

Delaware Valley Bicycle Club



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

Letter from the Editor

This month we bring you more of the best from DVBC Land.

We want to thank you for all the great feedback to last month's newsletter. Ricco's inbox was stuffed with fan mail. Participation at his group riding camps is growing = the word is out! Uneasy about his new role as club celebrity, Ricco has taken to slinking around the news office disguised with a hat and Ray-Bans, jumping into closets to avoid the tifosi.

Your new board of directors is hard at work on hot issues: updating our bylaws, insurance, ride leader program, Bonkers tour ... "How ever can they do all that all by themselves" They can't. They need and would love your help. Volunteer. Please.

The ride calendar is filling out and the adhoc ride business is booming. The ride committee has a new ride calendaring tool on the website which makes it easy to post your rides. Color coding and shading, plus a search feature make it easy for everyone to find the rides which best suit them.

The ride committee is hosting ride leader training near the end of March. Check the DVBC website for updates. If you think there's even a small chance you'll be leading this year you should attend. We'll be covering leader responsibilities, insurance issues, best practices, and most importantly, Group Riding Skills. Simple, get everyone from here to there and back. Back within the advertised distance, difficulty level and rate. Everyone got back safely, smiling.



Groundhog said let there be more winter and it was so. Temps have been a bit warmer, but the dampness and blustery winds sure make it feel like deep winter. The rides go on regard-

less. Buckeye lead a group to the Kountry Kitchen. "We don't have to go all the way. We can turn around if it gets too cold". "Ok, let's just put the bikes back in our cars now." "Oh come on, it's supposed to be warmer later".

Inside there's ride reports, more recipes, love in Rome..... Thanks for reading. Drop us a line or drop by the news office for a chat. Ricco? He's that shady looking guy in the closet with a fedora and Ray-Bans.

Bob Martin answers the Bell

Bob Ladrew

In the March issue we told about our efforts to expand the DVBC newsletter archive and make it available to the public on the club's website. A request was issued for longtime members to scour their attics for old copies of the DVBC newsletter so that our archive can grow and perhaps one day be complete.

See Bell on page 8

Spring in Shenandoah

Rich Andreas

I have been going to the Front Royal / Luray VA area of the Shenandoah Valley since I was a kid. I know this area as well as my childhood neighborhood. Dad's birthday was mid-Feb. I was 10 or 11. I was tall for my age and he'd managed to fit me into a nice Atala. He threw our bikes and hiking boots in the car and off we went to Shenandoah to ride some real mountains. This year I arrived at Front Royal mid-day. Upper 50s with warm sun. No clouds.

See Shen page 5

DVBC Acknowledges Our "On the Road" Ambassadors

Winter Ride Leaders	
Dave Alfe	Doug Bower
Linda McGrane	Sabine Cranmer
Ricco Luci	Emil Skobeloff
Shelly Epstein	Mary Huis
Ira Josephs	Mike Fuller

And Thank You ...

To all the volunteers who donate their time, energy and expertise, our dedicated ride leaders and the organizers / helpers that promote our events. **Bonker's tour is right around the corner in May. Feel like helping out? No applications required. Contact any of the Board Members.**

SAVE THE DATE

Th March 28. 7:00PM

Please join us for the 2nd Annual **DVBC Ride Leader Training**. It will be held at the Swarthmore Public Library. All prospective 2013 ride leaders are requested to attend. It will last approximately 60 to 90 minutes. We'll be covering leader responsibilities, insurance issues, best practices, and most importantly, Group Riding Skills. Simple, get everyone from here to there and back. Back within the advertised distance, difficulty level and rate. Everyone gets back safely, smiling.

Contact Mary Huis at
Email: mary2335@verizon.net

Your Attention Required

April is membership renewal month.

All individual and family memberships will expire in April. Check www.dvbc.org for info and updates

Delaware Valley Bicycle Club

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Swarthmore, PA 19081
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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. Money raised from rides and membership dues is donated to a variety of cycling-related organizations.

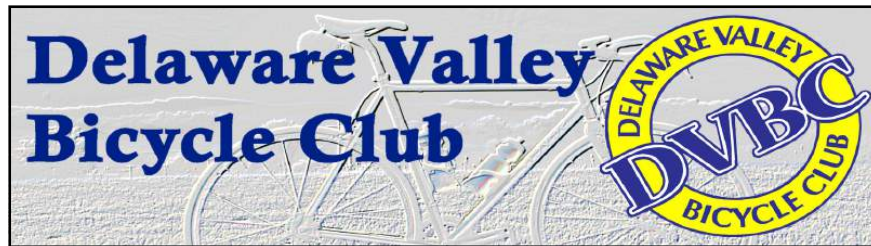
DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. The views expressed in this publication are not necessarily those of DVBC.

Monthly board meetings are open to all, and are usually held the 1st Monday of the month (except December) at 7 p.m., at the Swarthmore Public Library. Contact the President to confirm.

