" I ended up

(Continued on page 7)

Second Annual DVBC Flea Market

Monday, March 12th

7:30pm – 9:00pm

Free event and food!

*2006 club biking film
footage shown
throughout the event*

See ride calendar p.6 for more info.

The Delaware Valley Bicycle Club
P.O. BOX 156
Swarthmore, PA 19081
<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.

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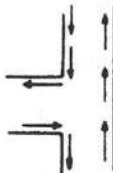
*Bicycle Coalition of
 Greater Philadelphia*

*Please note that the views
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 not necessarily the views of the
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 ucts or services advertised.*

Ride Guidelines



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



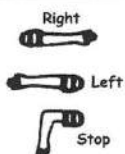
Keep right.
 Drive with
 traffic, not
 against it.
 Ride single
 file.



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!

New Members!

Carlo Abello
Howard Bloch
Aric Bunch
Maria Cavanaugh
Leonard Davis
Carol Dell
Cindy Dolan
Shelley Epstein
Mark Fields
Brian Fullerton
Joseph Hammons
John Hawrylak
Stanley Jedrusiak
Robert McCandless
Mark Pearson
Roger Robert
Berthold Todd

DVBC Board update

By Dominick Zuppo

During the club's December annual banquet/general membership meeting, Mike Broennle, Debbie Chaga, Larry Green, Frank Jackson, Drew Knox, Cheryl Lynch, Tony Rocha, Peter Schmidt, Nancy Schwarz, and myself were elected as members of the Board of Directors for 2007. Our membership also approved donations in the amounts of \$1,000 each to the Chester Creek Branch Rail Trail and the Bicycle Coalition of Greater Philadelphia, \$500 each to the League of American Bicyclists and the East Coast Greenway, and \$50 to the Bicycle Access Council of Pennsylvania.

It may be the off-season for many club members, but the Board continues to meet each month to address club business. Scheduling conflicts prevented a quorum from attending the January meeting but those in attendance discussed publicity, updates to our website, and topics for spring and fall general membership meetings.

At the February Board meeting, the following were appointed as club officers: yours truly as President, Debbie Chaga, Vice President, Mike Broennle, Treasurer, and Frank Jackson as Secretary. Clarence Shoch will continue as Ride Coordinator, and Peter leads the Community Action Committee. Mike reported that, even after the donations approved during the December meeting were paid, the club had a combined \$13,318 in our checking and PayPal accounts. Membership stands at 138, and a new process is under development whereby members who receive either a paper or Adobe PDF version of the club newsletter will receive advance notice, possibly by email, of their membership expiration date. The Board also discussed a number of events scheduled later in the year. You may want to mark your calendar for those that interest you, including the National Bike Summit, Washington D.C. (March 13-16th), Bike to Work Day (May 18th), the Bonkers Metric (May 20th), and the Brandywine Tour (September 2nd). See you on the road!



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Upcoming DVBC Bike Trips

from Mel Stiles

Two cycling mini trips that Edward and I are planning to repeat this year are the Chestertown Memorial Day long weekend trip which we plan to ride to again in Chestertown, Maryland. This is a fantastic trip, sponsored by Baltimore Bicycle Club, called Spring Fling with rides of 10 to 100 miles both cued and led. Lodging is on the campus of George Washington College with breakfast and dinner included as well as social get togethers every night from a sock hop to square dancing to elegant dessert buffets. It is awesome! I think I paid \$325 for the

whole thing with a teeshirt! See Woody's article in the July 2006 newsletter.

The other trip is VT Adventure II. The dates I am suggesting for 2007 are 8/10 thru 8/13 or 8/17 thru 8/20. The latter date gives two full weeks before the Brandywine Tour. Read about this past year's trip in the Dec. (Winter 2006-2007) newsletter. This trip is even more economical with costs < \$100 (excluding transportation).

