

Delaware Valley Bicycle Club



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

Winter 2007-2008

Will Tomorrow Ever Come?

By Dominick Zuppo

Face it, it's December. One look out your window confirms that hoary fact. Inside you find warmth and comfort. Outside, faded leaves end their dance in death spirals and collect against your front door.

If you're lucky, or plan well, you'll find a little solace in your daily routine. Even so, slivers of inactivity at work or school juxtapose equally frenzied periods of preparation for the holiday season. There's so much to do, yet so little time.

But I want you to find some time, to be selfish just this once, to stop and think about tomorrow. Not to plan your shopping list, or what you'll wear to your neighbor's party. No, this moment is yours and yours alone. Savor it while you can.

Find a quiet corner of your home, go sit in your car or head to the break-room and ask yourself this question: Will tomorrow ever come? What do I mean? If you've read some of my previous articles this year, that inkling in the back of your mind will soon arise from the shadows.

For months, perhaps years, you've struggled with this question. It comes and goes like the seasons. But the passage of time increases in speed along with our aged perception of it. It is relentless, unyielding to our desire to forestall its progress.

It is the dream, the fantasy, the

desire that cannot be justified. It is the horizon just beyond the reach of our grasp, the unfettered journey that summons from within, powered by the motivation to escape, if only briefly, the boredom that often creeps into our lives.

Will tomorrow ever come? I believe it will, but first you have to make some decisions. Depending on your temperament, you may have to set pragmatism and logic aside. Self-imposed obstacles that line your path have to be cleared. Or you may need to limit

external opinions and the consideration of alternatives.

Answer this question successfully and the weight of your dilemma will disappear. In its place you'll find peace, harmony, excitement, and adventure. A blank canvas awaits, your voyage the brush and palette needed to complete a work of beauty.

Yes, tomorrow will come. It is here, now, ready for you. The pall has lifted, the day beckons, and the road stretches ahead, waiting only for you to decide the precise moment when you will take flight. Carpe Diem!

Now go out and ride your bike.

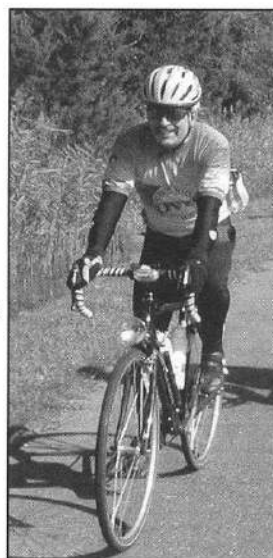
Yes, tomorrow has come for me as well. I have had the honor and privilege to serve as a member of the Board of Directors since 2002 and club President since 2004. I cannot

count the number of wonderful people I've met during club tours and rides, the National Bike Summit in Washington, D.C., or local advocacy projects. I've made what I know are many deep and lasting friendships.

But the time has come to pass the baton. The club is in excellent financial condition, so much so that we were able to practically treble our calendar year 2008 donations to non-profit bicycling and advocacy organizations. The members nominated to serve on next year's Board are intelligent, experienced, and capable leaders. I am confident

that, with our support, they will continue to promote the health, efficiency, and fun of riding a bicycle in the Delaware Valley. I would like to thank all of the members of the DVBC who have shared with me the knowledge, humility, and joy that comes from riding a bike. From distributing tour flyers on car windshields, volunteering at club

tours, or massing the troops to attend a community meeting, you've shown me time and again the love and passion you share for our sport. You have been my inspiration and motivation. Thank you, everyone! See you on the road!



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 12th of each month.

Board of Directors & Staff

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 610.494.3033 or dreamer@craftech.com

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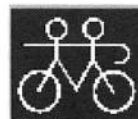
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Club Affiliations



LAB



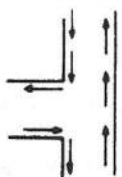
*Bicycle Coalition of
 Greater Philadelphia*

*Please note that the views
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 ucts or services advertised.*

Ride Guidelines



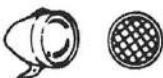
Obey all applicable
 traffic regulations,
 signs, signals
 and markings.



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!

