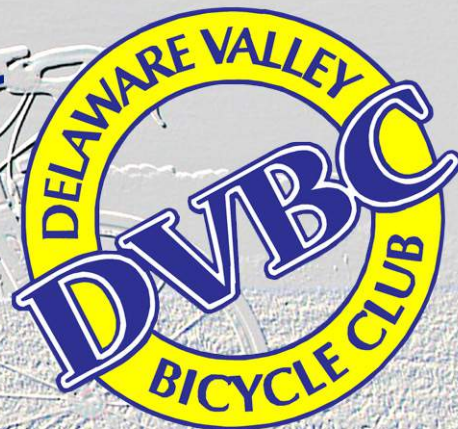


Delaware Valley Bicycle Club



March 2009

**P.O. Box 156
Swarthmore, PA, 19081
www.dvbc.org**

Thanks to all those who attended the Club's Annual Banquet in December. The venue was welcoming, the speeches short, and the conversation effervescent (or maybe that was the beer). For those unable to attend the festivities, you missed the most fun you can have sitting down while not on a bike.

You also missed the call for a new Ride Coordinator as Clarence Shoch is retiring from that position. Many thanks for all your hard work, Clarence. Since then, Dom Zuppo and Jo Ann Fahey have volunteered for that important task.

As a recap, this year we honored two recipients with the Lifetime Achievement Award. This award recognizes significant contributions to the club and to the general cycling community over an extended period of time. Certainly Dom Zuppo and Bob LaDrew embody that concept. Both have given many selfless hours to make

this a viable and attractive club.

Dom was working in Devon at Uni-source Worldwide in 1998 when, he says,

Club Banquet 'Effervescent' by Drew Knox

"I would get out of breath walking up to the second floor. I realized with four children I needed to exercise and get in shape." Back then there was a website called Classifieds2000, and that's where he found a Cannondale. He rode in the ACS Bike-athon and soon after found a copy of a DVBC newsletter at a local bike shop. He decided to take the plunge by attending one of Bob Leon's local rides and then joined the club in August. Since then Dom has led many rides himself, served as vice presi-

dent, as president for five years, as director of the Bonkers Tour, as food shopper and volunteer recruiter for Brandywine, and as worker bee for every event.

Bob and Judy LaDrew met Bill and Jean Robb and Bill Anderson while tandeming at the Belleplain Fall Century in 1997. When they met again the following August, Bill talked Bob and Judy into joining a century ride to Mays Landing with Ira, Charlie, Gina and D'Stre Bennett which was led by Bob Leon. Since then, Bob has filled many roles, including (in tandem with Judy) newsletter editor, ride leader in South Jersey and from his home on rides through Lancaster County, and board member. Bob and Judy have also graciously hosted many club picnics. By the way, Bob's next Bonkers cartoon in the club newsletter will be his 100th.

For other awards, see Bike Dirt, p.10

Lasagna, with Appetizer: Recipes for Workout and Reward By Rich Andreas

Each of us has our own motivation for riding: fitness, camaraderie, love of the outdoors. As membership coordinator for a recreational bike club a few years ago I asked our members, "Why do you ride?" The answers were as varied as the club membership, but generally fell into a handful of categories: fitness, camaraderie, the challenge—and a few ringers, like, "To get away from my spouse", and "It's good for my libido."

Surprisingly (or not) many rode so that they could eat. It seems that many con-

sider a gastronomic orgy a fitting reward for saddle time. Food may not be the reason you ride, but, a show of hands, how many think that a nice plate of fresh pasta, oooh lasagna, and a side of beer just might be the closest thing to heaven on earth after a long ride?

For those of you who ride to eat, and those of you who raised your hands, here are two of my favorite recipes: lasagna from Mom, and as an appetizer, a 60 minute trainer workout from my racing days way back. This recipe combination has the requisite pasta, cheeses and sauce. As a twist, the lasagna preparation includes 60 minutes of hard trainer time while the "reward" bakes in the oven. Try to follow the appetizer recipe in its entirety, as with all recipes, getting the ingredients right is key. Partake several times per week and by time you see us all out on the road this spring we'll be wondering who the heck

that is up there riding so hard.

First, the Reward: Mom's Lasagna

Package of no-cook lasagna noodles.

32 ounces non-fat ricotta

16 ounces non-fat cottage cheese

1 package baby spinach leaves

16 oz. tofu mozzarella cheese

32 ounces pasta sauce (ask Judy LaDrew for her awesome recipe)

1 tbsp. Italian seasoning

1 tsp. garlic (powder or minced fresh)

2 eggs

(Continued on page 9)

SAVE THE DATE!

**Bonkers Metric Tour, Sunday May 17
Details in April newsletter or online**

NEW JERSEYS IN!

No, not the state—the new DVBC jerseys! For pictures and info, see p. 8.

Delaware Valley Bicycle Club

**P.O. Box 156
Swarthmore, PA 19081
www.dvbc.org**

Membership in DVBC is encouraged, but non-members are welcome at all our rides and events. Except for the Bonkers Metric, Brandywine Tour, Club Banquet and Bonkers Picnic, all club events are free. Monthly board meetings are open to all — see Ride Calendar for details.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. 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.

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Club Affiliations

**League of American Bicyclists
Bicycle Coalition of Greater
Philadelphia**

Thanks to Our Supporters!

