



# Delaware Valley Bicycle Club



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

August 2007



## Scenes from TOPA 2007



## Bonkers Club Picnic

Saturday, August 4

Free to club members and their families

*Please make reservations by Thursday eve., Aug. 2*

Bob LaDrew 610-383-9327 or bonkersboy@verizon.net

See ride calendar on p.5 for rides to the picnic.

## Brandywine Tour

Sunday, Sept. 2

See p. 10

Dave Hartrum was fit to be tied on last month's TOPA after riding 55 hot **Tuesday** miles through the Pinelands for an eatery that Doug Bower had promised would provide a wonderful meal.

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).



GO BONKERS!

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

### Board of Directors & Staff

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### Club Affiliations



LAB



Bicycle Coalition of  
Greater Philadelphia

Please note that the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.

	Obey all applicable traffic regulations, signs, signals and markings.
	Keep right. Drive with traffic, not against it. Ride single file.
	Watch out for car doors opening, or for cars pulling into traffic.
	Protect yourself at night with the required reflectors and lights.
	Use hand signals to indicate stopping or turning.

## 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!

## Bananas, the Bicycle Fruit!

By Frank Jackson



If there was ever a riding snack created for the bicyclist it is the banana. From a scientific point of view they carry three natural sugars: sucrose, fructose, and glucose along with potassium and

fiber. As a biking snack, a banana will give you an instant and sustained energy boost. And what is more natural than a banana? They are exactly what a person needs for a long bike ride. Did you ever meet a real rider who hasn't snacked on one during a ride at some time or another? Just bring one on a ride and you're sure to get comments. Right, "Dreamer"? (inside joke). Bananas even come in a bio-degradable package though I expect all my readers to properly dispose of the outer skin.

In reality bananas are a lot more than an energy bar substitute. They are not messy like other more liquidy type fruit. They come in a nice easy-to-open package/skin shell. And while obviously not a cure, eating bananas is said to help with depression (ever see a sad face on a DVBC ride?); blood pressure (not during a tube puncture); PMS (I'll leave that one alone); brain power (just look at the DVBC brain trust); heartburn (except during a pizza binge); constipation (I'll leave that one alone, too); hangovers (ask FX); and nervousness (a plus when too much energy drink has been drunk) to name a few. They also say the banana mash can sooth mosquito bites and the soft smooth texture of the fruit can even help with intestinal disorders. Could I have made all this up? I could have but I didn't. It's all true!

Add to this the vital workout mineral potassium, plentiful in bananas, and you are now eating a great energy bar substitute. All self-respecting gyms have banana smoothies on the menu for after workouts.

All this makes bananas arguably the best biking snack food on the market for that next bike ride.

## DVBC Time Trial Results

### July 22, 2007

On Sunday morning, July 22, the DVBC held its first time trial in three years. The course is 5.1 flat miles in length with only three right hand turns. Eight members participated and there were eight winners. Charlie Fitzgerald's course record of 12:19 was not threatened. Conditions were breezy.

The next time trial will be on Sunday, August 26<sup>th</sup>. Consult the ride calendar for details.

The results:

Lewis Neidle: 14:11	Steve Bertolini: 15:13
Mel Stiles: 14:42	Doug Bower: 15:40*
Tom Smyth: 12:44	Debbie Chaga: 15:01
Jim Beasley: 14:31	
Jim Irwin: 15:29	*Bum hip

