

Delaware Valley Bicycle Club



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

May 2007

DVBC's Pete Laverghetta drives Mavic neutral service car in pro race



The DVBC's Pete Laverghetta, who works in support of many pro bike races throughout the US, had an opportunity to drive the Mavic neutral service car in the Williamsburg-

Richmond US Open Cycling Championship on April 7. His account of that experience follows:

On Thursday we headed to Richmond. After scouting the course, we made a few suggestions about crowd control and course design. We picked up rental cars and a truck and took care of a few odds and ends.

At five p.m. we went to a joint called Stool Pigeons for beers. Floyd Landis, errr, 'embattled TdF champion Floyd Landis,' was doing a TV interview to plead his case and to promote the race. Shrewd race promoters! Then we went to dinner.

On Friday I met up with the Mavic crew. We unloaded the truck and trailer. Two motorcycles came out of the truck. The neutral support bikes got seatposts, the wheels came out of the wheel bags, and piles of bikes, wheels, pedals and tools got organized. Around one p.m. I was done and went to lunch. Back to the hotel for a rest, then to dinner to make a plan for the race.

The plan was to have three cars and one moto in Williamsburg for the men's race, and one moto in Richmond for the women's race.

After the women's race ended, the second moto would join the men's race. After some pointers for caravan driving and procedures, we went to bed.

Up at 4:15, get dressed, meet in the lobby. It is snowing huge wet flakes. We get the three cars from the garage and head to the finish line in Richmond. Load three bikes, four front wheels and six rear wheels on the roof racks. A finger- numbing experience. Then we load more wheels in the back of the car along with tools, bottles of water, and snacks. We gas up and head out around six for the drive to Williamsburg.

Snowing hard on the Interstate. We arrive in Williamsburg to find a few Virginia State Troopers waiting at the start line and a few barricades. Still snowing hard, no sign that a professional bike race is about to take place. We head to a gas station to top off the tanks and get something warm to drink. Some phone calls and radio action ensue. We determine that the race will take place.

The long and short of it is that a helicopter - necessary for helicopter shots and to relay signals from the moto cameras to the production truck at the finish line - won't work too well

in this weather. The race will be delayed from 8:10 to 9:10. Some discussion is made of eliminating the 55 mile-ish road portion and heading back to Richmond to race the finishing circuits only. That idea is nixed.

Riders are wearing every piece of gear they have, some with latex surgical gloves over their winter gloves. One insane guy is spotted

with shorts only. We do a bike swap for a rider who breaks his carbon fiber frame (top tube separates from head tube) when he crashes into another rider at three mph while warming

up. We give out some chain lube, adjust handlebars, and swap pedals on one bike.

Nine a.m. comes and goes. We learn that we'll stage at 9:20 and roll

(See *Mavic*, page 9)



Inside:

Bike to Work Day, pp. 9, 10
Bike to Work Week, p.4
Bonkers Metric, p.13

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.

Board of Directors & Staff

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

Debbie Chaga, *Vice President*
 610.494.3033 or dreamer@craftech.com

Frank Jackson, *Secretary*
 FJackson@rohmhaas.com

Mike Broennle, *Treasurer*
 treasurer@dvbc.org

Clarence Shoch, *Ride Calendar*
 rides@dvbc.org

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

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

Larry Green, largreen@earthlink.net

Cheryl Lynch, oyveyquilts@yahoo.com

Peter Schmidt, pschmid1@swarthmore.edu

Nancy Schwarz, ambrosine@comcast.net

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 prod-
 ucts or services advertised.*

Ride Guidelines

1. Arrive early and *be ready to leave on time*. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order *before* you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
7. Ride classifications:
 - Class D:** For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.
 - Class C-:** For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.
 - Class C+:** Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.
 - Class B-:** For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
 - Class B+:** For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
 - Class A:** For very strong riders: 18+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
8. Each rider assumes his/her own risk on all rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. Ride leaders are not expected to be bike mechanics.

Note: In the case of questionable weather or road conditions, the Ride Leader may decide to cancel the event. Call the ride leader if in doubt. The general public is invited to all events organized by the Delaware Valley Bicycle Club. Except for the Bonkers Metric, Brandywine Tour, Club banquet and Bonkers picnic, all club events are free to the general public. The general public is welcome!

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.

Boasting or Coasting?

By Dominick Zuppo

You may recall the program for last month's general membership meeting. DVBCers could bring their bikes in for a general maintenance check, and those new to or rejoining our sport were encouraged to pose their questions to our crack panel of experts. One lone newbie, who we'll call "Carol" (Ed -- Dom, you're supposed to disguise her real name), took us up on our offer. But I think our panel of 12 would agree that Carol was already a knowledgeable cyclist.

The exchange of ideas at the meeting made me ask, "What can we do to persuade more people to become bicyclists?" That question, coupled with a reminder from Bob Martin about an article in the April 2007 edition of *Bicycling* magazine, is the genesis of this month's tome.