Craftech Computer Solutions

13 State Rd., Media
(610) 566-0980
www.craftech.com

Cycle Sport

801 N. Providence Rd., Media
(610) 565-9535
www.cyclesportmedia.com

Cycle Fit

320 S. Chester Rd., Wallingford
(610) 876-9450
cyclefitonline.com

Action Wheels

1066 Route 45, Deptford, NJ
(856) 468-5115
actionwheels.com

Drexel Hill Cyclery

703 Burmont Rd., Drexel Hill
(610) 626-4477

320 Produce Market & Deli

733 S. Chester Rd. Swarthmore
(610) 328-7211

Custom Bagels

15 S. Olive St., Media
(610) 891-6761

Linvilla Orchards

137 W. Knowlton Rd., Media
(610) 876-7116
www.linvilla.com

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president@dvbc.org

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610.494.3033 or dreamerdeb@gmail.com

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Antonio Rocha, Web Page & Listserve
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Dominick Zuppo & Jo Ann Fahey,
Ride Coordinators
484.483.7456 or rides@dvbc.org

Adam Levine, Newsletter Editor
610.891.0780 or aelrvpa@hotmail.com

Ride Guidelines

1. Arrive early and **be ready to leave on time.**
2. Make sure your bike is in proper working order **before** you arrive. Ride leaders are not expected to be bike mechanics.
3. **A helmet is mandatory for all DVBC rides.**
4. Carry a spare tube, patch kit, and water bottle.
5. 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 unsure of and work your way up.
6. Practice safety and obey all traffic laws.
7. Each rider assumes his/her own risk on all rides.
8. Those who ride ahead of the group are on their own ride.
9. Always notify the ride leader before leaving the group.
10. Ride leaders should adhere to the advertised speed of the ride.

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.

CANCELLATIONS

In the case of questionable weather or road conditions, events may be canceled. Call the ride leader if in doubt.

DVBC March 2009 Ride Calendar



With changing weather and freezing conditions still possible in March, it's important for ride participants to

CONTACT THE RIDE LEADER IN ADVANCE

to make sure the ride is still on. You can also check the club listserve (find it at www.dvbc.org) for up-to-the-minute ride information, as well as for unscheduled "ad-hoc" rides posted from time to time.



Sunday, Mar 1 9:00 am Miles:45 Class:B- St. David Day	Look it up and tell me. I'm busy figuring out a flat forty for us. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Wednesday, Mar 4 10:00 am Miles:35-65 Class:B- Doc's Ride	Various Routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Probably a lunch stop. Foul weather rain or temperature below 40F cancels ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Saturday, Mar 7 9:00 am Miles:26 +/- Class:C+ Rose Tree Park Ride	Leaving out of Rose Tree Park, we'll do a variation of the Wednesday night ride. We'll go into Ridley Creek State Park but head up Forge Rd to warm up! Eventually we'll take Stoney Creek Road to Creek Road, then loop around the Westtown School before we head back. Rain or icy roads will cancel the ride. Contact Mike Madonna at or mmadonna@mckeegroup.net
Sunday, Mar 8 9:00 am Miles:45 Class:B- Spring Ahead	Don't forget DST begins. This ride begins and ends at the R5 Wayne Train Station. Call for details. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 8 9:30 am Miles:35 +/- Class:C+ TBFFDST	Thank Ben Franklin For Daylight Savings Time! Come out and celebrate the extra hour of sunlight on a ride to Northbrook. Bring \$ for food. Meet at Chadds Ford Elem School, Rt 1, Chadds Ford PA. Please park in the gravel lot below the main lot. Rain, snow or ice cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Wednesday, Mar 11 10:00 am Miles:35-65 Class:B- Doc's Ride	Various Routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Probably a lunch stop. Foul weather rain or temperature below 40F cancels ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Wednesday, Mar 11 5:15 pm Miles:10-14 Class:All AHCS	It's time to start spring training. Join the Aston Hill Climbing Society for hill repeaters and get in a quick hour or so of training. All are welcome since we do the hills at our own pace. Rain, snow or ice cancels ride. Meet at Planet Fitness, Pennell & Marionville Rds, Aston PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Mar 14 9:30 am Miles:45 Class:C+ Purebread Muffin Ride	Let's meet at Rose Tree Park in Media for a fun ride out to Purebread Deli in Delaware. Should be a chip and tar free ride (was last year!). We'll pass beautiful scenery, tackle some nice hills and reward ourselves with some delicious jumbo muffins. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net
Sunday, Mar 15 9:00 am Miles:62 Class:B- Beware the Ides	Know the reference or hills will be added to this mostly rolling ride. Start and end at R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 15 9:00 am Miles:45 Class:B-/C Annamarie's Place	Ride in upper Montgomery County to our favorite breakfast spot in Royersford, Annamarie's Place. Leaves from Lansdale, bring money for food. Contact ride leader for directions. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net

Wednesday, Mar 18 10:00 am Miles:35-65 Class:B- Doc's Ride	Various Routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Probably a lunch stop. Foul weather rain or temperature below 40F cancels ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Friday, Mar 20 9:30 am Miles:45 Class:C+ Vernal Equinox Ride	It's spring! Let's celebrate by meeting at Rose Tree Park and riding to Northbrook Market-place where we'll enjoy a delicious lunch and sparkling conversation. Expect hills, gorgeous landscapes and wildlife sightings. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net
Saturday, Mar 21 9:15 am Miles:43 Class:C+ Charlie's Way to Breakfast	Charlie showed me this great route to a breakfast spot on the back roads of NJ. Bring \$ for food. Rain, snow or ice cancels ride. Meet at Kingsway High School, Rts 551 & 322. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Mar 22 8:00 am Miles:TBD Class:B/B- DVBC Bike Run Bike	Join us for the first ever DVBC bike-athlon. We will start at the Conshohocken shop on the Schuylkill River Bike Trail, ride down to Philadelphia's inaugural Get Your Rear in Gear 5K event (www.getyourrearingear.com), do the run and return. Please preregister for the run!!! NOT MY REGULAR RIDE OR START! Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 22 9:00 am Miles:52 Class:B-/C+ DVBC Snaps 52	Meet at Salem Oak Diner (find on "Ride Starts" on the club's website) for a reprise of last autumn's Snaps Ride, only not as snappy and without the history stops. We stroll south following the familiar Peter O'Dell route for a ways, lunch at the Country Rose, and have a nicer return than usual via Cross, Cream Ridge and Quaker Neck. Contact Drew Knox at 267-421-2657 or agknox@gmail.com
Sunday, Mar 22 9:00 am Miles:45 Class:B-/C Annamarie's Place	Ride in upper Montgomery County to our favorite breakfast spot in Royersford, Annamarie's Place. Leaves from Lansdale, bring money for food. Contact ride leader for directions. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Tuesday, Mar 24 5:15 pm Miles:10-14 Class:All AHCS	It's time to start spring training. Join the Aston Hill Climbing Society for hill repeaters and get in a quick hour or so of training. All are welcome since we do the hills at our own pace. Rita's Water Ice afterwards if it's not too cold. Rain, snow or ice cancels ride. Meet at Planet Fitness, Pennell & Marionville Rds, Aston PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Mar 28 9:00 am Miles:50 Class:C+ Brandywine 50 Loop	Start and end at Shaw's Bridge lot on Creek Road, just past the soccer fields. Lunch stop at Cafe Cali (earns 3 stars from Mary) in West Grove. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Mar 29 9:00 am Miles:45 Class:B-/C Annamarie's Place	Ride in upper Montgomery County to our favorite breakfast spot in Royersford, Annamarie's Place. Leaves from Lansdale, bring money for food. Contact ride leader for directions. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Sunday, Mar 29 10:00 am Miles:10 +/- Class:C-/D Tour of Darby Creek 2009	For this first ride of the DCVA 25th Anniversary series, we will ride around the refuge. Meet at the main parking lot of the John Heinz Wildlife Refuge at the Cusano Center. ATB recommended, but not necessary. No food stop planned. Children welcome. Contact David Bennett at 610-626-1344 or dster21@comcast.net