## New Members!



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Robbie Ericson Bob Pelle

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# DVBC Ride Calendar

## August 2007



*****Recurring Weekday Rides*****	
<b>Tuesdays 6:00 pm</b> Miles:15+/- Class:C-/C <b>Vocabulary Ride</b>	Meet at Parking Lot at 320 Produce Market (719 S Chester Rd. Swarthmore) easy-paced ride through Swarthmore, Wallingford and Ridley Twp. Beginners welcome. No one dropped Note: the new starting location! Contact Betsy Ffrench at 610-544-8253 Email: EFfrench@wilmingtonTrust.com
<b>Tuesdays 6:10 pm</b> Miles:25-30 Class:B/B+ <b>CycleSport Ride</b>	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
<b>Wednesdays 9:30 am</b> Miles:35-50 Class:B- <b>Doc's Ride</b>	Various routes from Swarthmore. Leaves from 320 Market parking lot. Probably a lunch stop. Foul weather cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
<b>Wednesdays 6:00 pm</b> Miles:25+ Class:C+ <b>"C" You at Rose Tree</b>	Talk is, C rides are more fun. Come out, and find out. Meet at Rose Tree Park, Rte. 252, Media PA. No less than three hearty laughs guaranteed, or your money back, as we travel various routes in the area. Expect hills but no one will be dropped. Contact Debbie Chaga at 610-494-3033 Email: dreamer@craftech.com
<b>Wednesdays 6:00 pm</b> Miles:25+ Class:A <b>Workout</b>	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
<b>Wednesdays 6:00 pm</b> Miles:30 Class:B <b>The Rose Tree Ridley</b>	Start at Rose Tree Park on Rte. 252. As the days get shorter, the ride doesn't, so bring your lights... front and back... with a hill or two... Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
<b>Thursdays 6:10 pm</b> Miles:30+/- Class:B+ <b>CycleSport Ride</b>	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
<b>Saturday, Aug 4 8:45 am</b> Miles:70-ish Class:B-ish <b>Main Line DVBC Picnic Ride</b>	If you are interested in riding from Wayne/Malvern area to the DVBC picnic, get in touch with me ASAP and RSVP to Bob LaDrew. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Saturday, Aug 4 9:15 am</b> Miles:44 Class:C <b>Debbie Does the Picnic #2</b>	For DVBC club members only (join for a measly \$15). Ride to the LaDrew's in Coatesville for Club Picnic. Be sure to RSVP Bob. We'll leave from Chadds Ford Elementary School on Route 1, a great route with some hills. Back to Chadds Ford no later than 4:00 p.m. Cue sheets provided. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com
<b>Saturday, Aug 4 9:00 am</b> Miles: 62 Class B- <b>Ridley Picnic Ride</b>	Meet at the rangers' headquarters, main parking lot of Ridley Creek State Park and ride to the Bonkers Picnic with Gina Bezdziecki. Must be a club member (\$15 will take care of that detail). Gina Bezdziecki, 610-525-0129.
<b>Saturday, Aug. 4 9:00 am</b> Miles: 80+- Class A <b>Picnic with the Big Dawgs</b>	Meet at Rose Tree Park, Rte. 252, and ride to the club picnic (sorry--members only but \$15 will get you in) with the Big Dawg "A" riders. Tony Rocha, tony@craftech.com or 484-802-8374.
<b>Sunday, Aug 5 7:00 am</b> Miles:65 Class:B+ <b>Road Scholar</b>	Learn from the best... then teach me. I never get lost, I'm only misplaced. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com



## Bike Dirt

By F.X. Pedrix



Aside from the fact that **Smilin' Bob** is living large after an infusion of Enzyte, my lovely wife **Babs** and I learned quite a bit from watching this year's Tour de France. For example, we learned about time limits when little Robbie McEwen finished outside the daily allowable maximum and got sent home by the race director. That rule came back to bite me in the rear when Babs put a rather unrealistic time limit on my getting the house painted this month. But instead of causing me to be sent home, this time limit of Babs means I have to stay home from riding if her deadline is not met.

Perhaps if I hadn't spent all that time watching Le Tour the house would have been finished. But then I would have missed spotting **Dragon Flyer** in her DVBC jersey standing alongside the race route as the riders passed by on Stage V. Not only were Dragon Flyer and her husband at the Tour, but also DVBC members **Doc**, his wife **Ann** and the **Virginian**. Our members got to ride parts of the course and it is reported that they brought the big mountains to their knees.

It is rare that a Tour team finishes with its full contingent of nine intact and the DVBC's Tour of PA (TOPA) last month was no exception. **Gas Passer** and the **D'ster**, both known for their burst of speed, rode the first few days to see what sprint stages they could cop, then were gone. Two more days passed and **Jittery Jo**, **The Dominator**, and the **Chinese Firecracker** had fallen by the wayside. If there had been a team time trial, the remaining riders--**GiGi**, **Dreamer**, **Motorola** and **Buckeye Boy**--would have had insufficient numbers to qualify. But that did not stop them from having a great time. Highlights included a century through the Pine Barrens, a deli with hot sauces named Colon Cleaner, NJ Roadkill, and Hula Girl, and Motorola running his bike off the road while

watching a helicopter. Quite a controversy has been aroused within the club because this year's "Tour of PA" was spent mostly outside the Keystone State.

There weren't many TOPA flats but Motorola was repairing one on Jersey's Route 9 when a pickup with PA tags pulled over. It was driven by Garth Donaldson, a DVBC member from Springfield, who hadn't met these riders but recognized the jerseys. He walked up with a floor pump and saved the day. Our riders wish to extend this message: Thank you, Garth!



**Dreamer's** "Firecracker 50" ride on Independence Day ride, attended by a dozen, had insufficient numbers for a parade so the riders joined a parade they encountered along Country Club Road. Although over the age limit, our riders allowed themselves to be absorbed by the parade's "Children's Decorated Bikes" division. It would not be accurate to say that they were welcomed since one little tyke gestured toward a DVBC rider and complained, "Even that old lady is passing me!"

After a long layoff it was great to have **Mike Toof** join us on that Independence Day ride. Even though it totaled 30 miles higher than his previous long of the year, Mike looked strong.