CLUB AFFILIATIONS

- *League of American Bicyclists
- *Bicycle Coalition of Greater Philadelphia
- *Adventure Cycling Association
- *Bicycle Access Council
- *East Coast Greenway
- *PA Walks and Bikes
- *Friends of Ridley Creek State Park
- *Friends of the Chester Valley Trail

Newsletter Contents © 2013 by DVBC



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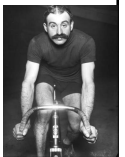
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RIDE GUIDELINES & CLASSIFICATIONS

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

CLASS	AVG MPH	DISTANCE	DESCRIPTION
D	7 to 10	10 Miles	For new, inexperienced riders or families. Frequent stops, as few hills as possible and the group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissi-
C	10 to 12	15+	For average riders with rest stops as needed. The group will wait for stragglers.
C+	12 to 14	30 +	For average riders with rest stops at the discretion of the ride leader. No obligation to wait for stragglers <i>if cue sheets or maps are provided</i> .
B-	14 to 16	30 +	For more experienced riders with rest stops at the discretion of the ride leader. No obligation to wait for stragglers <i>if cue sheets or maps are provided</i> .
B+	16 to 19	30+	For strong riders with rest stops at the discretion of the ride leader. No obligation to wait for stragglers <i>if cue sheets or maps are provided</i> .
A	19+	30+	For very strong riders with rest stops the discretion of the ride leader. No obligation to wait for stragglers <i>if cue sheets or maps are provided</i> .

Delaware Valley Bicycle Club: *Serving Delaware County and the Western Philadelphia suburbs*

March 2013 Ride Calendar

Reminder: Any ride scheduled in the Newsletter, on the DVBC website ride calendar, or advertised via the list serve is considered an official club ride and a sign-in sheet is required. The sign-in sheets are on the website on the ride calendar page.

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

Wednesdays 10:00 am Miles:30-60 Class:C+ Docs' Ride	Ride starts and ends at Rose Tree Park in Media. Usually a lunch destination. Rain cancels the ride. Contact Woody Kotch at Email: hrkotch@gmail.com
Wednesdays 6:00 pm Miles:20-25 Class:C April Show & Go C Ride	Please join us for a moderately fast-paced ride out of Rose Tree Park in Media, leaving promptly at 6pm. We will do a lot of hills, some steep, some long. No one dropped but expectations are that you have been keeping in shape and are capable of doing these hills. Average speed 11-13 mph. Contact Shelley Epstein at Email: 4epsteins@comcast.net
Thursdays 5:45 pm Miles:10-20 Class:D April Delightful D Ride	Average speed 8-12 mph. Meet at Jacobs Engineering Parking Lot. Gently paced post-work evening ride, suited for novice riders, newcomers to the area, and/or anyone seeking a low-intensity recovery ride. We'll be meeting in the same parking lot as the "Multi-Level Conshohocken Rides". We'll start by riding on the Schuylkill River Trail in March. As riders get stronger, we can turn off the SRT and explore some pretty roads in the area. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
Fridays 9:45 am Miles:45+/- Class:B-/C+ April Friday Frolic w/ Linda	This is the generic description. Specific details will be posted on Bike Club of Phila calendar for each Friday. Average speed 13-15 mph. We'll explore pretty, peaceful roads in <u>suburban</u> counties -- Montgomery, Bucks, Chester, etc. Starting points will vary, so that we can cycle through different regions. Cue sheets and on-line route map will be provided for each ride. If weather conditions are not conducive to cycling, this ride may be replaced by a hike/walk. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
Monday, Apr 1 7:00 pm Miles:None Class:All DVBC Board Meeting	DVBC Monthly Board Meeting held at Swarthmore Public Library at 121 Park Avenue (610) 543-0436. All are welcome to attend. Contact Rich Andreas at or the andreas@comcast.net
Wednesday, Apr 3 6:00 pm Miles:30 +/- Class:B	Join me for a B-paced ride starting in Rose Tree Park in Media. Ride will get progressively longer as we get stronger and days get longer. Contact Peter Schmidt at 610-328-2375 or pschmid1@swarthmore.edu
Saturday, Apr 6 9:00 am Miles:25-30 Class:C Westtown Loop	Ride starts in Rose Tree Park in Media. Join me for a nice ride out to Westtown. We will average 11 to 12 mph and regroup on the hills. Expect some hills - not real steep but they will be long. April showers cancel ride. Contact Mary Huis at or mary2335@verizon.net
Sunday, Apr 7 9:00 am Miles:25 +/- Class:C Long Steady Distance Part One	LSD = Long Steady Distance Part One - Airport Ride Lets meet at 320 Market for a nice out and back ride to the airport. For anyone taking Ricco's pace line rides, this is a good chances to get a little practice in. No one dropped. Contact Gary Stewart at or gary@garystewart.net
Tuesday, Apr 9 6:00 pm Miles:15 +/- Class:C Delco Spin	Daylight Savings is here and Tuesday evening ride is back! So dust off your bicycle, pump up the <u>tires</u> and join me for an easy C pace ride of 11 to 12 miles hours Swarthmore, Wallingford and Ridley Township areas of Delco. Daylight will govern the length of the ride, planning on being back at the start before dark. But bring lights just in case. We will regroup as necessary. Leave promptly at 6 pm. Ride will get faster as the season progress. Rain cancels. Meet at 320 Market, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com