It would be great to have more riders on both trips

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DVBC Ride Calendar

MARCH 2007



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

Tuesdays 6:00 pm Miles:15-20 Class:C NightRiders	Spin around Southern DelCo in the dark. Must have bike lights front & rear. Must call or e-mail the leader to confirm start time & location. Very cold or wet weather will cancel ride. Contact Dave Trout at 610-368-0760 Email: brider-ride@usa.net
Tuesdays 6:00 pm Miles:15-25 Class:C+/B- Booths Corner	Meet at Booths Corner, Route 491 (Naaman's Creek Rd.). Rides will NOT be held on March 6 or March 13. FIRST RIDE will be on March 20. Rides continue thru rest of cycling season. Mileage increases/decreases according to amount of daylight. Flat to rolling. Avg. spd. 16-17mph. Len at 610-558-6232 Email: freewheelinguy@verizon.net
Wednesdays 10:00 am Miles:35-50 Class:B- Doc's Ride	Various routes from Swarthmore. Leave from 320 Market parking lot. Possibly a lunch stop. Ride does not start unless temperature is above 45 F. Foul weather cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Thursdays 6:00 pm Miles:15-25 Class:C+/B- Chadds Ford Ride	Meet at Chadds Ford Elementary School, Route 1 and Fairville Rd. Rides will NOT be held on March 1, 8, or 15. FIRST RIDE will be held on March 22 nd . Rides will continue through the rest of the cycling season. Mileage increases/decreases according to amount of daylight. Terrain rolling to moderately hilly with flat finish and average pace 14-15mph. Contact Len at 610-558-6232 Email: freewheelinguy@verizon.net
Saturday, Mar 3 9:00 am Miles:62 Class:B- Pizza in Buena	We'll launch March with a metric century. Stop halfway for pizza/hoagies in lovely Buena. Meet Kingsway HS, Rtes. 322 & 551, Swedesboro NJ. Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
Sunday, Mar 4 9:00 am Miles:35+ Class:C+ Art Museum	Ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop taking in the March weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114.
Sunday, Mar 4 10:00 am Miles:40ish Class:B- Ride the Ridge	Weather permitting. 5,000 ft of climb in 40 miles. Starts and ends at the R5 Wayne Train Station with one really quick water stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, Mar 5 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
Sunday, Mar 11 9:00 am Miles:35 Class:C+ Kountry Kitchen	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
Sunday, Mar 11 10:00 am Miles:52 Class:B- Northbrooke Orchards	Mostly rolling but a hill or two added for fun. Start and end at the R5 Wayne Train Station with a soup stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 11 12:00 pm Miles:56 Class:B+ Birthday Ride	Meet at Westtown-Thornbury Elem. School at high noon (daylight savings time) to ride the years. The late start is due to the fact that I will be returning late the night before from Baltimore. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net

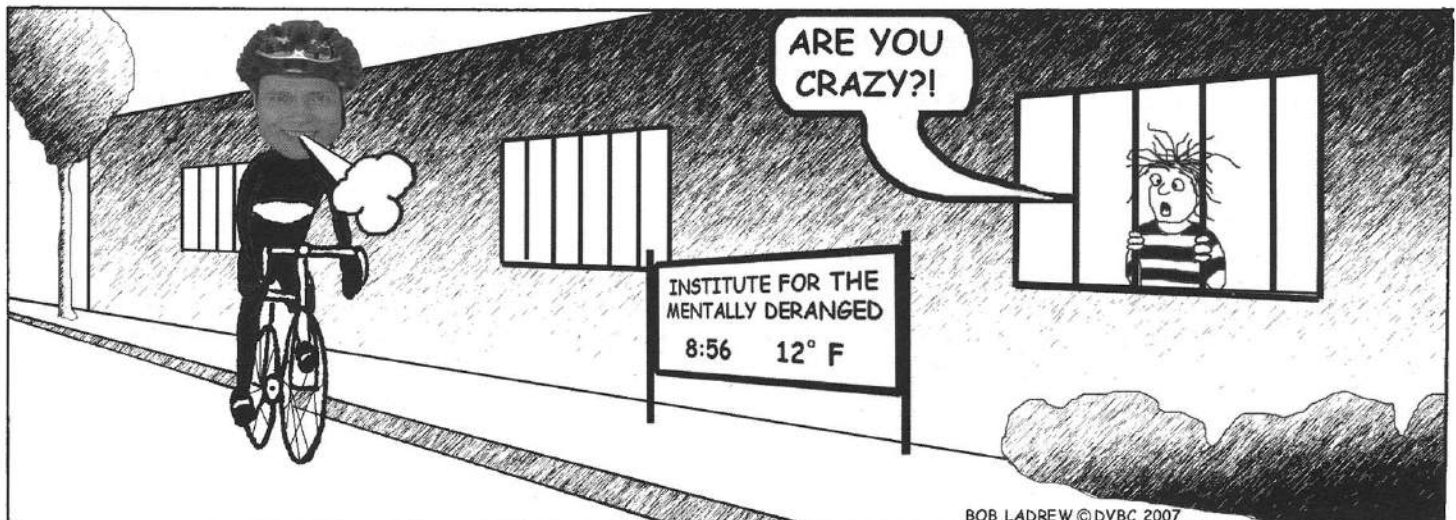
Monday, Mar 12 7:30 pm Miles:0 Class:ALL Second Annual DVBC Flea Market	½ table FREE to Club members (must pre-register, table space limited); large space between tables for selling bikes; large refreshment/club information table, FREE refreshments; <i>To register a table contact Frank Jackson 215-620-0632 (leave message) or cyclingfrankrides@hotmail.com.</i> Old Friends Meeting House, Old Sproul Rd., Springfield. Directions: From I-476 Blue Rte., take Rte. 1 south to Rte. 320 west, left turn. From 320 west turn right at light to Old Sproul Rd. Old Friends Meeting is on the right.
Sunday, Mar 18 9:00 am Miles:35+ Class:C+ Art Museum	Ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop. Bring \$ for snack. Contact Bob Martin at 610-352-2114
Sunday, Mar 18 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
Sunday, Mar 18 10:00 am Miles:62 Class:B- A Round of Hills	Eighteen hills is par for this ride, yielding 7,500 foot of climb. Less than ten people have completed this ride. Start at the R5 Wayne Train Station and end when you can't climb no more. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Mar 24 10:15 am Miles:20-26 Class:C C U at Selene	Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside Co-op. Free parking in lot just west of the store. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Mar 25 10:00 am Miles:50+ Class:B- Catch and Crush Ride	A heap of hills to and from Kimberton Whole food market. Start at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Mar 31 9:00 am Miles:62 Class:B- Salem Oak Metric	Meet at Salem Oak Diner, Rte. 49, Salem NJ. Come early for breakfast. We'll stop in Bridgeton for lunch. Some of south Jersey's best scenery. No cue sheets. Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net