In *The Revolution will be Simplified*, Daniel Gross described the reasoning behind the design and marketing of a new type of bicycle. Many of you know that Shimano makes a wide range of components for the bicycle industry, from the spare-no-expense Dura-Ace line to the basic SIS derailleur. And each year, bicycle manufacturers and component firms try to outdo each other by offering technological wonders at equally extravagant prices.

But many more would-be cyclists don't know or care about titanium or carbon fiber that. In fact studies showed that, while many Americans enjoyed bicycling as a child, they thought today's ideas of the activity were about exercise, speed, uniforms, and competition. Non-cyclists felt intimidated and unwelcome -- is there no longer any room for simple fun?

So Shimano teamed up with IDEO, a highly talented Palo Alto design firm, to figure out what non-cycling baby boomers would like to purchase with their disposable income. Their initial thoughts? Design a \$1,000 technology-laden machine that baby boomers would

flock to buy.

But after 5 years of "testing the waters," guess what the experts learned? The average Tom and Jane wanted a low maintenance bike. They weren't interested in gobs of technology, didn't want to shift gears or sweat. They also didn't want to spend a lot of money. But what they did want was to talk while riding, and to enjoy the experience of buying and riding their bike.

Hence Shimano's program, called "Coasting," was born. Designed to change the way basic bicycles are manufactured and sold to the consumer, Shimano teamed up with Trek, Giant and Raleigh to design a bike for non-cyclists. The end result resembles a single speed cruiser, with swept back, upright handlebars, no gear shifters or brake levers, and a wide seat. The front wheel is built around a hub that generates electricity, which in turn powers a 3 speed, coaster brake hub in the rear wheel. This system is designed to automatically shift gears based on rider inputs to a computer chip located near the crankarm. Guess the engineers managed to spec a dab of tech after all!

Besides the simple design, Shimano heeded IDEO's advice to try to change the way bikes are marketed and sold to non-cyclists. For example, the design firm asked inexperienced consumers to purchase a bicycle at a local shop. You know what happened to them, don't you. Many people complained that once they realized that they didn't know the product, the shop's staff spoke down to them and treated them with contempt. Women, a potentially huge market for retailers, were often intimidated during the experience because they didn't always understand the terminology or technology explained to them. So a sales program has been developed to help bike-shop employees communicate better with their customers.

According to the *Bicycling* article,

ours is a \$6 billion industry. Six to seven million riders are described as enthusiasts who ride at least twice a week. There are also 14 million casual cyclists. But Shimano and the manufacturers are aiming for the estimated 160 Americans who currently don't ride a bike. That's a huge, untapped market waiting to be convinced.

But will this market be convinced? Bicycling advocates note that riding today is different than it was 30 years ago. Huge increases in traffic, congestion, and tension have resulted in a not-so-friendly cycling environment. And skeptical dealers who know the whims of their local region wonder if customers will be drawn to the concept.

I hope that Americans who want to ride again will take advantage of this program and purchase these simple, high quality bikes. As Mr. Gross wrote, "The more cyclists that drivers and pedestrians see, the more likely they are to be aware of -- and respectful of -- our presence. There's safety in numbers, even if some of us are just poking around the neighborhood." And that's what we want -- a safe, healthful, and fun cycling experience for ourselves, our children, and anyone else who wants to get out of the house and onto a bike. See you on the road.



Calling all
club
members!

We need volunteers to help at the Bonkers Metric Tour, whether for a few hours or the whole event. Please contact Dom Zuppo, 610-544-8630 or domzdvc@att.net



May 14-18, 2007

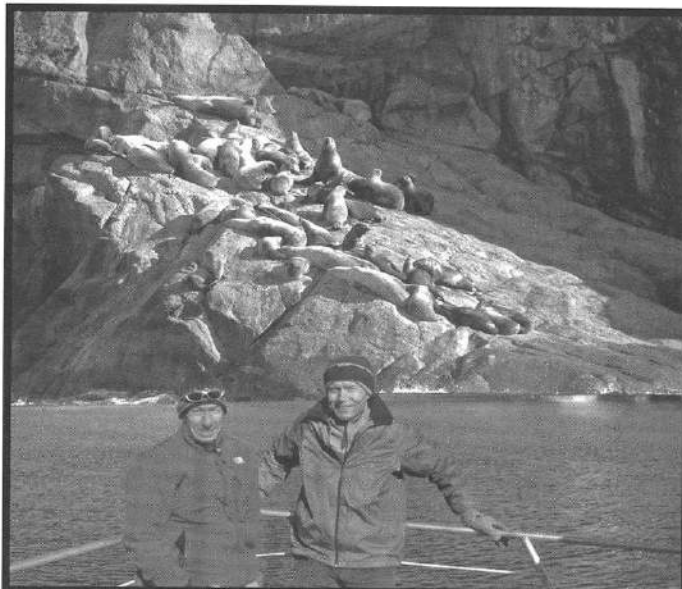
Delaware County Bike To Work Week

Events throughout Delaware County!