Staying Well During the Off Season

by Frank Jackson

If you're like many DVBC'ers, once the holidays go so will your mileage. You'll probably only be getting out at best a couple of times in January and February. I for one will be spinning, lifting, and utilizing cardio equipment at the local gym. While working out at the local gym is a great alternative to biking in questionable weather, there is a dirty little secret, germs. Well it isn't much of a secret, but being in close quarters with others can leave you vulnerable to all the season's illnesses along with other lurking year-round germs.

With so many cold and flu viruses circulating this time of year, there's always a possibility you could have an unwelcome encounter while at the gym. How you deal with that encounter is real important to your health. Now don't let this deter you. Just like everything else in life, a little prevention can go a long way in keeping you healthy. Besides, all these germs are waiting for you at the mall and grocery store too. It's an issue whenever people are in close quarters. Someone sneezes or coughs, and you breathe in a virus. Or an infected person touches surfaces such as the gym's equipment, and then you touch the equipment. All it takes from here is for you to later touch your mouth or eyes without first disinfecting your hands. These germs can easily spread from workout warrior to workout warrior in no time. Now the solution isn't to skip working out. It

doesn't scare me, and it shouldn't scare you. You can get the same contact infection opening a door. What is really needed is extra care with your gym hygiene.

First, make sure you wash your hands before even considering touching your face. Some gyms provide alcohol-gel dispensers that you can use to kill germs after touching equipment. If not, you can still bring a small bottle of your own. It is a good idea to carry one of these with you wherever you go. Taking precautions when in public makes real good sense.

Anyway back to the gym. Always wipe down the equipment before and after you use it. Do all you can to stop germs from spreading! It is your gym. You may even convince others to follow suit by observing your example. Most gyms make available antiseptic spray bottles and paper towels just for that purpose. If your gym doesn't have them, speak up.

In addition to flu and cold viruses, there are other concerns you need to be aware of. While much less common, there still lurks the threat of bacterium. Such staph type infections can be very serious and hard to combat as many new strains are showing a resistance to antibiotics. An aggressive skin infection can cause boils, redness, swelling, and discomfort. Doctors are starting to worry about newer strains since they tend to be more toxic, causing larger infections such as an abscess instead of a boil.

The infection occurs by touching equipment with a skin opening (scratch, cut, lesion). This can also occur by touching the equipment and then touching the skin opening with your infected hands. Remember that little bottle of alcohol gel? Exercise mats are also a source for spreading this type of germ, so wipe them down too. Or better yet bring your own. My wife does. It's actually quite nice, rolling up with two elastic holding straps and a nylon shoulder strap.

Once your workout is over, don't think you can start dropping your precautions. Locker rooms and their showers in particular teem with fungi. Just waiting in there is athlete's foot fungus, infections to an open wound, and viruses which can cause plantar warts. Flip-flops are a real plus. Carry them in your gym bag and use them when needed. Also, let them dry out when you get home.

Lastly, if you use the sauna be sure to sit on a towel. Otherwise you could suffer a rash in an embarrassing area. So take disinfecting precautions when at the gym, or anywhere else for that matter, and enjoy your workout session.

Remember, now is the time to start correcting all those indulgence sins from the holidays. Not on that first serious hill in March. You'll surely get dropped if you do. Next spring will be here before you know it. Making this winter's ice, cold, snow, and lack of good biking just a distant chilly memory.

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Call for year end wrap-ups

Yes, the 2007 calendar year is coming to a close. It's time to reflect back on your year's biking experiences. When you think back on your cycling for the year 2007, what do you choose to remember? It's different for each one of us, and it makes interesting reading for all of us. Whether you've ridden a few miles or many miles, we'd love to hear from you.

Please submit your wrap-up to Bob LaDrew so that he can organize them for the March newsletter, the first one of the new year. Send them to Bob at bonkersboy@verizon.net

DVBC Annual Holiday Banquet

December 3rd

See the ride calendar for location and contact information.