From Joe Stafford, Exec. Director, The Bicycle Access Council

BAC wishes to thank the DVBC Board of Directors for their recent donation of \$50 in support of our statewide advocacy efforts. BAC is solely funded through memberships and donations to carry out its mission as a forum for Pennsylvania bicyclists and as an ombudsman for bicycling issues. Go to www.BicycleAccess-PA.org for more information.

I hope DVBC will attend the 2007 Bike Club Conference again, March 24 in York. You seemed to appreciate the experience last year.

BONKERZ CARTOONS OF THE DVBC



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(Continued from page 1)

with 4512, just 23 miles less than 2005. That was about 37% commuting and errands, which is a little higher percentage than the previous year. I continue to be stuck in my groove. One change though is that I did my first century in several years, the Brandywine Tour, which was a lot of fun.

A new thing I am anticipating for 2007 is that I am getting close to converting an old bike to a fixed gear, something I have wanted to do since way before they became a fad. I fear that if I don't do something soon, my old (1980) trusty Trek (I ride it just about every day and bring home many groceries on it) is going to break down big time. Anyone got an old chain I could buy for a temporary fix?

Bob LaDrew: Once again I did not count miles. However, I continued to follow two personal rules: (1) Do a ride of at least 50 miles every week, and (2) If I didn't ride yesterday, I ride today. The highlight for me was getting a camcorder and videotaping about twenty club rides. With the characters we have in the DVBC, there was no shortage of material. By my count, the official club video includes shots of 62 different club members. Come out to the membership meeting on March 12 to see yourself starring in a movie.

It was also fun working with histrionically inclined club members in the making of "I Walk the Climbs," a short film aired at the banquet. If we only could have gotten Doug to stop looking at the camera....

David Cunicelli: I rode 4171.69 miles. I got a flat in there somewhere which hindered my attempt at an even 4172. I missed each and every goal I had set for 2006. Failure never felt so good as I enjoyed my riding more this year than any year since I re-started. I saw and rode my first mountains. Wow, did that hurt. I look forward to a pleasant 2007 with most likely less riding. We move out of our current house in February and into our 80-years-new house in April. Somehow, I think that will cut down on my miles.

Mike Keating: Much of my training this past year involved power-level intervals that are often difficult to perform on the road. Since much of my time was spent on a trainer in the basement, I didn't track my outdoor miles. I thought

cycling couldn't get better than 2005's long weekend in the Rockies and two weeks at the Tour de France including a first-day climb of Alpe d'Huez with the road closed to motor vehicles! I was wrong.