For more information or to volunteer call :

Lisa @ the Delaware County TMA
610-892-9440

Justin @ the Delaware County Planning Dept
610-891-5219



"Lounging Around in Alaska" That's what DVBC members Mel Styles (left) and Ed Sobolewski did in March on a ski trip. But Ed and Mel don't give up on getting exercise when the weather turns cold. When it's too cold for biking, skiing and hiking provide a cardio-vascular challenge bridging the gap between biking seasons. To see more photos, click on http://gallery.craftech.com/dvbc/2007+Winter/?g2_page=6

CYCLE SPORT

Home of H.H. Racing Group, U.S. National, Olympic, & World Champions

We carry bicycles and accessories by:

GIANT
BICYCLES



SCOTT



- We service all bicycles from toddlers to World Champions.
- Special Discounts for DVBC members

Five HH bicycles went to Athens, Greece and one took a Silver Medal.

801 N. Providence Road "Five Points" Media, PA 19063

Tel: 610-565-9535 Fax: 610-565-6033

E-Mail: cycle.sport@verizon.net Website: cyclesportmedia.com



DVBC Ride Calendar

May 2007



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

Tuesdays 6:00 pm Miles:15-20 Class:C+ DuPont Country Club	Meet at Booths Corner Farmer's Market, at Naamans Creek Rd & Foulk Rd. http://www.boothscorner.com/ Beginner's are invited. Please call prior to ride. Rain no ride. Contact Vera Kohut-Wolf at 215-480-9582 Email: liszt01@aol.com
Tuesdays 6:10 pm Miles:25-30 Class:B/B+ CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Wednesdays 6:00 pm Miles:40 Class:B- C+ Buckeye's Ride	Ride thru Montgomery County leaving from Lansdale weather permitting. May meet up with Suburban Cyclists Wednesday riders. Call or E-mail if you plan to ride, so I won't leave without you. Contact Doug Bower at 610-952-0562 Email: bowerdou@verizon.net
Wednesdays 6:00 pm Miles:20+- Class:B Rose Tree Ridley	Start at Rose Tree Park on Rte. 252, go thru Ridley State Park & beyond. As day gets longer so does the ride... with a hill or two.... Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
Wednesdays 6:00 pm Miles:20+ Class:C+ "C" You at Rose Tree Ride	Talk is, C rides are more fun. Come out and find out. Meet at Rose Tree Park, Rte 252, Media. No less than three hearty laughs guaranteed, or your money back. Expect hills no one dropped. Contact Debbie Chaga at 610-494-3033 Email: dreamer@craftech.com
Wednesdays 6:00 pm Miles:25+ Class:A Workout	Meet at Rose Tree Park on Rte. 252 for our regular Wednesday night workout. Expect a fast pace and some nice hills. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
Thursdays 10:00 am Miles:5-10 Class:D Beginner Friendly Ride	Meet in the Betzwood parking lot of Valley Forge Park (off of Rte 422), friendly ride on the paved, flat, car-free Schuylkill River Trail. Bring water and a snack. We'll chat about bike etiquette, cycling with a group, and tips to assure a comfortable ride. Rain cancels. Contact Cheryl Lynch at 610-356-3123 Email: want2bike@yahoo.com
Saturday, May 5 9:00 am Miles:65+/- Class:C+ Bait Box Ride	Start at Kingsway High School, NJ, Rtes. 322 and 551. Ride with Bonnie and Len to the Bait Box Restaurant, Greenwich. Moving avg. 15-17mph. Terrain is flat to rolling. No one dropped, cue sheets. Bring money for a sit down lunch. Contact Len at 610-558-6232 or freewheelinguy@verizon.net
Sunday, May 6 7:00 am Miles:75 Class:B The Hilhooligan Ride	Starts PROMPTLY at 6:55 am at the R5 Wayne Train Station. Expect nonstop climbing for hours. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, May 6 8:30 am Miles:35+ Class:C+ Art Museum	Meet at 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, May 6 9:00 am Miles:40+/- Class:C+ Northbrook Orchards Ride	Start at Chadds Ford Elementary School at Route 1 and Fairville Rd. Join Bonnie and Len for a ride to Northbrook. Moving average 14-15. Terrain is flat to rolling. No one dropped, cue sheets. For Route Map go to: http://www.bikely.com/maps/bike-path/Northbrook-Orchards-Ride Contact Len at 610-558-6232 or freewheelinguy@verizon.net