New Members



John Bellenzeni
Kathleen Glackin
Anne Murphy

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



DVBC Ride Calendar

Winter 2007-2008



DÉCEMBER

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

Tuesdays 6:00 pm Miles:? Class:ALL Group Trainer Ride	Every Tuesday & Thursday night thru the winter, unless circumstances prohibit, group trainer ride 6:10 at Cycle Sport. We follow training videos for a 40min to 1hr workout, not including warm up and cool down. People wishing to "ride" with us need only bring their bike and trainer. The workout is as hard or easy as you wish, so riders of all abilities are welcome. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Wednesdays 10:00 am Miles:35-50 Class:B- Doc's Ride	Various routes from Swarthmore. Leaves from 320 Market parking lot. Probably a lunch stop. Temperatures below 45 degrees F will cancel ride. No ride on December 12. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Saturday, Dec 1 9:00 am Miles:18+/- Class:C(MTB) Take to the Woods	Meet on north side (Philly) of Route 420, Prospect Park, at John Heinz Wildlife Reserve side lot. Ride the Reserve's pathways observing nature. Hybrid bike is excellent if you don't own a mountain bike. Wet weather, recent heavy rains, or snow will cancel. Contact Frank Jackson at 215-620-0632 or cyclingfrankrides@hotmail.com
Sunday, Dec 2 9:45 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, Dec 2 10:00 am Miles:40 Class:B- The Winter Rule	Bike the temperature. 30 degrees, we do 30 miles. 40 out, we do 40. Fair in height thus easy to no climb. Usually head to a coffee shop or somewhere warm. This is the norm for my ride for the next three months unless otherwise noted. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, Dec 3 6:00 pm Miles:0 Class:ALL DVBC Banquet	D'Ignazio's Towne House Restaurant, Tiffany Room, 117 Veterans Square, Media, on street parking free after 6:00 pm, 610-566-6141. Directions: www.townehouse.com Banquet starts at 6:00 pm, dinner will be served at 7:00 pm. Mail in reservations were due by November 16. Larry Green at 610-544-5799.
Saturday, Dec 8 10:00 am Miles:20-26 Class:C CU 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 a lot just west of the store. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Dec 9 9:00 am Miles:36 Class:C Misty is Fifty!	Come celebrate Misty's 50th birthday (all downhill now). Easy-paced ride to Northbrook Country Market. Cheryl will set pace. Dan will sweep up. OPTIONAL-14 mile loop at end in case Misty wants 50 on number 50. Meet at Chadds Ford Elementary School (Route 1 and Fairville Rd.) Below 25 degrees, no ride!! Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Dec 9 10:00 am Miles:40ish Class:B- Main Street Maffick	Start at the R5 Wayne Train Station, do a few hills... then take the trail to Manayunk for coffee at the Bucks County Coffee House and take a long way home. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Dec 15 9:00 am Miles:35+/- Class:C+ Debbie Does Delaware	Meet at Planet Fitness in Aston, PA, at Pennell Rd (Rt 452) & Marionville Rds. Ride to the 1st State, visit Arden, Bellevue State Park, the Brandywine Zoo, Alapocas Run Park. Touring bikes are welcome as this is an easy going ride. We'll stop somewhere for refreshments. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