Upcoming Regional Rides and Events

For more rides, see the calendar at www.suburbancyclists.org

Sat. March 28, Icycle Metric, Newark, DE. 22, 31, or 62 miles, moderately hilly terrain.
White Clay Bicycle Club, www.whiteclaybicycleclub.org

Sat. April 18, Taxing Metric Century, Warwick, PA.
Brandywine Bicycle Club, www.brandywinebicycleclub.org

Sun. April 19, Girls with Gears: A Women's Cycling Event, Limerick, PA. 10, 25, 40, or 62 mi.
Benefits Carol for Heart. www.carolforheart.org

**Jon
DiCristofaro**

Mileage for 2008: 2523. The year included many memorable rides which, taken together, make up the best aspect of the year. Here are some of the positive memories. Crash stories are excluded as we look toward a new era of accident-and-injury-free riding:

- Icicle Metric in Delaware as first big ride of the Spring.
- Wissahickon "Rally in the Valley": hundreds of mountain bikers in Wiss, just having fun.
- Colorado MTB trip: five days in Fruita with nothing but riding, eating, drinking, sleeping
- Memorial Day: 43 mile fixed gear jaunt to Fairmount Park, South Philly, and back via the Passyunk Ave bridge....while sick.
- First ride with Brian. They say he's more forgiving than he used to be.
- First road race, first mountain race. I'm hooked.
- Thanksgiving ride in my hometown in Connecticut....really rough terrain, but a whole new way to see "my own backyard".
- and every ride with our friendly and enthusiastic club members! I swear I remember every club ride I've been on!

Larry Green

In 2008, I rode outdoors on 248 days for a total road mileage of 5920. This includes 43 "Doc's rides" which were my "best rides". The best of these was my 70.5 mile 70th birthday tour. There was one century of 103 miles and several near-centuries. I was in California, Florida and Canada but did not get to Europe in 2008.



Year-End Ride Reports

Edward Sobelewski

Another very active and for most part injury free year; I got some scrapes and bruises but interestingly none of them happened while biking. For me it was a year of trying to juggle between my first love and obsession, the bicycle, and the long neglected and almost forgotten backpacking and hiking. The backpacking is back for me in a big way; that is not to say I stopped biking all together. I still managed 9,150 miles in 2008, but it is the lowest yearly mileage since 1997. The rest of my "free time" I spent backpacking in High Sierra Mountains, trying to survive most brutal Long Trail in Vermont, or just hiking the local roads and trails in PA and NJ. All this walking amounted to 590 miles while carrying 32 - 47 lb. pack. I found hiking to be an excellent companion to bicycling and I hope to continue this in 2009; after the ski season is over.

Mike Broennle

I road 3500 miles last year. Highlights included Bike FL [www.bikeflorida.org] in March, the C&O Canal/Great Allegheny Passage from Washington DC to Pittsburgh [www.adventurecycling.org] in Sept, two centuries, first on Doc's Ride in South Jersey in August, then the Seagull Century [www.seagullcentury.org] with my son Ian. Rode to multiple rides from home. Marshaled at six days of cycle racing. Volunteered at DVBC's Brandywine and Bonkers rides, and also at BCGP's Freedom Valley and Bike Philly, and BBC's Dog Daze. Honored those killed or injured while cycling on roads by riding the Ride of Silence [www.rideofsilence.org]. Invested in improving cycling by volunteering with the



Delaware County Cycling Committee, the Chester Valley Cycling Committee, and the PA committee of the East Coast Greenway Alliance [www.greenway.org].

Mike Keating

In 2008 I took the PowerCrank plunge. These cranks have clutches so that the cranks operate independently of each other. That forces you to use your legs to work during the entire 360 degrees - the left leg isn't being lifted by the right leg powering through the down stroke. Anecdotal stories indicate you can't expect to ride more than 15 minutes the first time - it took me a month to get up to 15 minutes. But enough, for now (look for a feature article in a future newsletter) of Frankenstein in the basement mode. Not wanting to undo what retraining of muscle memory I had achieved with the PCs, my outdoor riding was limited in quantity but not quality. A couple of rides up both sides of Hawk Mountain (one day on regular cranks, one day on PCs), a week in the Dolomites and my first time in the Mt. Washington Hill-climb. I closed out my season with a ride up Hurricane Ridge in Washington (about 90 minutes from Seattle). Eighteen miles at an average grade of 5%. Not the toughest climb I've ever attempted - except for the fact that I hadn't done more than 10-minute warm-up spins since Mt. Washington, 9 weeks earlier.