Sunday, May 6 9:00 am Miles:50+/- Class:B+ Art Museum	Meet at Rose Tree park for a ride to Manayunk and the Art Museum. Notice I'm listing this ride as B+ to encourage new people to show up and form a nice group. Expect a few hills. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Monday, May 7 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
Saturday, May 12 8:30 am Miles:You pick Class:All Bonkers Painting Ride	Ride the Bonkers Metric course with friends and help spray arrows on road. Your help is appreciated. Meet at Parking Lot # 15, Ridley Creek State Park. Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
Sunday, May 13 7:00 am Miles:75 Class:B Mothers I'd Like to Forget	One hill after another. An extremely difficult ride. RSVP. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, May 13 8:30 am Miles:34-50 Class:C+ Kountry Kitchen	Meet at Kingsway High School, Rtes. 322 & 551 in Swedesboro, for that familiar breakfast ride to Kountry Kitchen. 50-mi. option if weather permits. Contact Bob Martin at 610-352-2114
Saturday, May 19 7:30 am Miles:35+/- Class:C Manayunk or Museum Miles	From Perkiomen Creek Park (Rte. 422 W off at Oaks exit), we ride the flat paved Valley Forge Trail to Manayunk or all the way to the Art Museum. Food stop in Manayunk either way. Bring money and H2O. Rain cancels ride. Prefer email contact. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Sunday, May 20 8:00 am Miles:26-65 Class:All Bonkers Metric Century	The DVBC showcases its favorite roads and supports this ride royally with food, SAG support and hospitality. Parking Lot # 15, Ridley Creek State Park. For cost & other details, visit DVBC.org Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
Saturday, May 26 7:30 am Miles:40+/- Class:C Jersey Jaunt	From Kingsway HS (Rtes. 322 and 551), we ride around flat paved South NJ farmland roads with WAWA stops as we need them. Cue sheets provided, bring money and H2O, rain cancels ride, email or call to confirm, prefer EMAIL contact. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Saturday, May 26 9:00 am Miles:40+/- Class:C+ Northbrook Orchards Ride	Join Bonnie and Len for a ride to Northbrook. Moving average 14-15. Terrain is flat to rolling. No one dropped, cue sheets. Start at Chadds Ford Elementary School at Route 1 and Fairville Rd. For Route Map go to: http://www.bikely.com/maps/bike-path/Northbrook-Orchards-Ride Contact Len at 610-558-6232 or freewheelinguy@verizon.net
Saturday, May 26 9:45 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 the Co-op. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, May 27 7:00 am Miles:100+ Class:B Mountains of Misery	Join several, well at least two, DVBCers as they head south to Blacksburg, VA to do the Mountains of Misery. A one-day 128 miles with 13,000-foot-of-climb ride. For car pool information contact Bwade Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, May 27 9:00 am Miles:50+/- Class:C+ Centerton Ride	Join Bonnie and Len for a ride to Centerton. Moving average 15-17mph. Terrain is flat to rolling. No one dropped, cue sheets. Start at Kingsway High School, NJ, Rtes. 322 and 551. Contact Len at 610-558-6232 or freewheelinguy@verizon.net
Sunday, May 27 9:30 am Miles:62 Class:B Westtown and Beyond	Meet at the Moylan Rose Valley train station at Manchester and Woodward Roads for a ride over the beautiful classic routes of the DVBC. Go through western Delaware County, Chester County and maybe Delaware. Plenty of hills, farms and creeks. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

Has Your Metabolism Slowed Down? Kick It Back After A Long Winter & Another Year Of Life!

By Frank Jackson



If you take one deep breath, do you feel that you might have gained weight? Well, air isn't the issue but an age-related slowing of your metabolism and a low-mileage winter might be. Basically, as an aging adult your metabolism can slow down by nearly two percent annually and cutting back on your exercise routine because of a little temperature drop didn't help. Scary isn't it? Well don't

fret yet. There are many things you can do to get re-motivated or at least stay in somewhat of a holding pattern.

First, make sure you have a healthful breakfast. Don't overdo it but make it satisfying enough so you are not sneaking in a high-calorie, high-fat snack later in the morning. Adding fruit is a plus. Avoid sugar with your breakfast. Sugar will throw your metabolism out of sync. On the opposite end is caffeine. Caffeine will boost your metabolism. Though rather than a strong cup of coffee, try a nice cup of green tea. Not only is it good for you, it will stimulate your metabolism longer than coffee.

Also try spicing your meals up a bit. Spicy foods will stimulate your metabolism. And don't forget to drink water with that meal, it's a great all-day beverage. Not only will you stay well hydrated, you will also be continuously flushing out bad guys. And cold water is not

only refreshing but is a metabolic booster. Your body uses energy to heat the water you drank which keeps that metabolism running.

Activity is the biggest part of fitness. The minimum is three times a week for some type of cardio workout. Like, you know, biking. Getting out fewer than three times a week will place you back into a metabolic slowdown mode. Weight lifting is another alternative. No, not that high-powered grunt and lift. Some light weight work twice a week will keep those muscles in tone and your metabolism working. Upper body strength will transfer to greater lower body power for those climbs and pace lines.