Sunday, Dec 16 9:00 am Miles:35 Class:C+ Art Museum	Meet at Drexel Hill Cyclery, Burmont Rd., Drexel Hill. Regular Bob Martin Art Museum loop. Very good chance Bob M. will join us. Bring \$ for snack. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Saturday, Dec 22 6:00 pm Miles:1/2+ Class:All Jingle Bell Ride	Join the DVBC for a "Tribute to the Season" in front of The Philadelphia Museum of Art. Decorate your bike, install lights and ride around the Art Museum Circle. This Nondenominational ride includes hot chocolate and doughnuts. Fun, safe and hopefully like last year, warm. Contact Doug Bower at 610-952-0562 or bowerdou@verizon.net
JANUARY	
*****Recurring Weekday Rides*****	
Tuesdays 6:00 pm Miles:? Class:ALL Group Trainer Ride	Every Tuesday & Thursday night thru the winter, unless circumstances prohibit, group trainer ride 6:10 at Cycle Sport. We follow training videos for a 40min to 1hr workout, not including warm up and cool down. People wishing to "ride" with us need only bring their bike and trainer. The workout is as hard or easy as you wish, so riders of all abilities are welcome. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Saturday, Jan 5 9:00 am Miles:15 Class:All AHCS	Beat the rush. Get your 2008 AHCS membership now. Join Deb and Dan for a few hill repeats...all class...go at your own pace. Hills will keep us warm. Post ride breakfast at Memories in Aston. Meet at Planet Fitness in Aston (452 & Mariannville Rd) in Aston. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Jan 6 9:45 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
Monday, Jan 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 membership@dvbc.org
Saturday, Jan 12 10:15 am Miles:20-26 Class:C CU 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 a lot just west of the store. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Jan 13 9:00 am Miles:35 Class:C+ Art Museum	Meet at Drexel Hill Cyclery, Burmont Rd., Drexel Hill. Regular Bob Martin Art Museum loop. Very good chance Bob M. will join us. Bring \$ for snack. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Jan 20 9:15 am Miles:6-10 Class:All Indiana Hiking Club	Too cold to bike?? Join us for a walk in the woods, much warmer then a NJ bike ride (guaranteed). Indiana will lead at a nice comfortable pace. Meet in Woodlawn Trustees Property Parking lot (Creek Rd & Beaver Dam Rd, a few hundred yards from Smithbridge Rd covered bridge). Bring snack and H2O, no Wawa in park. If recent snow bring your sled. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Jan 20 10:00 am Miles:40ish Class:B- Weather Permits	Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, Jan 21 9:30 am Miles:35+/- Class:C+ MLK Day Ride	Meet at Planet Fitness in Aston, Pennell Rd (Rt 452) & Marionville Rds. Not sure where we'll be going, but it'll be fun. Stop along the way for food & drink. Inclement weather or super cold temps cancels ride. Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Jan 26 9:30 am Miles:53 Class:C+ Dreamer's Birthday Ride	Meet at Planet Fitness in Aston, at Pennell Rd (Rt 452) & Marionville Rds. Celebrate with me on ride to Northbrook. If weather does not cooperate let's hike instead. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Jan 27 10:00 am Miles:50 Class:B- A Flattish Fifty	Start at the R5 Wayne Train Station and head to Northbrook Orchard. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

FEBRUARY

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

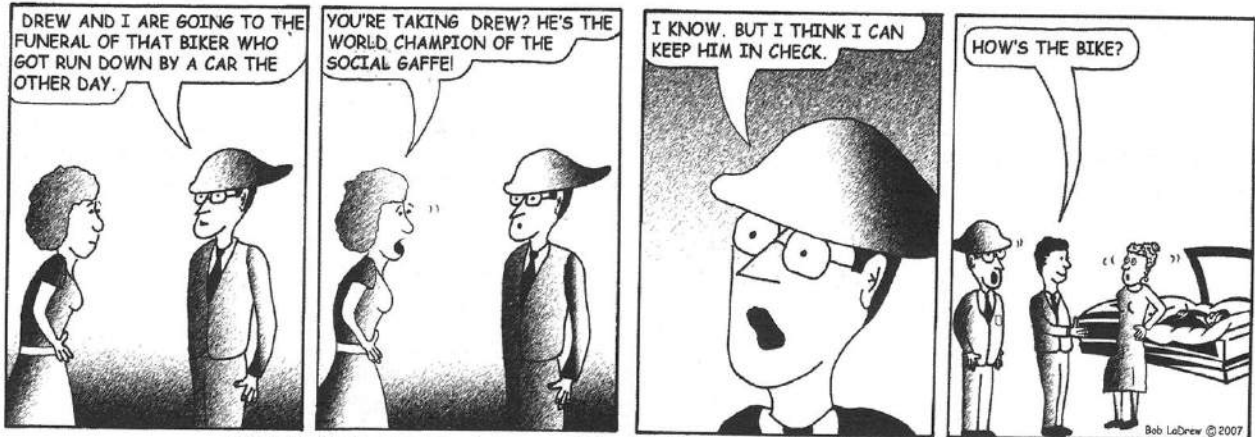
Tuesdays 6:00 pm Miles:? Class:ALL Group Trainer Ride	Every Tuesday & Thursday night thru the winter, unless circumstances prohibit, group trainer ride 6:10 at Cycle Sport. We follow training videos for a 40min to 1hr workout, not including warm up and cool down. People wishing to "ride" with us need only bring their bike and trainer. The workout is as hard or easy as you wish, so riders of all abilities are welcome. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Sunday, Feb 3 9:15 am Miles:6-10 Class:All Indiana Hiking Club	Too cold to bike?? Join us for a walk in the woods, much warmer then a NJ bike ride (guaranteed). Indiana will lead at a nice comfortable pace. Meet in Woodlawn Trustees Property Parking lot (Creek Rd & Beaver Dam Rd, a few hundred yards from Smithbridge Rd covered bridge). Bring snack and H2O, no Wawa in park. If recent snow bring your sled. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Feb 3 10:00 am Miles:40ish Class:B- Kimberton	Start at the R5 Wayne Train Station and head to Kimberton. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, Feb 4 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 membership@dvbc.org
Saturday, Feb 9 9:00 am Miles:15+ Class:All AHCS	Hill repeats in Aston area. If we luck into a nice warm day we can go further (and eliminate some hills). If too cold for ride we go right to Memories for breakfast (juror #6 will like that). Meet Dan and hopefully Deb at Planet Fitness in Aston (Rt 452 & Mariannville Rd). Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Saturday, Feb 9 10:15 am Miles:20-26 Class:C CU 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 a lot just west of the store. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Feb 10 9:00 am Miles:35 Class:C+ Art Museum	Meet at Drexel Hill Cyclery, Burmont Rd., Drexel Hill. Regular Bob Martin Art Museum loop. Very good chance Bob M. will join us. Bring \$ for snack. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Feb 10 10:00 am Miles:40 Class:B- Whatever Wherever	Start and end at the Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Feb 17 9:45 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, Feb 17 10:00 am Miles:62 Class:B- An Early Metric	Start at the Wayne Train Station Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, Feb 18 9:30 am Miles:6 Class:ALL Washington's BD Hike	Hike Brandywine State Creek Park with Indiana Hiking Club. Meet in Woodlawn Trustees Property Parking lot (Creek Rd & Beaver Dam Rd, a few hundred yards from Smithbridge Rd covered bridge). Bring snack and H2O, no Wawa in park. If recent snow bring your sled. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Feb 24 9:30 am Miles:36 Class:C+ Northbrook Country Market	Meet at Chaddsford Elementary school (Route1 & Fairville) Chadds Ford. Ride to Northbrook for eats. Get winter dust off bike.....only 13 days till daylight-savings time begins! Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Feb 24 10:00 am Miles:40 Class:B Weather or Not	A hill ride. Start at the R5 Wayne Train Station. RSVP for details. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com