**Motorola** is lending new meaning to the concept of getting dropped. Leaders often submit ride reports to the email list serve after

their rides. When they list those in attendance it seems they almost always neglect to mention Motorola. The fact that he is reluctant to formally pose for the ride's group photo could be a factor. At an Amish ride last month Motorola refused to stop eating long enough to pose for the group portrait, then got omitted from the ride's final listing.



**Bonkers Boy**, the **Perfessor** and **Polski** had their own unsupported week-long tour in July, from Coatesville to Rochester. To avoid becoming separated the trio carried cell phones. However, they foolishly failed to exchange phone numbers at the start of the trip. Early on the second day the Perfessor rode off the front then circled back to meet his comrades. But the pair had somehow slipped past without him seeing them. Now neither party knew whether the other was in front or behind. The Perfessor stopped and waited while the other two traveled further and further north. With neither phone numbers nor a planned destination for the day the riders appeared to have no chance of being reunited.

That is when **Buckeye Boy** became involved. Although he was back in Montgomery County working his day job, Mr. Buckeye was enlisted to act as a dispatcher for the trio, who were moving in and out of cell tower coverage as they criss-crossed northern Pennsylvania. Not before the end of two days of hard riding was the group reunited in Wellsboro. For the Perfessor those two days entailed mountainous rides of 100 and 104 miles, including a fully-loaded ascent of the massive

(See *Bike Dirt*, page 8)

(From *Bike Dirt*, page 7)

Rte. 487 climb past Ricketts Glen State Park. When finally reunited in Wellsboro they made sure to exchange phone numbers. I'm sure those of you who have attended Bonkers Boy's rides can't imagine anyone getting lost on one of them.

These words from

**Schwinbaum**, after her June 23 "Jersey Jaunt": "Once again, the beauty of a C ride: a veteran rider (**Horse Whisperer**) who goes out for miles and the company and has such a good heart to encourage and support not only new riders but also other ride leaders; a new club member who was experiencing her first NJ ride ever, and had great stories to tell about her recent C ride with (**Dreamer**); the patience of the riders to wait while (**Horse Whisperer**) helped out a solo rider who had a bike chain issue; and all three of us of having no time constraints because we'd planned our day around the ride. That made it possible to wait out the weather and do the miles and have a safe, fun, and mishap-free experience. Yesterday's ride made me glad to be a ride leader and glad to be a member of DVBC!"

**One of our members** once

finished second in a Colorado race up the highest paved road in the US—to a height of 13,000 feet. At the conclusion of the race, in an interview, a reporter commented that the rider didn't even seem to be breathing. Our guy quipped, "What's the use? There's not even any oxygen in this air." He guessed the reporter wasn't looking for humorous quotations, however, because he didn't print the comment. In fact the rider had to wait two decades before seeing it here in print. Apparently he still has his climbing legs because he showed up for Bonkers Boy's hilly June 23 ride with a gear combination of 44 x 23. Ouch!

**Juror # 6** is a pretty strong biker and an outstanding eater but an even better chess player. He will be competing in chess's US Open for a week starting on July 28. Frank, we won't tip them off about your secret weapon, Bishop-to-Rook-7.

Last month **Camera Shy**, with her eagle eye for spotting stuff on the side of the road, found a portfolio from Auburn Heights, the Stanley steam engine car museum in Delaware. Inside she discovered a wallet with driver's license, credit cards, AARP card, and a fistful of money belonging to a Massachusetts woman. Camera

Shy, known throughout the club for her unfailing honesty, called on her semi-computer literate friend **Dragon Flyer** to help in some sleuthing work. Unable to find the woman's phone number, the duo took a bike ride to the museum in Yorklyn DE. There they met the museum's curator, who well knew the wallet's owner. After a call was placed to the Bay State woman, Camera Shy received a \$50 cash reward, which she put towards her costly upcoming root canal. Quilter got an ice cream cone at the Woodside Creamery.

**Jon D.** has been doing Dreamer's Wednesday night rides with a fat-tire bike and holding his own. Now he is sporting a new carbon-fiber Fuji so we may have to move him up to the "A" group.

Best wishes for a full recovery go out to the **Zee Man**, who came out on the short end of a collision with a tractor trailer in Pocopson. Zee sustained a separated shoulder and needed 14 stitches over his eye but expected to be back on his bike before you read this. As if all that weren't enough, his significant other is recovering from surgery and will be off the bike for at least a month. Get well soon, **Bonnie!**

## Regional Events

**Saturday, August 4, Princeton Event**, Mercer County Community College, West Windsor, NJ. Princeton Free Wheelers, 609-882-4PFW (4739).