I again did my Colorado mini-training camp with a final-day assault on Mt. Evans (at 14,230 feet, it's the highest paved road in North America). I ran out of time and had to stop short to catch a flight home. That was probably a blessing in disguise as I had marginal hypothermia after the descent. Had I continued to the top (32 degrees with a 24-degree chill factor - on June 25!), I may have really had medical issues. Making the weekend eventful right up to the end, my no-time-to-spare dash to the airport was slowed when I-70 was closed due to a gunman shooting up an adjacent Safeway store. Miraculously, I made the flight.

Initially, I planned to do a TDF week in the Alps followed by the Nuts of Ventoux challenge. When the tour operator, Thomson Bike Tours, changed their TDF Pyrenees week from a leisure trip to a performance trip at a bargain price, I couldn't resist. The short ride the first day in the Pyrenees demonstrated that my training had paid off. I dropped everyone in the slower group and reached the top several minutes ahead of the others. I was pleasantly surprised to say the least as these were not casual riders. Most of them were 15 to 20 years younger, many on carbon frames, and all of them could casually drop me from a paceline.

The Alps were highlighted by my second annual miss-the-lunch-stop-on-Galibier day. Unlike last year when I simply rode 2 km past our tent, this year another rider and I managed to make a wrong turn on the descent. We went 12 km before turning around and climbing back up to the correct turn. Needless to say, the group had long-since finished lunch and left the restaurant. The upside (no pun intended) is that we were the only two who got in a century that day.

Then there was Mont Ventoux. To gain admission to the "Club des Cingles due Mont Ventoux", informally the Nuts of Ventoux, one has to climb all three routes in the same day, totaling 70 km of uphill with 14,660 feet of vertical climb. I was surprised how much one can recover between climbs.

The descents took about 30 minutes and we took 15- to 20-minute food stops at the bottom each time. Reaching the summit for the third time was an exhilaration hard to describe.

Closer to home the highlights were the two days up Hawk Mountain doing both directions. For 2007 I plan to try the Giro, which has a few climbs much harder than anything in the TDF — Zoncolan is similar to Mt. Washington, which is also on my tentative list.

Ed Sobolewski: I started 2006 with the goal of reducing my bike miles — I failed. I started slowly in January and February but, as the temperature began to rise in March, I forgot my resolution. I actually ended up the year with my highest mileage ever at 13,936 but stopped short of 14K which, as Bonkers Boy pointed out, could be considered compulsive. I also avoided obsessing over centuries by stopping at 29. Although I got close to another in December, I finished that ride at 80 miles.

Seriously, the most important thing was not having any crashes and only one flat; that is an achievement.

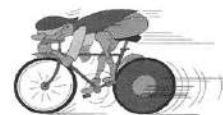
Peter Schmidt: 2006 was a regular year for me due to work demands: no epic rides far away from the Delaware Valley but fairly regular solo outings and with DVBCers. I did some of the Tuesday/Thursday maniac rides out of CycleSport, lots of Wednesday Rose Tree rides at different levels, weekend rides in NJ and PA and DE led at different times by Drew, Bob, Ira, Brian, Glenn, and others, including friends from Wilmington. On a NJ ride, I tried to take out Nancy once by slowing down in front of her, but it didn't work. I did lots of solo rides — favorite routes to Sugartown, or the Brandywine and Rte. 100 going north and west, or Brandywine south by the waterfall and river park, or New Jersey between Cape May and Belleplain State Forest. I managed to hit 30 mph or so on flats here & there (but can't sustain it — sigh). On good days, I could do a 12 mph average with a sprint at the end up Sycamore Mills, back to Rose Tree, or up the long Gradyville or Dilworthtown climbs. On good days, I could keep from falling below 10 mph up the steep RCSP hill or the first Glen Mills bump in

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Bike Dirt

By F.X. Pedrix



As the long, cold winter grinds on, you never know what is going to arouse the passions of the typical DVBC member. Several provocative biking issues were raised on the club's email list serve this winter but each seemed to fade quickly without full exploration. Then, when **Bonkers Boy's** pre-heated water bottle froze on a ride sooner than his friend's cold one, he went to the list serve in search of a scientific explanation.

The armchair scientists were off and running. Each was more certain than the previous that his explanation was correct. The intensity of the dialogue bordered on bitterness. Among the entries were such phrases as:

"Your chemistry teacher was wrong."

"Wives tales...."

"Freezing point depression and boiling point elevation are what is in effect here."

"Heat transfer is a function of the Delta temperature between one medium and the other times the velocity of the material times the surface area of the transfer area and last but not least the heat transfer of the material (known as K, how well a plastic bottle transfers heat)."

"That article... is not worth the paper it is printed on."

"If you are going to posit an 'argument-from-authority' fallacy you might as well list your peer-reviewed first author physics articles."