Bob LaDrew

In 2008 I scaled way back on my mileage. That doesn't mean the bike was any less important to me. It was just in a different way. I tried to use it more for running errands, commuting to work, and joy riding around the neighborhood. Not that I wouldn't have liked to keep riding the

(Continued on page 6)

League of American Bicyclists National Bike Summit

March 10-12th, 2009, in Washington, D.C.

This year's theme is "Go for Green: Building Bicycling into the Transportation Bill." According to the LAB, "Bicyclists led the Good Roads Movement in the 1880s, successfully lobbying for paved roads to drag our nation out of the mud. In 2009, the stage is set for bicyclists to once again lead reform of

our transportation system. A "smart" transportation movement is needed to solve the challenges of climate change, obesity, congestion, pollution, safety, and dependence on foreign oil." For more information, visit www.bikeleague.org

If you would like to travel to Washington to meet with members of Congress on March 12th, please contact either David Bennett of the Delaware County Cycling Committee at 610-626-1344 (dster21@comcast.net) or John Boyle of the Bicycle Coalition of Greater Phila. at 215 242-9253 (john@bicyclecoalition.org).

(YEAR END, Continued from page 5)

mega miles of my youth but as I reach my mid-60's I realize we can't all be Charlie Stockleys. One major byproduct of my new approach to riding was a pleasant surprise. Since eliminating the long, hard rides and taking off-days I have felt fresher and more energetic. Perhaps I should have let go of my Lance Armstrong fantasies a decade earlier. Ten years is a long time to feel tired. The best riding was along the coast around South Addison, Maine, during a two-week vacation.

Mary Huis

2008 was a great cycling year which included 4065 miles on my road bike, trips to Girona, Spain and NY Finger Lakes, a new mountain bike, and having fun with great riding companions. My second year of road riding has been memorable indeed. I am so proud to have ridden over 4000 miles. A big contributor to the mileage early in the year was the 500+ miles of training in March to prepare for Girona, Spain. Giverola Training Camp was a week long biking adventure in April - riding on roads where Lance trained and seeing how Europeans ride; riding in double pacelines and lots of climbing; being coached by retired professional bikers and meeting the great group of Action Wheel cyclists. Next trip was a 6 day trip to NY Finger Lakes in July with WomanTours. Again, quite a hilly endeavor yet this trip included weather challenges - rain every day but the last. A great trip also. I usually managed to ride 100 miles a week last season by joining Doc's mid-week ride whenever I could which was usually good for at least 50 to 60 miles and then joining Deb's or Dan's club rides also. I purchased a new mountain bike in January which opened up a whole new world of winter cycling. 15 degree weather is perfect for mountain biking. My old hybrid also got some mileage on the SRT and Cheryl's lunch rides to Manayunk were always enjoyable. The only organized ride I partici-

pated in last year was the Shorefire Metric Century in August. The longest rides were two midweek ad hocs - one following the 80 mile Brandywine Tour route and one a 93 miler to the shore. I discovered my ride length comfort zone to be between 60 to 80 miles and am happy with those distances. Leading club rides was a new endeavor in 2008 and I have become quite comfortable with it. I have enjoyed being called "Smiling Rookie" although I think I was given the nickname when my fellow cyclists mistook my frozen grimace for a smile as I climbed hills. Being a member of DVBC has made my first year of retirement to be quite a fun, active and happy one. I look forward to what 2009 will bring and I know it will be very different from 2008 because as we all have experienced, cycling is an adventure and no ride turns out exactly the way we expect.

Frank Jackson

2008 was a below average year for me with 1659 miles. The problem being that I was recovering from a serious illness that had me laid up for the entire winter and most of the spring. Actually I had still expected to get in a few more miles then I

did, but then don't we all. Also I rarely do cold, damp, or wet rides; at least when I can avoid them. So my mileage will never match some of the other riders. That's why they make fitness clubs, and a spouse who says let's go to the gym. Hence I didn't get wet at all in 2008. Also all of my rides were single day events roughly between twenty five and eighty miles. As an addition to my mileage I made 62 spinning classes in 2008. After surgery my riding did make a comeback in 2008. It was the Smiling Rookie who noted this by removing me from the disabled list on a mid June ride. The ride was definitely a milestone as the week before on Dreamer's Pure Bread ride I was struggling and suffering well before the halfway point. In hindsight this ride was the straw that broke the camel's back. With out it I would have not made a comeback the following weekend. I also credit the Grey Wolf for keeping after me during my recovery stage. It would have been so easy to sit back on the deck by the pool and have a pizza and beer.

My best ride of the season was a Schuylkill Trail ride in November with



Scenery during a mountain bike ride in Delaware on President's Day 2009. Ira Josephs in foreground.

the Queen. Yes she has started riding again so watch out for a returning cyclist from the distant past in 2009. Some how I need to get her on a road bike versus the hybrid. Also doing the Route monitoring for the Aids Walk a Thon in October was great. It was then followed up by attending the Bicycle Coalition's Oktoberfest that afternoon which made for a double header. The funny part is that both of these rides were done on a hybrid. Now not to forget the road bike which accounted for most of my 2008 miles were some other great riding days. These include spending Race Day on Lemon Hill, all the Sunday Art Museum rides I made, and the various Chester County and Northern Delaware route rides taken out of Pocopson and Chadds Ford. I also had numerous great Wednesday night rides out of Rose Tree (even if I was cheated on a hill climb by a "Bonnie & Clyde" couple) and Tuesday night rides out of Swarthmore. For the New Year I hope to put in more miles than last year by doing at least two tours that I have my eye on. Probably shoot for around twenty five hundred or so. Time will tell.