RIDES CONINUED ON PAGE 4

Wednesday, Apr 10 6:00 pm Miles:30+/- Class:B Andy's B Ride	Join me for a B-paced ride starting in Rose Tree Park in Media. Ride will get progressively longer as we get stronger and days get longer. Contact Andy Marzano at or starbrdtack1@yahoo.com
Saturday, Apr 13 8:30 am Miles:55 Class:C+ 3 Parks and A Trail	Ride starts and ends at Rose Tree Park. Scenic back roads route to Valley Forge Nat. Park. Fill your H2O bottles at the Betzwood rest stop than ride the S.R. Trail all the way to Manayunk. Faster riders can go off the front on the trail with a re-group at trails end. We'll make a quick stop for a snack at Wawa before riding the Bob Martin route back thru Haver-town to R.T. Park.
Saturday, Apr 13 9:00 am Miles:35 +/- Class:C Long Steady Distance Part Two	LSD = Long Steady Distance Part Two - Kountry Kitchen Ride Meet at Kingsway High School at Routes 551 and 322 in NJ. Bring \$ for breakfast. No one dropped. Contact Gary Stewart at or gary@garystewart.net
Saturday, Apr 13 2:00 pm Miles:5 +/- Class:All Rose Valley Hike	Meet at the Moylan Rose Valley train station for a rare hike with Ira around historic and wild Rose Valley. We'll see the Old Mill, Saul Nature Preserve, the Minquis Indian trail and trolley line trail. Learn some of the history of the area. Expect hills and uneven terrain.
Sunday, Apr 14 10:00 am Miles:50 +/- Class:C+ Centreville Cafe	Meet at the Moylan Rose Valley Train Station at Woodward and Manchester Rds. in Rose Valley and ride classic DVBC hilly routes to the west. Snack break in Centreville. 12 - 13 mph average speed. Contact Ira Josephs at 610 245 3745 or josephs4058@gmail.com
Tuesday, Apr 16 6:00 pm Miles:15 +/- Class:C Delco Spin	Daylight Savings is here and Tuesday evening ride is back! So dust off your bicycle, pump up the tires and join me for an easy C pace ride of 11 to 12 miles hours Swarthmore, Wallingford and Ridley Township areas of Delco. Daylight will govern the length of the ride, planning on being back at the start before dark. But bring lights just in case. We will re-group as necessary. Leave promptly at 6 pm. Ride will get faster as the season progress. Rain cancels. Meet at 320 Market, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Wednesday, Apr 17 6:00 pm Miles:30+/- Class:B Andy's B Ride	Join me for a B-paced ride starting in Rose Tree Park in Media. Ride will get progressively longer as we get stronger and days get longer. Contact Andy Marzano at or starbrdtack1@yahoo.com
Wednesday, Apr 17 6:00 pm Miles:20 +/- Class:B- Wed Nite Road Crew	This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will start around 13.5 mph the first couple weeks and climb steadily up around 15.5 mph at season's end. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Apr 20 9:00 am Miles:45-50 Class:C+ The Muffin Ride	Join me for a fun ride out to Purebread Deli in Greenville Delaware. Ride starts at Rose tree Park in Media. We will average 12 to 13 mph on this ride. Expect hills, great scenery, wonderful company and a really fun time-trial section. April showers cancel ride. Contact Mary Huis at or mary2335@verizon.net
Sunday, Apr 21 8:30 am Miles:55 +/- Class:C+ Long Steady Distance Part Three	LSD = Long Steady Distance Part Three. This is the last - Kountry Kitchen Ride Meet at Kingsway High School at Routes 551 and 322 in NJ. Bring \$ for breakfast. No one dropped. Contact Gary Stewart at or gary@garystewart.net
Sunday, Apr 21 10:30 am Miles:25 - 30 Class:C/C+ Philly Airport Ride	Ride starts at 320 Market in Swarthmore. We will follow a circuitous ride through Ridley Township to get the legs warm and limber and then ride through Tinicum to Hog Island Rd and around Philly International Airport. Two 5 mile breakaways provide Triathletes, Sprinters and Masochists an opportunity to blow out their legs while others enjoy the scenic 25-30 mile ride. Regroup as often as needed. No one dropped. Contact Emil Skobeloff at or scoby13md@verizon.net