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Feel the Love

If you are looking for a bike club where the members put the hammer down and go anaerobic every weekend, the DVBC is probably not for you. Richard White has moved to Spain, Ed Becker, Tina and Katrina are training for triathlons, Tony is busy, Monika has disappeared, and the Polish Prince is off riding solo. Even Ride-Away, a two-time Giro d'Italia participant, is mellowing and says he likes to pause at the top of hills to enjoy the view. In fact, few weekend "A" rides have been seen on the ride calendar this year.

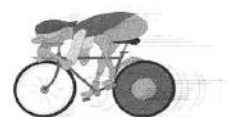
Even the "B" rides lack the intensity they once had. The riders sit up in groups of two or three and crack jokes or re-hash the workweek. No one inquires about average speed at ride's end.

But what our riders lack in speed they make up for in fun. The members care about each other and often get together for non-riding activities such as hikes, eating in restaurants, flea markets, and salsa dancing. This mutual affection has been in particular evidence twice in recent months in projects initiated by Mr. Buckeye. First he assembled a group comprised of the Perffessor, Dreamer, GiGi, Mike Toof, the Silver Fox, Sven, Mighty Mouse, Jittery Jo, and Camera Shy. They spent a morning cleaning and reconditioning all the biking equipment that belonged to the late Bob Leon. The following weekend they took the stuff to the Velodrome flea market and converted it into a handsome pile of cash for Bob's appreciative wife Cassie.

A few weeks later Buckeye was at it again. He knew that this winter, when Bike Whisperer attains his life-long goal of moving to the country, he will need a tractor to tame his acreage. Buckeye personally donated a John Deere tractor and recruited a passel of generous donors to finance the rebuilding of

Bike Dirt

By F.X. Pedrix



the engine. The Deere will be purring when the first blades of grass sprout in Whisperer's yard next spring. Can you feel the love?

You can't seem to satisfy some people. After a September 29th ride, D'ster commented: "My only complaint is that today the sky was too blue."

Perhaps with his political views in mind, tandem stoker GiGi refers to her captain Mr. Buckeye as "my right wing nut."