Eventually, one contributor sought to end the dispute with an email entitled "The Last Word." Twenty emails later **Gerald Burhop** stated: "I am wondering when I will actually get the 'last word' as I have received over 20 emails with the subject line "RE: [DVBC] Water Freezes-Last Word."

As the dust began to settle **Motorola** summarized: "I would think with all the hot air generated about this topic *none* of our water bottles would be freezing."

And speaking of bitter, it was a cold Saturday in early December when **Camera Shy** and **D'stre** were cruising past Cheyney on their way back from Northbrook. You always know that a **Mad Russian** sighting can occur at any

time but still, the two were startled when a shirtless, helmetless rider approached from behind. "Passing on your left," the Russian called out before vanishing up the road. This is about as much conversation as anyone has been able to elicit from that mysterious rider.

At the end of an autumn Ridley ride a group of DVBC riders stopped for pizza before returning home. As the meal finished, **Bonkers Boy** told the group what each of them owed. After collecting the money, he reported that he had received about \$25 too much so he started giving some of it away. After everyone checked to make sure they had contributed the right amount, the discussion turned to what should be done with the surplus. It was then that **Bonkers Boy** discovered his wallet was empty and the extra \$25 belonged to him. At least that's what he claimed.

It was a club first. On the December 10th Kountry Kitchen ride two bikers got dropped before they left the Kingsway parking lot. **D'ster** and **3-Speed** were in the porta-potties when **Grease Monkey**, cold and tired of standing around, urged leader **Purple Martin** to start the ride. The two prodigals must have known a shortcut, though, because they beat the group to breakfast.

Over the winter our own **Juror # 6** won the championship of the Newark (DE) Open Chess Tournament. The Juror has a rating of more than 1800 now and seems well on his way to surpassing 2,000, which will place him nationally in the "Expert" category.

Even the *guys* in the club have to admit that the **Sly Fox** has incredible looking legs. But, according to my lovely wife Babs, consensus among the girls is that the Fox's gams are not # 1. True, his calves are unsurpassed, but **Tom Smyth**, the 2006 runner-up to the Best Dressed award winner, has the best all-around stems and this explains the mad scramble among the ladies to take his wheel in the pace line. New nickname: "**Legs**."

And, speaking of **Legs**, on one recent winter ride he couldn't find his sunglasses after a snack break at Mugshots. He raced back and asked the woman at the counter if anyone had

found them. "You mean the ones on your head?" she asked. Legs had tucked the shades between his head and helmet.

And, speaking of Mugshots, **Grease Monkey** didn't mind paying the \$2.25 each the establishment charges for muffins but the extra 50 cents for a pat of butter seemed exorbitant. She staged a protest by bringing her own on a 20-degree January ride. But the butter had frozen solid and **Grease Monkey** mangled the muffin trying to spread it. **Gray Wolf** took one look at the damages and said, "That's showing them!" **Grease Monkey** says next time she will bring margarine.

In the interest of traveling light when touring, every time **Buckeye Boy** gets coins with his change he turns to the next person in line and gives them away. But this season maybe Buckeye should pause to look them over more carefully first. That's because one of the coins he will be getting was co-designed by our fellow DVBC member **Don Everhart**. The graceful Lady Liberty obverse side of the new dollar coin, released by the US Mint in February, is the creation of Everhart, an ardent cyclist who lives in West Chester.

On 2/5 Ed Sobolewski reported, "It was 8° F at 6:30 am when I started my normal commute to work this morning, and yes, I not only survived and did not lose any appendages in the process, but actually enjoyed it. Yes, I had to dress slightly different than during past weekend rides, and shorten my normal commute from 22 to 13 miles (one way), but the secret is all in proper clothing."



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the road. Other days there was no way I could maintain such a pace — why is that? Best rest-stop moment: along a bridge over Big Elk Creek in Maryland, I heard a cchrrrr cchrrrr sound, looked downstream, and spotted a Kingfisher on a branch above the water. Then I saw it dive, carry the fish back to the perch, use its beak to flip it in midair, recatch it headfirst, and gulp it down. Afterwards the bird shook a spray of water from its headfeathers, which were standing up all spiky like a punk rocker's haircut. That made my biking year. Safe riding everyone in 2007 and I hope to share some roads with you! ¡Arriba!