Tuesday, Apr 23 6:00 pm Miles: 15 +/- Class: C Delco Spin	Daylight Savings is here and Tuesday evening ride is back! So dust off your bicycle, pump up the tires and join me for an easy C pace ride of 11 to 12 miles hours Swarthmore, Wallingford and Ridley Township areas of Delco. Daylight will govern the length of the ride, planning on being back at the start before dark. But bring lights just in case. We will re-group as necessary. Leave promptly at 6 pm. Ride will get faster as the season progress. Rain cancels. Meet at 320 Market, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Wednesday, Apr 24 6:00 pm Miles: 30 +/- Class: B	Join me for a B-paced ride starting in Rose Tree Park in Media. Ride will get progressively longer as we get stronger and days get longer. Contact Peter Schmidt at 610-328-2375 or pschmid1@swarthmore.edu
Wednesday, Apr 24 6:00 pm Miles: 20 +/- Class: B- Wed Nite Road Crew	This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will start around 13.5 mph the first couple weeks and climb steadily up around 15.5 mph at season's end. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Apr 28 8:45 am Miles: 45 +/- Class: B- Aston to Northbrook	Spring is the perfect time to ride out to Northbrook for some apple cider donuts. We'll take one of my many routes there, stop for goodies, and head back to Aston. Expect hills and lovely scenery. Rain cancels ride. Meet at Planet Fitness, Pennell & Marionville Rds, Aston PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Tuesday, Apr 30 6:00 pm Miles: 15 +/- Class: C Delco Spin	Daylight Savings is here and Tuesday evening ride is back! So dust off your bicycle, pump up the tires and join me for an easy C pace ride of 11 to 12 miles hours Swarthmore, Wallingford and Ridley Township areas of Delco. Daylight will govern the length of the ride, planning on being back at the start before dark. But bring lights just in case. We will re-group as necessary. Leave promptly at 6 pm. Ride will get faster as the season progress. Rain cancels. Meet at 320 Market, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com

**VISIT www.dvbc.org for last minute updates
And ride additions**

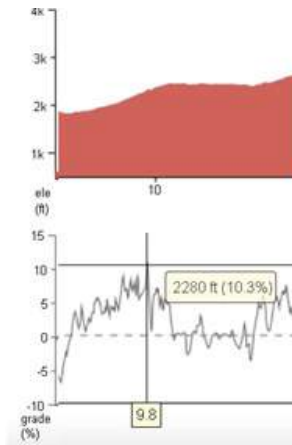
Shen from Page 1

Over the course of 40 years of visits I feel like I have ridden every hollow, climbed every pass. The trees lining the hiking trails and single-track are old friends. I rented a favorite bungalow on a horse farm in Luray



This trip I was trying out www.mapwithgps.com to lay-out some rides for a future club trip. The mapping software and download to my Garmin were

both idiot proof. I parked just downhill from the Skyline Drive Northern entrance. I planned to warm into the weekend, taking the short-cut to one of my favorite spots – Hogback Ridge. The website offers graphic views of both the ride profile and the gradient. I liked that – there's that aching 10% section around mile 10'. Here's the ride stats. The roads in the park are ideal for cycling. Car speed limits are 35 in the park. Commercial vehicles are prohibited (no



Front Royal to Hogback - out and back
Submitter: (unnamed)
Click to add description
Created Mar 03, 13
Start: Front Royal, Virginia, US
Distance: 20.9 mi
Elevation: + 3908 / - 1119 ft
Good For: Cycling
Re-center Map
Comments Share Export
Direct write to Garmin GPS unit
TCX Course

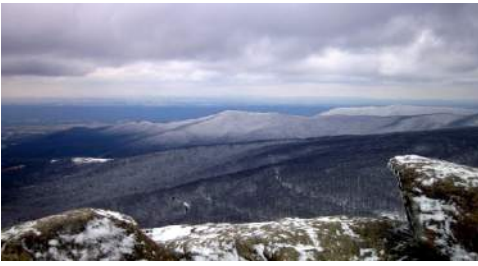
to worrying about is the roar of a Harley shattering the peace. 20 minutes pass and I have the park to myself. It's too early in the season for me to float up the climbs so the overlook at "the Back" was hard won. Savor the view. Vultures ply the thermals as the Easterly winds climb up over the mountain. Snack and turn around for the ride back.

See Shen page 6

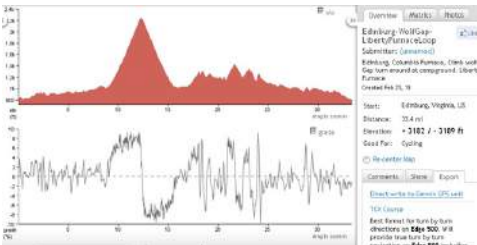
trucks). Grades are "typically" 3% to 5% - I am told that the limited horsepower of cars in the 30s when the roads were built dictated gentle grades. The only thing

Shen from page 6

Over night snows and frigid temps got me off the bike and into hiking shoes the next two days—it's a good recovery



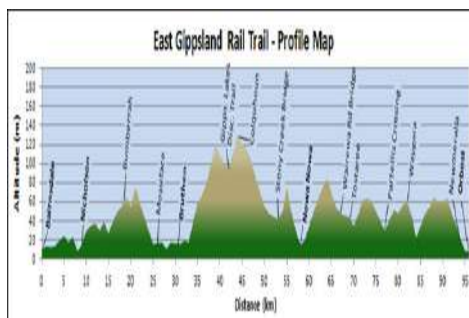
exercise. Temps moderated on Monday just in time for an epic ride to end the weekend - Rich



NZ Trip Report

Drew Knox

Biking solo lets you bike as you want, stopping to take pictures, or enjoy the smell of a wet eucalyptus forest, or to pause and listen to the clear single note of Bellbirds filling a hollow. Conversely, you can unapologetically push on until you've reached your limits. Yesterday, I reached mine. Sunday, I biked 100 kms on the



Gippsland Rail Trail. It was slow going and better done in two days. Some tours do it in four. For me, it was a nine-hour ride which got me into Orbost one day and a couple of hours later than I would have liked.