Rumors are circulating that the Silver Fox is making a late, serious bid for the club's Best Dressed award. According to GiGi, he "has a plan to wait until late in the season and, shortly before the club banquet, spring on us his snazzy wardrobe. A few weeks ago it was his Boscov rain jacket, complete with handles. Yesterday, we saw his vintage DuPont jersey, with matching socks and shoes. Today, he was clad in red, black and white--again, jersey, socks and shoes. Who would have thought--especially as the jerseys still had the sleeves attached? Go Charlie!"

Another DVBC-er added: "The King of Kool, Sir Charles of Stockley, has the largest collection of jerseys in the world. He also has the model's frame to sport them. Many times when you think he doesn't care, he'll show up with either a brand new or vintage twist on tasteful fashion."

Best wishes for a full recovery go out to Rich Patterson as he battles lymphoma. Rich was one of the club's leaders back in the 80's and 90's. According to D'ster, who has lived most of our club's history, Rich was the coach of one of the racing teams when the club had several of them. D'ster says, "When I joined the club, he regularly ran the time trials that we had at the Radnor Hunt Club until the Police kicked us out of there."

Tina Stiles, the Pride of the DVBC, recently competed in the World Ironman Championships in Hawaii and crossed the finish line

smiling, not because she is masochistic but because she had attained all her goals. In an event that saw her competing against 50 professional women, Tina was the 55th woman to finish and tenth in her age group. Her times: 2.4-mile swim: 1:07, 112-mile bike: 5:58, 26.2-mile run: 3:20. Way to go, Tina!

Lord D'ster, Rear Admiral of the DVBC Navy (Ret.) recently served as a SAG driver for a White Clay tour and helped fire an arrow on behalf of Cupid. Here is how D'ster sums it up (Short Version): "Girl from Frederick, MD has been planning rendezvous with boy from Allentown for two years. They meet at the Comfort Inn in Newark. Girl makes mistake of having pre-ride breakfast at Denny's. Girl gets food poisoning which prevents her from starting century with boy. She finds me at the Nottingham food stop and begs me to take her out to meet boyfriend so she can ride as much of the route as possible with him. After getting lost twice, trying to follow the paint backwards, we finally make rendezvous about 40 miles from the finish. Mission accomplished. Lesson: Never eat at Denny's."

New and enthusiastic member Jake has an idea for a future club ride. He says let's make it a requirement that everybody wears red. Okay, Jake, maybe that can be the first club ride you will lead.

Don't miss Gray Wolf's ride out of Chadds Ford Elementary School on December 9th. It is called "Misty is Fifty," and Misty is indeed determined to log 50 miles on the day she becomes a pentagenarian. Misty, you wear it well!

At Thanksgiving, Dreamer issued a list of things for which she is thankful:

--I'm alive and got good friends to ride with.

--My Chaga thighs got me up those hills.

--(Bike Whisperer) knows bikes.

--I stayed on ToPA and finished with

(Continued on page 10)

(Continued from page 9)

a smile.

--Buckeye always gives me something to laugh about.

--My new carbon bike is a dream.

--I didn't have to change Sven's stinking tire in the cold and rain.

--I got to see the Silver Fox wearing a plastic bag.

--There isn't a beer shortage.

--The Dominator finally has a girlfriend.

--I met Floyd Landis and that he finally stopped stalking me.

--GiGi knows how to fire someone.

--There is a Good Len as well as a Bad Len.

--Juror # 6 knows how to get through Grays Ferry without getting killed.

--Jake doesn't know who Juror #6 is.

--People came out for my rides.

--Bonkers Boy introduced me to Shirks.

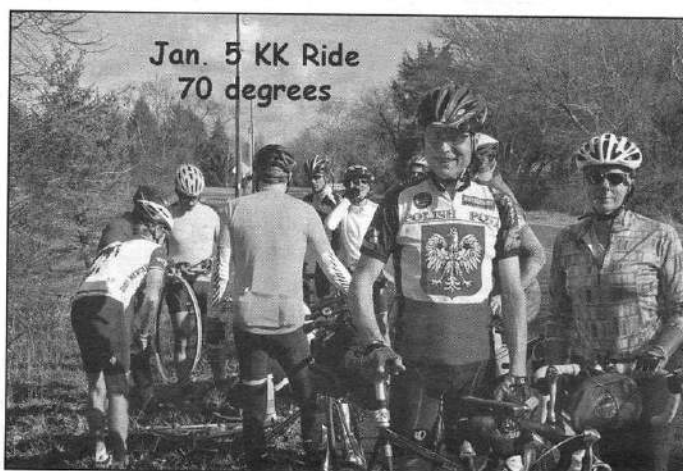
--I'm not always the last one up the hills.