Christina Stiles

I won the 30-34 age group at IM Florida on 11/01/08 with a record setting time of 9:58:36. It set a new course record by 2 seconds. My son and I can be seen on You-tube crossing the finish line and only one of us is standing. (kid fails at ironman). I also qualified for the second time to go to Hawaii, which is a dream come true. This was the first time my family could be there to watch which made the day all the more special. I told my parents I would do my best to try to finish before dark. I ran a 3:23 marathon which really added to a great day and was the fastest female amateur marathon. I also coached a close friend, Jackie Owens, for the race and she became an IRONMAN on 11/1 which brought a lot of pride and relief. I raced on a brand new Litespeed Saber with custom Dura Ace components and was able to bike 112 miles in 5:26. My swim for 2.4 miles was 1:01. Results can be viewed at the following link:
www.ironmancenter.com/results/results.php

Steve Bertolini

Total mileage for 2008 was about 4,500. No specific highlights for 2008,

just a little more riding than last year.

Mike Madonna

I've been riding only since 2004, and attempted a century in 2007 at the Brandywine but could only make 80. This year, with better planning I did get a century done at the Brandywine. It was an awesome day, I got to ride with some friends and we only got lost once briefly (thank you Tony Four, you actually read your cue sheets). I tried to ride down the shore from Bridgeport, but got sick the night before, I definitely want to do that this year. I really enjoyed the Wednesday night rides at Rose Tree, Sunday Art museum rides with Bob Martin and all the ad hoc rides with DVBC'ers throughout the year. One of the cool things about the Wednesday night rides was the presence of new riders throughout the summer. We had some really fast paced rides set by some newcomers. I also got to ride a metric century in a frigid Covered Bridges tour in October up in Bucks County. They organize a great tour, but the scenery is definitely no match for our Brandywine Tour. I rode to the beginning of the Tour of PA in Fairmount Park and got to see the criterium leg of the race. I competed again in the tiny (100 participants) Ocean City NJ triathlon. This was first year I completely tracked my riding miles (and running). It took me all the way to the end of the year to get 2500 miles on the bike and 426 running.

Drew Knox

Having two close relatives who were terminally ill in 2008, bicycling became a sorely needed stress reliever between frequent patient visits. With less time and more purpose, my rides throughout the summer and fall were generally shorter and more intense and thus my annual mileage was down to just under 5,000 miles. My favorite rides were south Jersey centuries with Steve Fisher and Charlie Stockley, one with Mike Broennle and Adam Levine and others, and one with Bonnie and Clyde, er Len -- the on-bike banter was relaxing and distracting and much needed. Two rides were pure escapism: a week-long visit in Texas Hill Country in March, where I went to ride with one friend but left with a dozen. There was also a magical one-day ride in Bel Air with a life-long friend from DC, where we made up a wonderful route using Garmin and Google Street View. The highlight of my season though was unquestionably our Brandywine Tour, which came off as one of the

best local events ever. It was tremendously gratifying to see so many folks step up and make it work seamlessly.

Arjunan Ganesh

After 26 years of inactivity, during which my body was slowly falling apart, it finally dawned on me that something needed to be done (Change !!!). I decided that biking was the way to go. I bought a Trek hybrid and other paraphernalia (thanks to Mike Broennle) and making sure that I was appropriately clothed, headed off to the Aston Hill Climbing Society ride (my first ride) on the first day of spring. What an eye opener (regarding my fitness)!!! I saw everyone going up and down as if they had a motor attached to their bike while my bike would come to a standstill on the climbs and I realized that I was faster when dismounted and pushing the bicycle than when riding on it. I had to get better and it became an obsession. I now have 3 additional bikes (a Madone 5.5 and two Brompton folding bicycles) and a Cyclops 300 PT for my basement fitness training. I have stopped driving to work (I take my folding bicycle to get to the train from home and from the train to work). I have since been on many fabulous rides with great ride leaders like Debbie, Bonnie and Len, Larry, Bob Martin, Jon, Dan Dillon and last but not the least, Brian Wade, with whom I now usually ride. I think that I have improved and can't wait to test the hills in Aston with my Hybrid bike again. Thank you DVBC!!!

Deb Chaga

I didn't realize how good a year 2008 was until I sat down and reviewed my daily logs. It was actually a great year, chock full of firsts and experiences that seriously broadened my cycling horizons. Well, first things first, so here they are: cycling in Spain; GOBA; and the MS 150. My year got off to a quick start in January when I decided to do a training camp in Spain in April. This would be my first cycling trip abroad and it prompted me to get off my butt and train even though the weather was cold. I also started to mountain-bike in the woods and found that I absolutely loved it. Riding mtb is just plain fun and it's much warmer to do on really cold days than road riding. Training for Spain included road rides, Aston hill climbs and visits to

(Continued on page 8)

Bicycle Access Council: Pennsylvania's Statewide Advocate for Cyclists

By Joe Stafford, Executive Director
Bicycle Access Council
Dallastown, PA
www.BicycleAccess-PA.org

The Bicycle Access Council (BAC) was founded in 2001 as a statewide advocacy organization dedicated to on-the-road bicycling.

Among its many activities, BAC serves as a clearinghouse of information for individuals, other bicycling organizations and bike clubs. We share that information through our website (see above), a monthly newsletter, and an annual Bike Club Conference in the spring, where leaders of Pennsylvania bike clubs meet for discussions and presentations.

BAC represent the interests of bicyclists around the state at a variety of meetings and events, including the Pennsylvania Pedalcycle & Pedestrian Advisory Committee (PPAC), the Southeast Bicycle Issues Task Force, and meetings of the Delaware Valley Regional Planning Commission (DVRPC) related to transportation topics. We also maintain close working relationships with PennDOT and the PennDOT Bike/Ped Coordinator, elected officials, law enforcement organizations and members of the General Assembly as necessary.

Finally, we respond to many calls and e-mails about bicycling issues. Some questions are related to crashes and hazards, and while BAC does not offer legal advice, we can generally sort through the legal issues to help define whether a situation is criminal or civil.