That was because of Frank. I met Frank in Bairnsdale when I got up in the middle of the night to relieve myself. He was sitting at the open kitchen picnic table with a book and a bottle of white wine. We got to chatting and were joined by a Kiwi woman who had just gotten off work. This camper-van park was her temporary home with her husband and her two youngest children. They'd inherited two large tents from an-

other couple. The kids had to cook and fend for themselves during the day. Four other children had remained in NZ, but you go to where the jobs are, especially if you want to keep your house. Frank had lost his house and was living out of his car. I also learned that his wife of 36 years had died five years ago and he missed her terribly. These are hard times.

Saturday morning, Frank said if I was willing to put \$20 of gas in his tank, being as he was in an impecunious situation, he would take me on a tour of his favorite haunts in the Gippsland territory. This was a deal I couldn't pass up. It was hard to tell that Frank had cleaned out his car to make room for me and, before turning over the engine, he poured himself a big glass of wine and the yarns started. He grew up on a farm. Started fishing when he was six and was an avid boater. His wife had died from cancer. He had four surviving children and 20 grandchildren and step-grands. Frank had cancer too. He was in remediation but didn't want any more chemo treatments. Massive doses of estrogen keep his testosterone at the required zero level. He says it's making his hair grow back and his breasts grow which his mates now like to play with. I told him that's what mates are for.

We tanked up and headed for the Nicholson River and followed that down to the mouth of Jones Bay. Frank and his wife owned a boat and would cruise from Jones Bay into Lake King. Then we jogged over to the Tanbo River and followed that for a bit and then ran over to Metung, a cozy town on a small peninsula with million dollar views.



We passed a friend of a friend on the road. Somehow, Frank remembered where the guy lived, so we tracked him down. Frank got the guy's name wrong, and the mate didn't really remember Frank, but they chatted about their mutual friend who had also worked on the pipelines. This guy was a trim 74-year old. Back in the day, he operated big machinery laying oil pipelines all over the world. Before safety, because of the heat, they worked in just thongs and underpants.

Then we drove over to Lakes En-

trance. The yarns were getting longer as the bottle was getting shorter. We strolled the tiny wharf and popped into a bar where I learned the term "giving a shout," which means treating your mates. Over coffee and a beer, I learned that Frank, who claimed to have an IQ of 148, had been institutionalized for attempted suicide after his wife's death. He smoothly swung us over two building just in time to place a bet on the ponies. Horse betting is a big deal here. Frank's horse finished second by a head. Then he popped over to the counter to place another bet and this time lost by a nose and there went Frank's weekend funds. He called his daughter to place a small amount of money into his account and off we went.

This time we went up the other side of the Tanbo to one of his favorite fishing spots. Half a dozen young guys were sitting there, dismayed and empty-handed. When Frank asked how they were doing, one became very animated that they had driven six hours and didn't have time for patience. Frank hopped out to check out their tackle, then showed them how to better rig their poles. The guys loved it. Well, that caused for a celebratory beer so we went for another shout. Next there was a blueberry farm nearby that Frank wanted to visit. After that, we went up the road to the Gippsland Trail. He found the spot where he wanted to park and we hiked for half a mile. Suddenly he stopped and grew quiet and we heard the clear ringing of the Bell birds that he had been telling me about. It's a single note unmasked by other sounds as Bell birds form colonies and chase out other birds. That deserved one more shout and we were nearly home.

Because of the day off with Frank and shortening some of the previous rides, I was now two days behind schedule. I was happy to have done the trail and to have it behind me. I could catch up and avoid some mountains by taking a bus from Orbost to Eden. Orbost has a single block of shops and an attractive park that is set against the mountains. I found my way to the Information building, the bus pickup, studied the bus schedule, and had just purchased a ticket when I remembered to mention I had a bike. No go.

Yikes! I scrambled back to the campground and clambered off, starting a few hours later than I would have liked. Frank had been pushing me to see Marlo

See NZ on page 8

BCP - Women Bike PHL

The Bicycle Coalition of Greater Philadelphia has recently launched a new campaign, "Women Bike PHL", to address the gender gap in bicycling and make riding a bicycle more fun and feasible for Philadelphia women of all ages and backgrounds. Additional information on the Women Bike PHL program can be found here:

<http://blog.bicyclecoalition.org/2013/03/get-involved-in-women-bike-phl-part-4.html>

Facebook and Twitter details are included.

Voice of the Peloton

"All Bicycles weigh 40 pounds; A 20 pound bicycle needs a 20 pound lock. A 30 pound bicycle needs a 10 pound lock. A 40 pound bicycle doesn't need a lock." - **Bicycle Law**

"The hardest part of raising a child is teaching them to ride bicycles. A shaky child on a bicycle for the first time needs both support and freedom. The realization that this is what the child will always need can hit hard." **SW**

"The bicycle has a soul. If you succeed to love it, it will give you emotions that you will never forget." **MC**

On Group Riding

"You were bicycling two abreast?"
"I wish. We were bicycling to a lake."
The Simpsons, 'Dangerous Curves' (Episode 2005), first broadcast, November 10th 2008

"When I was a kid I used to pray every night for a new bicycle. Then I realized that the Lord doesn't work that way so I stole one and asked Him to forgive me."
EP

Get a bicycle. You will not regret it, if you live" **Mark Twain**.