Adam Levine: I had a great cycling year, my best since moving out of Philadelphia many years ago (where, being carless, I used to ride my bike everywhere). My longest rides were about 55+ miles, but I never broke 60 on any of them and one of my goals for next year is to finish at least one century; another is to learn how to keep my toes and fingers warm during winter rides. Thanks to Dom for his Wednesday night ride leadership, to Bonkers Boy for leading the ride on which I found my new love (I mean bike), to Ira for encouraging me to ride farther (and in colder weather) than I had for years, to Debbie C. and Jim Irwin for their companionship, to Frank Jackson for his newsletter article that finally enlightened me on the issue of hydration, and to all the club members whose company made all the miles and all the hills seem much less daunting.

Jim Walls: This past season I raced about 25 races. I started the year as a Cat 4 and advanced to a Cat 3 by season's end. Of my best finishes, I was 4th in the Turkey Hill Classic Cat 3/4 race. This race was 60 miles and had 125 riders at the start. Insane! I also placed third in the GC of the Cat 4 category of the Tour de Ephrata. This year I will be racing with the Iron Hill/ Comcast team, sponsored by Bean's Bikes. I look forward to some Wednesday night rides in the Spring with the Rose Tree Park crew.

Pete LaVerghetta Pretty big year for me, with 6,500 miles. A huge January. Warm and dry meant lots of miles, 449. February was a little lighter but a still-respectable 240. March was a nice 299, including a beautiful opening day

on March 10. Opening Day is that first shorts-and-short-sleeve-jersey day after the winter. April was 694 miles. Not sure how that happened. In May I rode my first 200-K brevet with the PA Randonneurs. Pretty hilly, beautiful rural route. Big month of 798 miles. June and July were each 733 miles in some sort of cosmic coincidence. June had a fixed-gear century, though. August 598, September was 510 miles including another fixed-gear century. In October, I logged 501, including a nice 100K in Salem County with my friends from the DVBC and another 200-K brevet. November, still on a roll, I did 520. I finished with 412 in a still-warm December.

Jim Irwin ("Best New Rider"): "I don't think I can ride this thing," I told Greg at Cycle Fit last March while sitting on a road bike for the first time. Luckily, the deal was struck and a solo ride on the Schuylkill Valley Trail was undertaken the following weekend. Group rides followed with considerable trepidation and many mistakes. Many thanks are due to all who came forth with helpful advice and encouragement, especially Mike B. and Valerie S. One highlight of the year was renting a bike and riding across the Golden Gate Bridge in December. I never would have thought of doing that before joining DVBC! I look forward to riding with the club in 2007 and continuing to learn about this great sport. Mileage was 2410.

Larry Green: 2006 was an excellent cycling year for me. I covered 6343 miles including club and training rides, shopping, commuting and touring. "Doc's Rides" contributed approximately 1800 of these and there was one American century. I was off the bike for 2-3 weeks during the summer due to illness or injury, but none were directly related to "falling off the bike." I rode in the Delaware Valley, at the Jersey shore, in Naples, Florida, Santa Barbara, CA, Collioure, France, and Girona and Barcelona, Spain. The most significant climbs were in Santa Barbara up to the San Marco and Figueroa Mountain Passes. The most interesting ride was a short route out of Girona, which I was told was one of Lance's regular short training loops. (I stayed in the hotel used by many American pro riders and supposedly stayed in Lance's room and SLEPT IN HIS BED!).

The toughest ride was the century

sag route with Woody for the Freedom Valley Tour in 100 degree heat. Serious cramping. The BEST rides, of course, were all the DVBC club rides and tours. For the first time in a number of years, I did not do an organized extended ride or tour. I did serve as a course marshal for two stages of the Tour of California and for the West Chester Criterion. Let's go 2007!

Glenn Lyons: 5048 road miles and a good number of roller miles. I got a gold medal in the 20K and a bronze in the 10K at the PA state games and competed in four other local races. Bike handling has improved, probably due to work on the rollers and Thursday night criteriums at Great Valley Corporate Center. I now have 39,000 miles on my Klein, my first road bike. I'm hoping to improve my engine before I get a new lighter bike.

Drew Knox: What was special about 2006? Doing two centuries in January was odd and memorable. On one, somehow, Charlie and I decided the best way to fix Lewis' flat, after blowing out a car tire patch, was to build a new boot out of a tin can. Hmm, would that be like riding on aluminum sidewalls? Guess not. That patch lasted about 50 yards and ended in a big explosion. While Lewis hitched a ride twenty miles to a shop to re-tire, we stopped to admire a nail in my tire. When we met up, we weren't quite sure how to get back to Kingsway. After a few huddles, Lewis and Charlie set off at a wicked pace determined to beat the setting sun with me barely hanging on the back.