Lastly is the emotional component. Stay as stress free as you can. Don't do anything crazy like quitting work, but take things a little less seriously. Stress is a notorious cause of mid-body weight gain. And, to say the least, that can cripple your climbing ability.

Lack of sleep also contributes to stress. Those who do not get a full night's sleep are also prone to weight gain. A restful night cuts down on body stress that translates to a good working metabolism, which translates to good weight control, which translates to better hill climbing. The quickest way to climb better is to lose half a dozen pounds. A complete night sleep is also paramount for muscle regeneration.

So just look outside. The sun is shining and the temperature is rising. Which means it's time to get that metabolism restarted and have great ride.

New Members



Richard Andreas
Cliff Edgcumbe
Betty Fisher
Michael Hayse
Mary Huis

Walter Kaminski
Nick Peruto
Gabby & Mike Rinaldi
Mark Rowles
Mark Yerger

Fax (610) 353-8230

Phone (610) 356-1515

Accurate

Auto Tops & Upholstery

Convertible Tops - Roadster Tops - Sunroofs
Car Ceilings - Truck Seats - Classic Restorations

Edgemont Court Ind. Park
W. Chester Pk. & Miller Rd.
Edgemont, PA 19028

Jim Moore
Owner



Tancredi's Auto and Truck Repair, Inc.

(610) 833-2270
500 Fairview Road
Woodlyn, PA 19094

JOE TRANCREDI
Towing Pager
(888) 975-2053

Has Your Metabolism Slowed Down? Kick It Back After A Long Winter & Another Year Of Life!

By Frank Jackson



If you take one deep breath, do you feel that you might have gained weight? Well, air isn't the issue but an age-related slowing of your metabolism and a low-mileage winter might be. Basically, as an aging adult your metabolism can slow down by nearly two percent annually and cutting back on your exercise routine because of a little temperature drop didn't help. Scary isn't it? Well don't

fret yet. There are many things you can do to get re-motivated or at least stay in somewhat of a holding pattern.

First, make sure you have a healthful breakfast. Don't overdo it but make it satisfying enough so you are not sneaking in a high-calorie, high-fat snack later in the morning. Adding fruit is a plus. Avoid sugar with your breakfast. Sugar will throw your metabolism out of sync. On the opposite end is caffeine. Caffeine will boost your metabolism. Though rather than a strong cup of coffee, try a nice cup of green tea. Not only is it good for you, it will stimulate your metabolism longer than coffee.

Also try spicing your meals up a bit. Spicy foods will stimulate your metabolism. And don't forget to drink water with that meal, it's a great all-day beverage. Not only will you stay well hydrated, you will also be continuously flushing out bad guys. And cold water is not

only refreshing but is a metabolic booster. Your body uses energy to heat the water you drank which keeps that metabolism running.

Activity is the biggest part of fitness. The minimum is three times a week for some type of cardio workout. Like, you know, biking. Getting out fewer than three times a week will place you back into a metabolic slowdown mode. Weight lifting is another alternative. No, not that high-powered grunt and lift. Some light weight work twice a week will keep those muscles in tone and your metabolism working. Upper body strength will transfer to greater lower body power for those climbs and pace lines.

Lastly is the emotional component. Stay as stress free as you can. Don't do anything crazy like quitting work, but take things a little less seriously. Stress is a notorious cause of mid-body weight gain. And, to say the least, that can cripple your climbing ability.

Lack of sleep also contributes to stress. Those who do not get a full night's sleep are also prone to weight gain. A restful night cuts down on body stress that translates to a good working metabolism, which translates to good weight control, which translates to better hill climbing. The quickest way to climb better is to loose half a dozen pounds. A complete night sleep is also paramount for muscle regeneration.

So just look outside. The sun is shining and the temperature is rising. Which means it's time to get that metabolism restarted and have great ride.

New Members



Richard Andreas
Cliff Edgcumbe
Betty Fisher
Michael Hayse
Mary Huis

Walter Kaminski
Nick Peruto
Gabby & Mike Rinaldi
Mark Rowles
Mark Yerger

Fax (610) 353-8230

Phone (610) 356-1515

Accurate

Auto Tops & Upholstery

Convertible Tops - Roadster Tops - Sunroofs
Car Ceilings - Truck Seats - Classic Restorations

Edgemont Court Ind. Park
W. Chester Pk. & Miller Rd.
Edgemont, PA 19028

Jim Moore
Owner



Tancredi's
Auto and Truck Repair, Inc.

(610) 833-2270
500 Fairview Road
Woodlyn, PA 19094

JOE TRANCREDI
Towing Pager
(888) 975-2053

(From *Mavic*, page 1)

out at 9:30. Still snowing like crazy. We will be car three, which means we'll be near the rear.