In the early 1980s Mark Twain learned to ride one of the old high-wheel bicycles of that period. He wrote an account of his experience, but did not offer it for publication. An excerpt:

The Expert explained the thing's

points briefly, then he got on its back and rode around a little, to show me how easy it was to do. He said that the dismounting was perhaps the hardest thing to learn, and so we would leave that to the last. But he was in error there. He found, to his surprise and joy, that all that he needed to do was to get me on to the machine and stand out of the way; I could get off, myself. Although I was wholly inexperienced, I dismounted in the best time on record. He was on that side, shoving up the machine; we all came down with a crash, he at the bottom, I next, and the machine on top.

This time the Expert took up the position of short-stop, and got a man to shove up behind. We got up a handsome speed, and presently traversed a brick, and I went out over the top of the tiller and landed, head down, on the instructor's back, and saw the machine fluttering in the air between me and the sun. It was well it came down on us, for that broke the fall, and it was not injured.

Five days later I got out and was carried down to the hospital, and found the Expert doing pretty fairly. In a few more days I was quite sound. I attribute this to my prudence in always dismounting on something soft. Some recommend a feather bed, but I think an Expert is better." **MT**

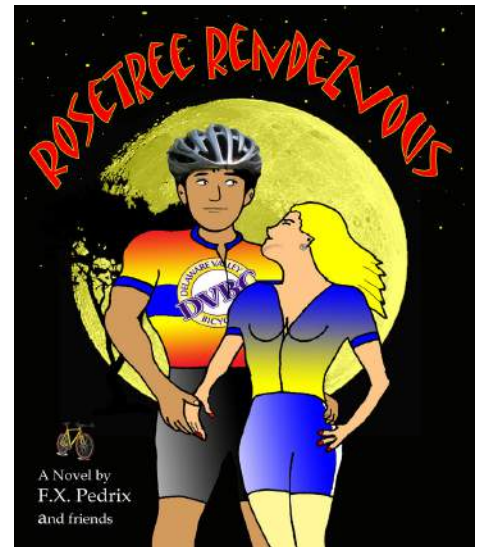
"The U.S. government has joined a whistleblower lawsuit seeking to help the U.S. Postal Service recoup the roughly \$30 million it paid to the Texan's teams — a lawsuit that could deliver a triple-damages blow costing Armstrong more than \$90 million." **Bob** (he knows everything)

"Yo, you hear what Bob said about Lance?"

"Lord, Give me a break, will you? I've had it up to here with that crap" **2Guys**

"Oh no, Dick, look, your bike fell over again. You need to be more careful where you lean it"

"It wouldn't help George. It always falls over as soon as I get off. I just ride it too much. Sometimes I ride so hard I get too tired. My poor bike falls over because it's always too tired" **2Old** **Re - publicans**



"Signore e signori, in cinque minuti saremo di atterraggio nella splendida roma." Ladies and gentlemen, in five minutes we will be landing in beautiful Rome. "Avere una visita piacevole." Have a pleasant visit.

Megan's heart sank. As the plane banked she looked through the small, milky window at the Italian capital, then at her father's face. "The only thing pleasant about this visit will be going home."

"Don't worry, Meggie," responded Brian. "Before you know it this will be over and you'll have your whole life in front of you."

Minutes later Megan's dread turned to abject fear when she and her father were met at the gate by a pair of armed Polizi de Stato. "At least we won't have to pay for a taxi," her father quipped as they were led to an official car.

That night, after hours of lying sleeplessly in her Hotel Nazioni bed, Megan was able to corral her fears. All her life she had been a competitor. She would approach tomorrow's hearing like it was the biggest bike race of her life. Megan geared herself for the huge challenge. Then, for a few hours, she fell into a deep, peaceful sleep.

See Rendezvous page 9

Bell from page 1

Two popular members have answered the bell. Upon reading our request, Bob Martin got right on the horn to let us know that not only is he an inveterate collector of bikes and components, but also a compulsive saver of magazines and newsletters related to bicycling. And just before deadline, Paoli's Lewis Neidle emailed to say he possesses all four of the most recent missing NL's.

With this latest influx we are now searching for the following newsletters: all issues prior to 1990, all of 1990 except for September and October, all of 1991, the first seven months of 1992, September 92,



June 93, and September 94. We are hoping for another bonanza after you read this.

The trip to Martin's to pick up the newsletters afforded an opportunity to visit at his home in the tiny Pennsylvania village of New Britain, just above Rising Sun, Maryland. Bob has converted his two-car garage into a bike repair shop where, in his retirement, he has ample time to ply his hobby. Both the ground floor and attic are full of bikes and components, each item a part of Martin's divine plan. When informed that I would be seeing many club members on the following day, Bob said, "Tell them I'm happy."

Thanks, Bob and Lewis, for aiding the cause

DVBC Archives

Ricco Luci

How about those bike club romances last month? This month we turn to patrons of the peloton. The club has been around a long time. A handful of riders and leaders have achieved mythical proportions. People speak of these individuals with rever-

ence and nostalgia.