**Saturday, August 11, Bridgeton Zoo Ride**, Schalick High School, Centerton, NJ. Ride 25-100 mi that pass by Bridgeton City Zoo. South Jersey Wheelmen

**Saturday, August 11, Dog Daze Century**. Brandywine Bicycle Club

**August 17-19, Allenberry Resort Bicycling Weekend**, Boiling Springs, PA Scenic rides 11 to 75 mi/day. \$269 PPTC

**Saturday, August 18, Cumberland**

**Valley Century**, Clear Spring, MD. 25-101 mi. Cumberland Valley Cycling Club (CVCC)

**Sunday, August 19, Covered Bridge Metric Century**, Lancaster, PA. Ride 15-62 mi thru PA's rural rolling scenery incl 7 covered bridges. Lancaster Bicycle Club

**Saturday, August 25, Shorefire Century**, Middletown, DE. Ride 35-100 mi flat. White Clay Bicycle Club, Mary Matsumoto, 302-731-1430.

**Sunday, August 26, SCU Lake Nockamixon Century**, Central Bucks South H S, Warrington, PA. 25-107 rolling mi. Reg: \$25 non-mem. Reg online by 8/5 receive free T-shirt. Marked rte, cue, rest stops,

SAG, & post-ride meal. Home-baked snacks. Suburban Cyclists Unlimited, P.O. Box 401, Horsham, PA 19044; 215-234-0170.

**Sunday, Sept. 2, Brandywine Tour**, Pocopson Elementary School, near Chadds Ford, PA. Ride 26, 50, 65, 80, or 100 miles thru the beautiful Brandywine River Valley. \$18 by 8/27 or \$25 after. Add \$7 for special DVBC membership - full membership privileges but substitutes a PDF version of the club newsletter. Delaware Valley Bicycle Club

**Monday, Sept. 3, Hanover Cyclers Labor Day Century**. 25-100 mi [www.hanovercyclers.org](http://www.hanovercyclers.org)

**Monday, Sept. 3, Donut Derby,** Trexlertown, PA. 35-mi fun race w/ 2 stops where racers get water & eat donuts. For every donut eaten, minutes deducted from your official finish time. Lehigh Wheelmen Association

**Monday, Sept. 3, Labor Day Century,** McSherrystown, PA, near Hanover. Hanover Cyclers

**Saturday, Sept. 8, Amish Country Tour,** Dover, DE. Ride 15-100 mi flat. Begins at Legislative Mall in Dover. Mass start 8:15 w/ police traffic control thru Dover; riders have right-of-way w/ no stopping 1st 3 miles. 800-233-5368

**Saturday, Sept. 8, Civil War Century,** Thurmont, MD. Baltimore Bicycle Club

**Saturday, Sept. 8, Scenic Schuylkill Century,** Philadelphia, PA. Bicycle Club of Philadelphia

**Saturday, Sept. 8, South Jersey Tour des Farms,** Vincentown, NJ.

13, 26, or 50-mile routes with stops at a cranberry farm, vegetable farms, orchards, nurseries, an organic farm, and a community supported agriculture farm. Stop and shop for local produce as you ride and your purchases will be delivered to the start/finish location. \$40 pre-registration or \$45 day of.

**Saturday, Sept. 8, Univest Grand Prix and Cyclosporitif,** Souderton, PA. Date from USA Cycling

**Sunday, Sept. 9, BikePhilly,** Philadelphia, PA. Family-friendly bike tour in car-free Philadelphia streets. Ride through historic neighborhoods, take over the Parkway, passing through Old City and exploring hidden corners of Fairmount Park. Ride loops of 10 and 20 miles on streets closed to cars with additional 30-mile hilly loop on open, bicycle-friendly streets. Benefits the Bicycle Coalition of Greater Philadelphia and the Police Athletic League.



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



Expiration Date: 11/30/2007

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<p><b>Application for DVBC Membership</b>          (Expires 1 year from date joined/renewed)  <b>Annual Membership: \$15.00 per household.</b>          Check one: <input type="checkbox"/> new member or <input type="checkbox"/> renewal</p>	<p>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</p> <p>The <b>DVBC Safety Fund</b> is used to promote issues regarding cycling safety in the Delaware Valley. I wish to contribute:</p> <p><input type="checkbox"/> \$1 <input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$15 <input type="checkbox"/> \$20 <input type="checkbox"/> \$25 <input type="checkbox"/> other: _____</p> <p><b>Amount enclosed:</b> \$15 (membership) + _____ (safety) = _____</p> <p><b>I'll volunteer for:</b> <input type="checkbox"/> Ride Leader          (check all interests) <input type="checkbox"/> Tour Volunteer  <input type="checkbox"/> Board Member</p>
<p>Please print clearly and use your 9-digit zip code, if known.</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____ State: _____ Zip: _____</p> <p>Phone: _____ Date of Birth: _____</p> <p>E-mail: _____</p>	
<p align="center"><i>Please send your check or money order to the:</i>  <b>Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081</b></p>	

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) \_\_\_\_\_