Hopefully we won't see too much action. My mechanic or "jumper" is a bike shop wrench named Latne who - like me - has never worked a race. We check radios, grab some water and food and roll a few blocks to the start line. He'll sit in the back seat with a pair of wheels, ready to jump out or more likely, hand them to the moto mechanic.

That's my jumper holding the spacing tools - a couple of rear dropouts - used to make sure that the wheels are ready to slam into the dropouts with no fuss.

First sign that this might just be a giant clusterf*ck is us changing a flat rear tire on the start line. Second is this:

Ooops, we missed the first turn. Get everybody turned around and going in the right direction.

OK, we're really rolling now. After an hour or so it stops snowing and the sun comes out. We change a bike for a Trek/Tecos rider on a narrow two-lane road with team cars whizzing past at like 30 mph, pretty hairy. He eventually wrecks the Mavic bike and ends up in the hospital, but that's another story. We're all the way at the back now, behind the broom wagon and the ambulance. A cop pulls up and asks us if we want him to hang out with us and escort us back up. Heck yes. He keeps the road closed behind us and I pass a huge bus on a tiny two-lane road and weave my way back to my position behind race comisar 3. The rest of the drive to Richmond is pretty uneventful.

Once we enter the 5.5 mile circuits, things heat up. We do a few wheel changes, but mostly hand wheels up to the moto. It's fun driving 60 mph down closed residential streets with cops behind you on the siren and knowing that you don't have to pull over.

After the race, we unloaded the cars, put everything away, and then I said goodbye to the Mavic guys and joined the set up/tear down crew. We broke down the finish line and headed for home.

(From *Bike Dirt*, page 8)

result of bungled testing procedures and not from a "boost" of performance-enhancing jelly beans.

Plastic Boy, one of the best all-around riders in the club, raised eyebrows by showing up at a recent Ridley ride advertised as "a ride for out-of-shape B-riders." Probably the only exertion he got out of the day was exercising restraint. On one particularly bumpy road, he was seen riding no-handed pointing out potholes with both index fingers. Still, with a little more effort and The Polish Prince's cargo bay, he could have ridden ahead and patched those potholes.

The **Zee Man** reports that he took Dreamer's advice and waxed his Dell PC to see if it would make it go faster and be easier to remove worms. At the same time, he submitted a wrap-up for his Tuesday Booth Corners ride: "Len kept cutting in front and wouldn't take off his mp3 player when I kept telling him how dangerous it was. Later Len sprinted away from the group. And the nerve of Len, he wouldn't even let me know when there was a car back or debris on the road." It seems Len was misbehaving in a one-man peloton.

The **Rich Admiral of the DVBC Navy** says he merits a new nickname: **Thread-killer**. He

observed that every time an intriguing and seemingly endless thread gets going on the club email list serve, he submits a comment and, at that moment, the thread dies a sudden and tragic death. His latest lyrical thread-killer:

"Oh you can't get to heaven.

With Bob LaDrew.

Cause Bob LaDrew ain't got no clue.

Oh you can't get to heaven with Bob

LaDrew

Cause Bob can't follow his own cue

I ain't a gonna grieve....My Lordy
no more"

No wonder that's a thread-killer - a lot of us would take exception to that. Hey, we can get lost following our own cue sheets as well as Bonkers Boy can.

Welcome new DVBC member **Rich Andreas** from Mullica Hill. Rich is a former pro who raced in the Philly US Pro Championship at age 40. He first started riding Bob Leon's DVBC shore rides about half a dozen years ago and still attends the occasional B ride out of Kingsway. A fountain of information about biking, Rich is happy to share his knowledge as the group rides along, although a little more panting at the front of the paeline would be appreciated.

Now back to my math. I'm working on a new triangulation scheme to explain to Babs how a new bike is in her best interest.



Media Bike To Work Day

May 18, 2007

Food, drinks, prizes, and information in the
Government Center Plaza 8 - 10 am!

Information available on the County's website at
www.co.delaware.pa.us & www.dctma.org

OR CALL

Lisa @ the Delaware County TMA **610-892-9440**

Justin @ the Delaware County Planning Dept **610-891-5219**

May 18th is Delaware County Bike to Work Day

Get ready for Bike to Work Day in Delaware County Friday, May 18, 2007. There will be a welcome celebration from 8-10 am in the courtyard of the Media Courthouse off of N. Orange St. The aim is to ride to work and stop at our event on the way. There will be free breakfast, information tables, cool giveaways and many great raffle prizes (usually enough for everyone to get something!).

Delaware Valley Bicycle Club will lead commuters from different parts of the surrounding area, while others can participate by registering on the Delaware County Planning Department's website <http://www.co.delaware.pa.us/planning> and pledging to ride to work (or for errands) any time during Bike To Work Week. Participants will also be entered in a raffle.