Riding in Texas Hill Country for a spring break was special. The topography was new and different from anything this side of the Mississippi with grand rolling hills and a couple of real stinkers; with cattle grates and cattle right in the road, and high fences to keep the deer in so ranchers could charge hunting fees. I had a great ride with a friend from a previous tour who lives in Austin and also struck a new friendship with the other lone bike camper who could translate between English and Texan.

I found a kindred spirit in Bob LaDrew who didn't mind wandering around without having to know the exact way home. I found swans in New Jersey and a Bald Eagle in Delaware and thousands and thousands of Snow

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Geese in a single flock. I found big warm hills in Hamilton, NY and cold ones on Skyline Drive and the Blue Ridge Parkway. And somehow I lost interest in centuries after June and only did 8 for the year.

Mike Broennle: I haven't totaled up the miles for 2006 but it was a significant biking year for me: I rode on my first multi-day tour, Doug Bower's ToPA (Tour of PA). There I learned the



Poconos are hilly; packing light counts (Charlie Stockley cuts the sleeves off his t-shirts to reduce weight!); yes, you can do your laundry in a

little sink; riding more than 70 miles daily in hilly country sucks; even a week after the flood the Susquehanna was intimidating; and beer tastes mighty fine after each day's ride. I also ate (and drank!) well yet lost 5 pounds.

In '06, I led my first DVBC rides. Both routes included barbecue lunch stops.

I enjoyed numerous Doc Larry Green's Wednesday morning rides since I reduced work to half-time in 2006. I now appreciate traffic-free weekday riding. Each of Doc's rides included a great lunch stop.

I pioneered for the club Bike PA Route "E", the "temporary" on-public-road version of the East Coast Greenway, Trenton to the Delaware state line, roughly following I-95. We traveled on SEPTA regional rail for the first time with our bikes. This is a gritty, urban trip DVBC members should do at least once since it is in our SE PA backyard.

I did several May's Landing rides.

I volunteered as a marshal for the pro races in Lancaster, Reading and West Chester.

For 2007? After doing several 80-90-mi days in 2006, perhaps I'll complete my first century since 1973. And I definitely plan on doing ToPA again.

Nancy Schwarz: I rode 5600 miles in

2006. I did GOBA. I did ToPA. I fell twice. Once on ice in the dark in late January. Once because I was determined that the group would not get lost on Drew's ride in NJ. I was reading my cue sheet while riding and failed to notice that Peter had slowed or stopped in front of me. [Ed. -- That's silly -- we never get lost.] Charlie assures me that I almost missed him [Ed. -- Like when airlines have a near-miss or did you hit him?].

I can't say enough about the importance of wearing a helmet. I also learned the importance of carrying degreaser with you on a 500-mile trip when you have pedals that have seen better days. And most of all, I enjoyed the company of many friends from 35-mile rides locally to 500-mile trips in Ohio or Pennsylvania with Cheryl, Debbie, Charlie, Mike, Dave and Doug.

Woody Kotch: 2006 was another great year of cycling for me but this was totally qualitative rather than quantitative because I didn't keep track of my total mileage...Sorry. Anyway, the highlights of my season included riding with Larry in the Santa Barbara area in February. Especially memorable from that trip was climbing Figueroa Mountain outside of Solvang, a favorite training area for Lance in days gone by.

Baltimore Bicycle Club's Spring Fling in Kent County Maryland was also super. Edward, Mel and I rode there, participated, then rode back. Great hospitality at Washington College, interesting activities in Chestertown, and the best crab cakes ever in Rock Hall made it an "I'd-do-it-again" extended weekend.

I also completed my 15th MS-150 City to Shore ride with my daughter Lauren on our tandem. The weather was amazing this year with wonderful vistas of the Jersey shore from the tops of the bridges into Ocean City. I also completed four century rides raising my years of riding at least 1 century to 32.

The crowning culmination of my season was being awarded the "True Cyclist of the Year Award" by the DVBC. Quite an honor that I will always cherish.

The only downside of 2006 was that I wanted to build up a new Ti bike for myself and I just can't seem to find the time! [Ed. -- Hope that's because you've been too busy riding.

Congratulations on the TCotYA. It's well deserved!]

Lewis Neidle: In 2006, I cycled over 6100 miles, including a century in my 14th different state. One of my best rides was the 2-miler after not being able to ride for 29 consecutive days in the spring. Nearly forgotten was the failed century in January due to a shredded tire in the hinterlands of New Jersey. Nothing like passing through Elmer on the way back to Kingsway at 4:15 in the winter under a quickly setting sun. Maybe this year I will have better fitness and find more success on Fiddlers Elbow.