Bell answerer Bob Martin fits that bill well. Bob moved out to the borders of club territory in MD, so we don't see him much, but we never forget. Seen putting a wrench to good use in his bike workshop, Bob is a bicycle repair God. No really, he's the Norse God of Bicycle Repairs, brother to Thor. Keep



your eyes peeled and you may see him at the rescue of a broken down rider. He's hard to miss with that giant wrench and matching biceps.



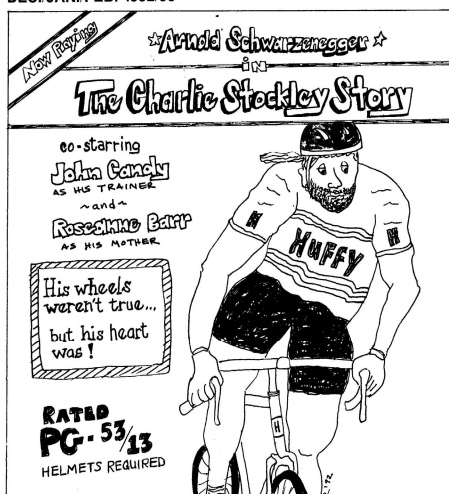
And then, there's Charlie, just "Charlie". He has the most beautiful muscle definition in his legs.

And it was all go, not show. He used the smallest gear cluster. You'd pass him only be caught on the next hill, you doing your best spinning impression, he grinding this massive gear. Bob LaDrew's quest to fill the newsletter archive led him to this 1992 Edition with Charlie as cover boy. Like I said, look at those legs!



DEC./JAN./FEB. 1992/93

FREE!



NZ from Page 6

And now I would. This route included a slight detour that added 10 miles along the Snowy River but avoided Mount Wallace. It was as pretty a stretch

of road as I've seen, rolling past some quiet farms and turnouts for picnic tables along the river. There was also a billabong, a river that doesn't flow because of land shifts, but is teeming with wildlife. Too soon, the river grew wider and I reached the mouth. Marlo had two stores and two campervan parks. Nearby were hiking trails that followed the sand dunes along the Bass Strait. Several couples approached me there to chat but I was late and needed to press on.

I followed the Marlo-Conlan Road, which hugged the strait for 10 miles, and then turned north towards the A1 and I was climbing. And climbing. Up on the A1, there was traffic, some shoulder protected by bumpy lane markers, and more hills. I pulled into Cann River at 5:00, tired and thirsty. I dropped my equipment in the park and went over to the hotel to pay. The hotel served beer and food. Across the street, the gas station also served meals. On the third corner was a cafe and across from that a super. I bought heaps of food and rode back to the park for a much-needed rest. This was the second night I turned in at 8:30, intent on a long sleep, but was interrupted by some thieving marsupials trying to break into my food.

A little bleary, I mounted early. Either it was going to be a short ride to Genoa or a long ride to Eden. Over coffee at the cafe, I asked the owner what was at Genoa. She said only a motel. Yikes! This was going to be another long day in the saddle and there was no way to change it. I crawled over Mount Drummer and then many more climbs before reaching Genoa. There was, generously, a motel. It was derelict but the owner let me fill up from his water tank, which was a good thing as there are no other stops. Then the climbs continued and I was spending a lot of time in my two easiest gears.

A famous Italian racer known as a mountain climber was asked for suggestions for casual riders to get over mountains. He said, "Take your time and keep turning over the pedals and eventually you'll get to the top." That was my motto. I



took frequent breaks, drank as much as I could hold, snacked frequently, and inched along. I reached Eden after another 9-hour day and was done in.

Rendezvous from page 7



Italian police chief Esposito and UCI representative Frick Elsinger began the hearing by suggesting that, with complete enough information, Megan could emerge from the proceedings with a suspension that would keep her out of cycling for just one season. Her lawyer, Marco Guerciotti, began arguing that this would be unacceptable to his client but Megan interrupted him. "Marco, I don't care about the suspension; I don't ever want to race again," she told him. Guerciotti tried to stifle Megan but she was adamant. "No! My racing career is over! I want to live a normal life."

Lawyer and client adjourned to a private room where, to his chagrin, Guerciotti was unable to dissuade Megan from writing her own racing obituary. Technically,

he pointed out, she could even be subject to jail time. A court stenographer was summoned and, after a couple of prodding questions by the UCI representative, Megan plunged into the story of her descent into the dark sinkhole of professional bike racing.

A talented teenage racer from Oregon, she had come to Italy three years earlier to ride for Vigorelli, a second tier pro women's team in Milan. From the start it was shocking to Megan how fast the European pros rode right from the gun. Back in the States, as she worked her way through the youth ranks, Megan had always been among the most willing to deliver water bottles. Regularly, having given her last ounce of energy to hang on to the back of the peloton, she had to get up the next morning after sleeping poorly in some stinking hotel and get ready to suffer through another race.

Day after day of this grind drained every last ounce of pleasure that Megan had once derived from racing. Furthermore, she was missing her dad, who had recently moved to Media, Pa., and she couldn't speak enough Italian to communicate in a meaningful way with her teammates. Megan thought about quitting but it was not in her to admit defeat.