While involvement with sanctioned racing, mountain biking, Rail-to-Trails, and other off-road activities are not within our scope, we often direct people to organizations that support those activities.

Please help BAC with your individual memberships (only \$20/year) and donations, which provide our sole source of funding. Memberships and donations are tax deductible as allowed by law. Contact information can be found on the website address noted at the top of this article.

(YEAR END, Continued from page 7)

the gym. The trip was a blast. The weather could have been much better but I met some good people and saw a beautiful country and took a frigid dip in the Mediterranean. While there I climbed the longest climbs I had ever done with the longest single climb at 14 kilometers long.

Other highlights of my year included: a freezing birthday ride with chocolate cake at the end; my Wednesday night RTP rides and coming up with different unusual routes; leading two Salem Oak rides with the help of Len and Drew since without them I'd probably still be over there; leading a Marsh Creek ride; riding GOBA with Doug and Nancy; Len's Cracker Barrel ride (who doesn't love Cracker Barrel?); a Friday ride in July that I talked Dan Dillon into riding although I knew he didn't feel like it but he went anyway--we rode from Aston to Northbrook and back and had a blast and did it at a pace of 15.4 mph; riding the MS 150 in September with Doug, Nancy, Woody, and Dave Hartrum; riding the Amish Covered Bridge ride with the Ac-

tion Wheels crew (including one of the guys who went to Spain) where I clocked in my fastest hilly ride ever; working Bike Philly with Charlie and riding part of the route after our duties were over; riding with Mary Huis from Ocean City, MD to Assateague; winning 2nd prize at the Bike Coalition's Biketoberfest; the Jingle Through the Hood night ride with a temp of 6 degrees--it was so cold I wore my down winter coat.

In 2008 I did a lot of volunteer work for the club between the Bonkers and Brandywine and also got new water bottles and jerseys designed and delivered. It wasn't all about the bike. I got in some hikes, kayaked on the Brandywine and Marsh Creek and took swing lessons. All in all a great year and I again had a personal best biking the most miles so far.

Ann

My most pleasant memories are of the gracious and friendly riders who take part in this magnificent club. There is always someone available to help and everyone is just good company.

New DVBC Jerseys For Sale
\$55 for members, \$60 non-members
Men's S M L XL and Women's S M L XL
For more information contact dreamerdeb@gmail.com

**To order, send check with your size and mailing address to
DVBC, P.O. Box 156, Swarthmore, PA 19081**

Jerseys are yellow with an overlaid black design.

To see the jerseys in color, check out PDF version of newsletter at www.dvbc.org.

Front



Back



Mix the ricotta, cottage cheese, Italian seasoning, garlic and eggs in a large bowl. Layer the ingredients in a 9x13 foil pan. Preheat oven to 325 degrees. Put lasagna on top rack and...

Put your bike in your favorite stationary trainer, resistance on high.

Ingredients for the "Appetizer"

HIGH CADENCE. This ingredient improves pedaling technique. Cadence should be 110-140 rpm. Be careful not to rock your hips, and concentrate on pulling through the dead spot at the bottom of the pedal stroke.

STRENGTH BUILDING. Low-cadence, big geared simulated climbing builds muscle strength. Short all-out sprinting efforts increase your explosive anaerobic power.

TEMPO. Tempo riding improves the upper end of your aerobic system. If you have a heart rate monitor, rule of thumb is 80% of your max heart rate. Without a monitor, it's less precise, but also roughly 80% of your perceived maximum effort

STEADY STATE. One notch above tempo. Target zone is 90% of your maximal effort.

"Appetizer" Recipe

Ever notice how time drags when you're riding the trainer, especially if you have a clock in front of you? Well, you need to watch the clock closely on this workout—the trick is that every 30-60 seconds, you're doing something different. You'll be amazed how quickly the hour will pass—which is not to say that you won't be glad it's over.

Get on your bike and warm up for 10 minutes, easy spin 42x15 (small ring in front, 15 cog in the rear).

After 10 minutes:

1) WARM-UP. 3 @ 52x15, 30 seconds on, 30 seconds off. This segment is for a final warm-up. You'll go all out for 30 seconds and then soft pedal for 30 seconds. Repeat 3 times

2) Spin easy for 1 minute. 42x15

3) 10 MINUTE TEMPO. Shift into your 52X18 or 52x19. Start at a conservative cadence, say 85 rpm and try to maintain it for the entire 10 minutes. Every two minutes shift down to the next hardest cog. So the progression for the whole set, 52X18, then 52x17 and so on, finishing the final two minutes in 52X14 or 52x13.

4) Spin easy for 1 minute. 42x15

5) 10 MINUTE TEMPO. You'll be shifting gears every 30 seconds. The general sequence is easy, harder, hardest, easy.. The gearing is up to you, perceived effort will be your guide, it should be 80-85% of your perceived max. I typically start in a 52x15 for 30 seconds, then shift into the 52x13 for 30 seconds, then into the 52x11 for 30 seconds, then up to 52x18 for 30. Then start the ladder all over again, or maybe jump straight from the 52x18 straight to the 52x11. Mix it up to keep it interesting. The idea is to keep the legs burning. Slow cadence with the bigger gears and then get up on the nose of the saddle and spin out at 140-150 rpm in the 52x18.

6) Spin easy for 1 minute. 42x15

7) 10 MINUTE STEADY STATE. 20 seconds on, 20 seconds off. 52x15 the entire 15 minutes. The "on" seconds have to be 90%+ efforts. Alternate between sitting and standing. Start sitting for 20 seconds, then soft pedal for 20 seconds, then stand for 20 seconds,

and so on for the 10 minutes.

8) Spin easy for 1 minute. 42x15.

9) ISOMETRIC SQUAT. Get off your bike (Remove the Lasagna from the oven to let it cool a little and set). Stand feet shoulder width apart. Clasp hands behind head, looking straight ahead. "take a seat" Squat with thighs parallel to the ground, back perpendicular. Hold it for 60-90 seconds (until legs are shaking. Think happy thoughts). Stand and stretch for 60 seconds. Repeat, holding for 60 seconds.