--The Bonkers and Brandywine Tours didn't get rained out.

--I didn't kill any animals with my bike this year!



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LAB Members: Help Me Make Bicycling Better Nationally

Hans van Naerssen, President
Bicycle Coalition of Greater Philadelphia

I'm asking for your vote as At-Large Board Member of the national League of American Bicyclists (LAB). I have a record of achievements at the local, regional, and state levels – and would like to contribute at the national level.

In summary:

I initiated what became the first state level Complete Streets-like policy mandating the use of bicycle and pedestrian design guidelines for all funded Pennsylvania state road and bridge projects.

Got our large multi-state regional transportation planning agency (MPO) to require consideration of bicyclists and pedestrians in all newly proposed highway projects

As Board President and Advocacy Chair of the Bicycle Coalition of Greater Philadelphia, (re)established, provided infrastructure support for, and guided county / regional advocacy sub-committees in 12 counties across three states (PA, NJ, DE). Co-chaired the inaugural and very successful car-free Bike Philly, a fun event for bicyclists of all abilities – providing a source of funds for growth of the coalition's advocacy and education programs.

Retired Partner of a \$15 million consulting practice, helping governments and companies worldwide improve their management strategies and operational effectiveness.



About six years ago I got mad. A nearby road "enhancement" prevented me from bicycling or walking safely to the corner shopping area. One township supervisor's response to my concern: "You'll never see bike lanes or sidewalks here."

So I co-founded a township sidewalk, trails and paths committee. The supervisors then endorsed a fifteen year plan for a safe pedestrian and bicyclist network and this year funded design of the first sidewalk segment.

Realizing it was a systemic problem, I joined some key regional and state organizations to continue to help make a difference.

I received a Governor's appointment to the Pennsylvania bicyclist and pedestrian advisory committee, where I successfully changed a 'should' to 'shall'. PA Dept of Transportation now mandates use of bike – ped designs in all new state road projects. As a result PA has the first state-level Completes Streets – like policy.

I joined the citizen's committee of the regional transportation planning agency, where every new transportation project in southeast PA and nearby New Jersey is reviewed for consideration and possible future funding. I initiated a successful request to require consideration of pedestrians and bicyclists in all proposed projects.

I became a member of the board, its Advocacy Chair, and now President of the Bicycle Coalition of Greater Philadelphia. We (re)established and provided support for county / regional sub-committees in 12 counties and three states (Pennsylvania, New Jersey, Delaware). We continue to make a positive impact on the proposed design of area bridges and highways - all to help ensure safe facilities for bicyclists and pedestrians. The coalition provides bicycling education to area kids and adults. To grow funds for increased staffing and program effectiveness, this year I co-chaired the inaugural and very successful Bike Philly, an annual fun, car-free event for all bicyclists. As the coalition grows we are enhancing internal processes.

Why am I running for At-Large Board member of the national level LAB?

Federal legislation has a big impact on shaping and funding bicyclist programs. It provides the major source of funds, it shapes nationwide policy, and it can support or inhibit safe bicycling. LAB is a major participant in national legislation and in nationwide bicyclist education and advocacy programs. I think I can help make a difference there as well.

A few years ago, I retired as Partner within Unisys where I was running a \$15 million services consulting practice. We helped governments and companies worldwide improve their management strategy, and operational and IT effectiveness. I was three-time recipient of the corporation's top achiever award.

I have bicycled in 30 states (including a self-supported journey across the USA), three Canadian provinces, and six European countries – and was the first to commute to our corporate headquarters, weather permitting.

I want to continue to apply this energy and some best practices at the national level. I hope you will vote for me as At-Large LAB board member. Voting is from Dec 3, 2007 to Jan 15, 2008.

Hans van Naerssen
Wayne, PA



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



Expiration Date: 11/30/2008

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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)