Whenever the team doctor made his daily rounds Megan saw her roommate getting injections she referred to as "vitamins." Megan had brought her own vitamin supplements from the States so she always declined Dr. Lamborghinni's offers. After some weeks, the doctor, a sweet, paternal man, explained to Megan that his vitamins were a special blend that "will help you with recovery." Desperate to survive, Megan rolled up her sleeve. The shots, thereafter administered at regular intervals, didn't just help Megan recover; she became one of Team Vigorelli's strongest domestiques. Over a three-year period she helped the team leader win several stage races and even managed to win a couple of minor races herself. Megan was glad to be contributing and riding to the best of her ability but deep inside she knew that, even though she had passed every drug control test, she was a cheat; the injections contained more than vitamins.

Over the next few hours Megan narrated in detail her life in the European women's peloton. She did not attempt to minimize her own responsibility for the cheating and deception in which she had knowingly taken part. Megan was loathe to implicate others; it was in that sense fortunate that she had intentionally kept herself ignorant about who was using and administering what drugs.

After every last question had been answered honestly and completely Megan, sweat-soaked and exhausted, sought out her waiting father in the lobby. She collapsed into his arms and began sobbing uncontrollably. As Brian comforted her, Megan cried tears that represented the unburdening of years of guilt and shame. When she'd had some time to think about it Megan would realize that, although difficulties loomed, for the first time in years she was free to define who she really was. And to hell with bike racing.

Attorney Guerciotti came out, patted Megan on the shoulder, and told her and Brian to return to the hotel and await instructions from the Italian police.

Next month: Does Megan help paint arrows for the Bonkers Metric?

Baby, it's cold outside!

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March 2013

Recipe Exchange

Rich Andreas

Editor's note: Rich was a frequent guest coach at the [Mike] Walden School of Cycling spring training camps <http://www.nytimes.com/1991/12/08/travel/biking-for-the-sheer-pain-of-it.html?pagewanted=all&src=pm>. Mike Walden was a visionary coach. He coached road and track cycling for decades at a championship level. His Schwinn Wolverine Sports Club in Royal Oak, Mich., a suburb of Detroit, produced more than 120 national champions, three world champions and 10 Olympic riders. Frankie Andreau is an alumnus. Mike was an early proponent of scientific training. In the era before spinning and sufferama cycling videos Mike had scripted trainer sessions for winter training. "Recipes for Victory". Rich shares some of his favorites here.

Almond Thyme Wheat Bread.

- 1 ½ cups warm water (105'-115'F)
- 2 tbsps active dry yeast
- 2 tbsps honey
- 1 tsp lemon juice
- 1 tsp olive oil
- 2 tsp salt
- 2 Cups whole-wheat flower
- 2 Cups all purpose flower
- 1 cup VERY FINELY GROUND almonds
- 3 tbsp chopped thyme
- 1 large egg beaten
- 1 large egg beaten
- 5 x 10 Loaf Pan – oiled

In large bowl, combine water, yeast, honey, lemon juice, olive oil, salt. Let mixture set until bubbly, about 5 minutes. *This would be a good time to sit on the floor and stretch those glutes.* To yeast mixture add one (1) cup whole wheat flower, one (1) cup all purpose flower, ground almonds, and thyme. Stir to combine. Let stand for 5 minutes. *Stretch those quads.* Add the remaining flours and mix until a soft ball forms. Turn ball out onto lightly floured surface and knead for 8 – 10 minutes. Place in prepared pan. Cover loosely with plastic wrap and let rest 20 minutes in warm spot. *Leg, torso, arms... down on the floor for your favorite stretches.* Brush dough with beaten egg. Bake 20-25 minutes or until dark golden brown. *Update your cycling bucket list while watching reruns of Il Giro.* Let cool in pan 15 minutes and then remove to wire rack to complete cooling.

What? Where are the trainer intervals? Sometimes even Ricco *likes to loaf*. If you're really disappointed you can make last month's lasagna again to go with the bread.



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by Bob LaDrew



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Mary and Emil show off their new lighter than air rides. Hold on tight or a strong wind will snatch them away like a kid's balloon at the Macy's Parade. "I finally feel like I'm floating up the hills!" - Emil. Good hold on to that feeling

TREKFEST SPRING SALE

Trek Fest sale will run from now through
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Philadelphia, Pa 19114
215-671-1910



APPLICATION FOR DVBC MEMBERSHIP (See page 3 of this newsletter for new membership policy.)

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 or RENEWING Member

Newsletter Preference: **Printed copy** (via US Mail) or
PDF (via E-mail—saves trees and \$\$)

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

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ADDRESS: _____

CITY: _____ STATE _____ ZIP: _____

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

I wish to Donate (circle appropriate amount):
\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ _____

AMOUNT ENCLOSED:

\$15 membership + _____ Donation = \$ _____

I would like to volunteer for (circle all interests)

Ride Leader Tour Volunteer Newsletter Web

Other: _____

Please send your check or money order to: Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081

IN CONSIDERATION of being permitted to participate in any way in Delaware Valley Bicycle Club sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. **FULLY UNDERSTAND** that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.

3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. And, I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature

Signature of Parent or Guardian (if under 18)