10) Get back on the bike and spin easy for 1 minute

11) 5 MINUTE HIGH-SPEED SPIN. 52x17. 30 seconds on, 20 seconds off. Get up on the nose of your saddle and spin, spin, spin for 30 seconds. Then soft pedal for 20 seconds. Repeat 6 times. Concentrate on keeping your cadence high, 120+, pulling through the dead spot at the bottom of the pedal stroke. No bouncing on the saddle, no peddling in squares.

12) Spin easy for 1 minute. 42x15.

13) STRENGTH BUILDING. Almost done. Last 3 minutes. 52x14. 15 seconds at 80% effort, after 15 seconds increase effort to 90%, after another 15 seconds increase effort to 100% after 10 seconds get out of the saddle and sprint all out for 5 seconds. Soft pedal for 15 seconds. Second 0-15 80%, 16-30 90%, 30-40 100%, 41-45 out of the saddle all out sprint, 46-60 spin easy.

14) Spin easy for 10 minutes to cool down.

Shower, toss a salad together, pop a beer and enjoy the main course. Moderation is the key. If you overindulge, try a two-hour "appetizer" next time.

BONKERZ





3 D's (Dreamer, Dave and Diane) enjoy a rest at Westtown School during the Frozen Turkey Ride in November.

Bike Dirt by F.X. Pedrix

worthy was **Movie Man**, who won the first-ever "Legs of Steel" award for his proclivity for hill climbing. Ironically, this award went to a man who, six years ago, was climbing so poorly that he had to consult a doctor, whose testing detected a lack of iron in Movie Man's system. Half a dozen years and thousands of pills later all that formerly human flesh has been converted to high-tensile steel. Let's

hope it didn't rust over the winter.

Now that another year has passed do we have to start referring to Smiling Rookie as "**Smiling Sophomore**"? And speaking of the Rookie of the Year award, how about this year's recipient, **Arjunan Ganesh**? They say that when he appeared at his first ride last spring there was concern about his getting dropped but within a week or two nobody could keep up with him.

There were other awards, too. **Grey Wolf** was cited as "Super Sweeper" for his assistance on numerous rides in keeping folks from getting lost. **Smytie** won the much coveted "Best Dressed" award although at the banquet he dressed down so the rest of us wouldn't look bad. **Len Davis** was named "Comeback of the Year", **Crashrock** lived up to his nickname and received the "Crash and Burn" award while the **Cycling Gardener** was encumbered with "The Rotten Apple" (for allegedly stuffing his jersey pockets full of apples, charges that he vehemently denies but which are still working their way through the court of public opinion.) After the banquet **Lord D'ster**, **Rear Admiral of the DVBC Navy**, made this pronouncement: "Because there was no Rider of the Year, I am retaining my title from last year and plan to continue representing the club at parades, beauty contests, Rotary Club luncheons, etc."

Finally, **Dreamer** was named "Volunteer of the Year" for being Bonkers Tour Director, Brandywine

Food and Volunteer Coordinator, jersey and water bottle designer, food purchaser, weekly ride leader and more. Her new club jersey has arrived and is creating quite a sensation. See the ad on page 8 in this issue for instructions on how to get one of your very own.

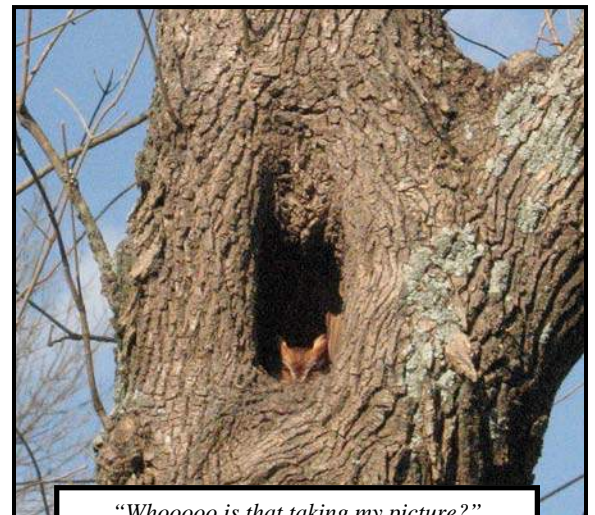
Our new Rookie of the Year purchased the updated jersey and his only complaint was that it fails to match his red Trek. Simple solution, Ganesh: just buy another bike!

Thanks to **Kathy Carbonetti**, an avid cyclist and local graphic designer, for working up Dreamer's ideas into something...well, something workable!

One added benefit of the new design was discovered on a February 8th Art Museum ride, when the intrepid group got caught in a cold rain (is there any other kind of rain in February in Philadelphia?) **GiGi** reported, "We all knew that Dreamer did a terrific job with the jersey, but she failed to tell us about its little secret! It looked great, and best of all when riding in inclement weather, the design is such that the back doesn't show the dirt thrown up by the back wheel. Good job Dreamer! Smytie has promised to give us a laundering report."

Speaking of GiGi, all of us were thrilled over the winter to learn that she and **Buckeye** are planning on tying the matrimonial knot. Although **my lovely wife Babs** was wowed by the beautiful diamond ring, she will not consider the engagement to be official until a date has been set. I was beginning to share Babs' doubts after I saw the following exchange on the club's email list serve:

GiGi: Marriage is a wonderful inven-



"Whooooo is that taking my picture?" asks Hootie the Owl, ears just poking out of the hollow tree near Ridley Creek Road.

Nearly three months have passed since our winter banquet when it seemed like forever until we could ride outdoors again. Now the sun is getting higher and, for those of us too wimpy to ride in the cold, all those agonizing hours of spinning at the gym are about to pay dividends. Each of us suffers in the spinning-room but perhaps none more than the **Dominator**, who is repelled by the loud exhortations of the instructor and the blaring music, not to mention that same wide, rhythmically oscillating derriere that always seems to park itself directly in his line of vision.