The goal is to encourage folks to ride their bikes to work. If people try it one time, they will see how easy and fun it is. The benefits are enormous: getting in shape and having a mental vacation instead of the usual commuting headache; saving on gas and wear and tear on the car; using less oil and causing less pollution; and being more in touch with the natural environment.

The League of American Bicyclists www.bikeleague.org, the national advocacy organization, encourages local groups to put on

their own Bike to Work Days as well as other bike related activities. They have declared May as National Bike Month for the last 51 years and also pick a week, this year May 14-18, as National Bike Week. Some other events in our local area have included club tours (DVBC's Bonkers Metric), bicycle flea markets, bike races, including the US Pro Race, films, lectures, commuting workshops and rush hour races between bike commuting versus driving and public transit. Biking always wins!

We have held Bike to Work Day in Delaware County since 2000 when four riders showed up. It was started by the Delaware County Planning Department (DCPD) and was originally intended to be for county employees. The next year it was opened up to all bike commuters and 25 attended. The Delaware County Transportation Management Association, www.dctma.org, got involved with organization and promotion and helped the Boeing Bike Club (Boeing employees) to have a separate event at the Boeing plant in Ridley Township. In 2004, they had 20 riders. (They would be happy to hear from other large employers who would like to promote bicycle commuting to host an event.) In 2005, we had our first participants via the web and also that year DVBC

members Larry Green, Peter Schmidt and Dom Zuppo hosted an event at Swarthmore Train Station where they had 12 attendees. Although we have had rain in many years, we always get around 15 to 20 riders in Media.

I know there are many area bike commuters who have no knowledge of our efforts and who could participate via the web and help to get more attention on the issue of bikes as a viable transportation option. We welcome anyone who would like to volunteer to lead rides to our DelCo celebration on 5/18 or who would help find sponsors to donate raffle prizes or make contributions to pay for printing and supplies. Volunteers are also needed to distribute posters and talk to area businesses about encouraging their employees to participate.

Please tell all the cyclists you know about this event and encourage them to ride to work that day or week. Ask them to register on the website too. Bike commuting is an idea whose time has really come -- the high price of fuel and its impending scarcity, the congestion on the roads, and global warming are all pointing to the simple solution of riding a bike. For any questions or to volunteer, please contact Ira at 610 565 4058 or ira@dvbc.org.

BONKERZ

CARTOONS
OF THE
DVBC



Regional Events

Sat. May 5, Farmlands Tour,
Brookdale Community College,
Lincroft, NJ. 18-100 mi flat/rolling.
Central Jersey Bicycle Club

Sun. May 6, Five Boro Bike Tour,
NY. Tour NYC w/30,000 cyclists, the
largest recreational cycling event in
U.S. 30th anniversary ride.

**Sat. May 12, SCU Quad County
Metric,** Green Lane Park, Green
Lane, PA. Ride 21, 31, 45, 53, 68, or
76 miles, back roads. The 53- and
76-mile routes include the 8-mile
"Intensive Climbing Unit" extra-hilly
segment with 1,200 ft additional
climbing. \$20 (SCU members), \$25
(non-mem); Marked rte, cue, rest
stops, SAG support, post-ride meal.
Home-baked snacks. Suburban
Cyclists Unlimited, P.O. Box 401,
Horsham, PA 19044; 215-234-0170,
E-mail: centuries@suburbancyclists.

org Website: <http://www.suburbancyclists.org/>

**Sat. May 19, Furnace Town Spring
Metric Century,** Snow Hill, MD. 31 or
62 mi flat. Reg incl admission to
Furnace Town Living Heritage Museum.

Sat. May 19, Rotary 100 Bike Tour,
Burlington, NJ. 25-100 mi. \$30 pre-
reg or \$35 day of, incl lunch.
Burlington Rotary, Richard Lewis,
609-387-0030.

**May 19-20 or May 19 only, Coast
the Coast MS25/50/85/170,**
Monmouth University, West Long
Branch, NJ. Nat'l MS Soc.

May 19-20, Ride for the Feast,
Rehoboth Beach, DE to Baltimore,
140 mi. \$50 reg + \$1200 min pledge.
Moveable Feast.

Sun. May 20, Bonkers Metric,
Ridley Creek State Park, Media, PA
See newsletter p. 13 for details.

Sun. May 20, Montauk Century,
start from Manhattan or Babylon, NY.
66, 100, or 145-mi rtes on Long
Island's South Shore. Five Borough
Bicycle Club, 212-932-2300 X-115.

Sun. May 20, Ride or Stride, Rodale
Fitness Park (across from the
velodrome), Trexlertown, PA.
Pledges optional for this charity
event, but prizes for top fund raisers.
Dream Come True seeks to fulfill
dreams of children seriously,
chronically, and terminally ill. Dream
Come True, Box 21167, Lehigh
Valley, PA 18002; 610-865-3475.