Debbie "Dreamer" Chaga: My total mileage for 2006 was 2,603 miles of fun, sweat, laughter, pain, and occasional frozen toes and fingers. It was a great year but it wasn't until I looked back that I realized how many cool rides in different places and with different people I rode. I even got my daughter out. My year included quite a few firsts, including my first tour. I've always wanted to ride one but wasn't sure I was up to it. It was challenging but so much fun. It was amazing how light my road bike felt when I got back.

Highlights of 2006 were: mountain bike riding in Kauai Hawaii; riding over the Golden Gate Bridge and down to Sausalito; my Tour de Chaga in April with 5800 ft of climbing in 54 miles (I heard a few grumbles on that one); our "Save Gas" rides to the rides (I did a few of these, including a ride with Dom from RTP to Oaks for Mike Broennle's Bar-B-Q ride and a couple with Dan from Aston); rides out of OC, MD to Assateague and the Pokomoke River; climbing those mountains on ToPA; riding in Sea Isle City with work friends; riding from VF Park to the Folk Fest; riding over the snake (ouch!) on the Salem Oak Ride; making Bob LaDrew's film which involved throwing a bucket of water in his face; my first Shirk's Bike Shop ride when we talked Adam into buying his new bike; the Bob Leon Memorial Ride; my DVBC picnic ride, Columbus Day, Veteran's Day and Debbie Does Delaware rides (Ed -- Oh, that was a ride!); Doug's Jingle Bell ride where we decorated our bodies and bikes; and finally the New Year's Eve ride out to Northbrook. All in all, a great year!

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Dom Zuppo: 2006 was another memorable year for me. I cycled almost 2700 miles, many with our club treasurer, Mike. In May, my bikin' buddy Deb and I rode our touring bikes 73 miles round-trip from Rose Tree Park, joining Mike at the Perkiomen Trail and then continuing with his group for a barbecue lunch in Harleysville. In June I joined Valerie's group and picked up Mike as we journeyed to Hank's Place for breakfast. Little did I realize I'd met one of the club's 2006 Rookies of the Year during that ride. In July, using a combination of pedal and SEPTA power, Mike led a group of urban explorers as we traveled the PA Bike Route "E" between the New Jersey and Delaware state lines. And in August, Mike and I traveled to Lancaster to plaster Brandywine Tour flyers on car windshields and to participate in the LBC's Covered Bridge Metric Century.

I met many new cyclists at club rides and advocacy events during the year. I helped Bob film some funny cycling videos. With the good also

comes the bad: a motorist threw a water bottle at me as I commuted home from work. More importantly, I lost my friend and mentor, Bob Leon. But I gained a new friend, Jo Ann, who enjoys both my company and the sport of bicycling. All in all, a good year.

Jo Ann Fahey: After moving to the Philadelphia area the year before, 2006 became a year of discovery, adventure, and a determination not to get lost. Even though I wanted to ride, the fear of never finding my way home always won out. A friend suggested group rides: Group rides?!? Suppose I get dropped! When I finally joined the DVBC in April, I chose the C rides with Valerie because the description stated "no one dropped." They were a great intro to group riding. Valerie talked to me about registering for the ACS Bike-a-Thon in July. I had never gone that many miles before, but with her encouragement I ignored the pit in my stomach, registered, and had a great time. Volunteering at the Brandywine Tour, I worked with Bob LaDrew who encouraged me to go on his B ride the next Saturday. B ride?!? Suppose I get dropped! Again, I ignored the pit in my

stomach, found Kingway H.S., and had a great ride. As my confidence grew I went on many club rides, met interesting people and enjoyed them tremendously. I also met a very special person who shares the same interests. At the club banquet I received a Rookie of the Year award, which was a wonderful honor. And I finally stopped saying I want to go home - I am home.

Walt Linton: I managed to ride 1003 miles in 2006 as I continued my recovery from a 2004 crash. My philosophy is to just put one foot in front of the other as I strive to get back to full strength. In the coming year I hope to participate in many DVBC rides. One major note of sadness was Bob Leon's passing.

Stephen Bertolini: Total mileage for 2006 was just under 3,300 miles. The highlights for the year were leading a Highland Orchards ride with nice weather and a good turn out, and Bob Martin's rides into Manayunk. In 2007 I hope to do more riding (I didn't ride at all in September or October), including a weekend trip or two.

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