Never one to take suffering lightly, the Dominator has resolved to create a solution to spinning room boredom. He is in the advanced planning stages of a motivational video that will simulate actual outdoor club riding. As of this writing Dom is screen testing for leading roles in a DVD that will convince the viewer that he or she is riding in a DVBC peloton. Sometimes the rider will fall behind and have to work to bridge the gap. Intermittently, the rider re-joins the group and gets a moment to recover. There will be grinding hills and hair-raising descents. All of this will lead to fitness along with the sensation of actual outdoor riding. The Dominator's film, which will leave nothing to the imagination, should be available to the public by late summer.

There were lots of deserving award recipients at the Club Banquet in December—see the article on page 1 for the two Lifetime Achievement Awardees. Of the minor award winners, probably the most

tion; but then again so is a bicycle repair kit.

Buckeye: I guess the wedding is off???

Thanks go out to **Clarence Shoch**, who is stepping down after two years as our Ride Coordinator. The Dominator and **Jit-tery Jo** have graciously agreed to assume that role. Wonder why it takes two of them to replace Clarence(?). Rumor has it that this lovely young couple were far and away the stars of the DVBC swing dance class, and were quickly adopted as the teacher's pets.

Grey Wolf felt he got Dreamer the perfect gift for her winter birthday. In fact, the **keg of lager** was such he hit he says that



henceforth he is planning on celebrating Dreamer's aging process by honoring her in two-month increments.

Good Samaritan Report #1, from Buckeye: "I would like to publicly thank Smytie and Grey Wolf for giving up their time and labor on a day I am sure they would have enjoyed riding. They helped load, haul and deliver a lot of household items to the Coatesville fire victims this past Sunday. The **Coatesville Salvation Army** was very happy to receive the donation. Just another reason why the members of the DVBC are the best!"

Good Samaritan Report #2: Mark your calendars now for **Wooden Man's** ride on May 2 to an inaccessible section of Ridley Creek, part of the CRC (Crum, Ridley, Chester) Clean-Up that the club has participated in for years

Dragon Flyer found an ideal way to cope with winter. She took a fold-up bike to Florida and spent January riding back

and forth across the state with her puppy **Bailey** in a basket. One day she let Don take Bailey fishing and, while he didn't hook any marine life, young Bailey took the bait, hook line and sinker. A vet was quickly located and Bailey's cheek is mending nicely.

I have been told by a mole that **Ice Dancer** has "a new Specialized Ruby Pro Expert whatever bike... It is loaded!"

On a Valentine's Day MTB ride **Pool Boy** hesitated at the top of a steep descent and wondered aloud whether to bomb down the hill or take a more gradual side road. As he pondered his decision he thought out loud, "I've got a great wife, no kids, a pool.... Plenty of reasons to live..." So he skipped the steep downhill. Smart man.

In some downtime on the listserve this winter, Dominator requested help finding a hard shell golf club travel case for his son's fencing equipment. "He was traveling to the **US Fencing Junior Olympic Championships** in Albuquerque, NM with his school team. Many members gave ideas about where to buy one, but our own **MacGyver**, Buckeye, provided directions on how to build a case out of carpet roll tubing, aluminum pie pans, and duct tape. Although my son is a guy and therefore not very style-conscious, I don't think he would have appreciated walking through the airport terminal carrying a carpet roll tube. Neither would the TSA."

Finally, it seems that my account in the last newsletter of **Doc's** misadventure during his solo

With A-Rod's admission last month that he was taking banned substances, our own D'ster decided to come forward and write a book about his own misdeeds in years past. Anyone who has seen D'Ster ride knows that he was on 'the juice.'

ride to the Phillies' victory parade on Halloween played a little fast and loose with the way things (or Doc) actually went down. I have been asked by the (cursed!) management of this publication to issue a **CORRECTION** (a correction? This is a gossip column, not the NY Times!). For the record, this is something I have never done before, and don't expect it again anytime soon. But I like Doc—he's a good Board member and ride leader and he did manage to satisfy both carnivorous and herbivorous tastes by arranging for both prime rib and a vegan entrée at the club banquet—so I'll let him tell the story his way:

"Doc fell off on the Passyunk Avenue Bridge and somehow was not run over (maybe he was hit to cause the fall—no recall), helped off the road with his undamaged bike and left there by some unknown good Samaritan (or the hitter). Police in the area said they saw nothing. After the parade had passed in South Philly, Doc thought it best to ride to Suburban Station and take the train home. While waiting in the endless line, bike in hand, **Boat Shoes** approached and negotiated for the bike so he could get home for Trick or Treat with his wife and child."

Now that the record is cleared, remember to **send me all your innuendo, lies, half-truths and even your dreams** for publication in the next installment of **Bike Dirt**.

A large, muscular arm flexing, with the word "PUMPED" in large red letters at the top. Below the arm are four red banners with text: "Living Fast,", "Loose,", "And On The Juice!", and "During my tumultuous DVBC Days—and nights!". At the bottom is a small photo of a man's face and the text "by DAVID BENNETT With F. X. Pedrix".

Charlie Stockley, with Tom Smythe (left)
and Steve Rothrock's rear wheel (right).
Photos by Greywolf.



APPLICATION FOR DVBC MEMBERSHIP (expires one year from date renewed or joined)

Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events.
Your membership also helps influence local government decisions concerning bicycle issues.

Annual membership: \$15 per household

Circle one: *New Member* or *Renewing Member*

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

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP: _____

PHONE: _____ Birth Date: _____

EMAIL: _____

The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley.

I wish to contribute (circle appropriate amount):

\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ _____

AMOUNT ENCLOSED:

\$15 membership + _____ Safety Fund = \$ _____

I will volunteer for (circle all interests)

Ride Leader *Tour Volunteer* *Newsletter*

Other: _____

Please send your check or money order to: 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)