**May 20-25, The Coal Cracker
Ramble Camping Tour,** Hamburg,

(See *Regional Events*, page 13)



610 566 0980
610 566 9340
sales@craftech.com
www.craftech.com

Choose Craftech Computer Solutions
for all your computing needs

- Internet Connectivity
- Computer Hardware & Software
- Networking
- Computer Repairs
- Web Design
- Web Hosting

Media's First Internet Service Provider
a **DVBC** Member



BONKERS METRIC

Sunday, May 20, 2007

18, 35, 50, and 65-mile routes
Ride will be held rain or shine.



Time: 8-9 a.m. for 65 & 50 mis.; 9-10 a.m. for 35 & 18 mis.

Place: Ridley Creek State Park, Media, PA; Picnic area 15.

Cost: \$18 pre-registration (postmarked by May 12, 2007); \$25 pre-registration includes special club membership with PDF of club newsletter; \$25 day of the ride; \$32 day of, includes special club membership with PDF of club newsletter.

Services Provided by DVBC: Food & water stops, cue sheets, sag wagon, rest rooms, marked routes.

Safety: *Helmets are mandatory!* Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump and tire irons. Each rider assumes her/his own responsibility.

Information: www.dvbc.org or email: info@dvbc.org

A ride that keeps people coming back year after year: good routes, good food, good friends.

BONKERS METRIC, May 20, 2007, Pre-Registration Form

Name: _____ Address: _____

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

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): ☐ 18 miles ☐ 35 miles ☐ 50 miles ☐ 65 miles

Waiver/Release:

In consideration of the acceptance of my application for entry into the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

Signature _____

Signature of parent or guardian (If you are under 18 years of age.) _____

Please send this signed form by **May 12** with a check or money order made out to **DVBC** to: Bonkers Metric, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081.

(From *Regional Events*, page 11)

PA. Fully-supported commercial tour. Scamp 'n' Rascal Cycling Adventures

May 25-28, Kent County Spring Fling, Chestertown, MD. Baltimore Bike Club. 4 days of cycling on Eastern Shore w/meals & lodging at Washington College. Read a ride report (2001). The Chestertown Tea Party Festival on May 25-28 is within walking distance of Washington College and features an historical reenactment, musicians, arts and crafts dealers, food vendors, and a 10k run. Kent County information is available from the Tourism Office, 400 High St., Chestertown, MD 21620; phone 410-778-0416. They have information on bicycle routes and walking and driving tours.

May 29 to June 1, Skyline Drive, Virginia. Also offered on June 26 to 29. This is a fully-supported commercial tour. Pedal PA

Sun, June 3, Bike4Sight, Media, PA. Ride 2-62 mi. Fund raising event benefiting Center for Blind & Visually Impaired, eastern PA's premier rehabilitation & training ctr for people with vision loss.

Thurs, June 7, Commerce Bank Reading Classic, Reading, PA. Pro road race - spectator & volunteer event. Volunteer positions available: course marshals, security, expo decorators, hospitality, marketing & communicat. 610-676-0390 X-106.

Sun, June 10, Commerce Bank Philadelphia International Championship, Logan Circle to Manayunk, Philadelphia, PA. Pro road race - spectator & volunteer event, vendor expo. Roads closed along race rte, so bike to Philly via the Schuylkill Trail or take SEPTA. Volunteers needed: 610-676-0390 X-106.



Above and Below, DVBC riders eating at Kountry Kitchen while on the Bob Leon Memorial Ride last November.



Sunday morning mountain bike rides
Call for information

Expert Sales and Services

Guaranteed lowest prices



Mountain Bikes

Hybrid Bikes

Kids Bikes



Road Bikes

Tandem Bikes

Joggers & Trailers



Cycle Fit of Delaware County

320 South Chester Road
Wallingford, PA 19086
610-876-9450



Special discounts for club members

Largest selection of bikes in Delaware County

Specializing in closeout models



Delaware Valley Bicycle Club
P.O. Box 156
Swarthmore, PA 19081



Expiration Date: 11/30/2007

BOB & JUDY LADREN
139 GABEL ROAD
COATESVILLE PA 19320

19320*1284 RC10



Application for DVBC Membership

(Expires 1 year from date joined/renewed)

Annual Membership: \$15.00 per household.

Check one: ☐ new member or ☐ renewal

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

Membership includes: DVBC Newsletter (10 issues per year), discounts at most Club sponsors, Club subsidized events. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues

The **DVBC Safety Fund** is used to promote issues regarding cycling safety in the Delaware Valley. I wish to contribute:

☐ \$1 ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$20 ☐ \$25 ☐ other: _____

Amount enclosed: \$15 (membership) + _____ (safety) = _____

I'll volunteer for:
(check all interests)

- ☐ Ride Leader
- ☐ Tour Volunteer
- ☐ Board Member

Please send your check or money order to the:

Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081

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) _____