



## **DVBC New Board**

### *DVBC Board of Directors*

The votes have been counted and it's time to inaugurate the 2021 DVBC Board of Directors. The board membership is as follows:

Rich Abraham (T)	Nancy Moyer	Taylor Sproul (VP)
Sabine Cranmer	Marc Petrancuri	Marian Venturini (P)
Ellen Evans	Peter Schmidt (S)	President, Vice President, Treasurer, Secretary denoted
Andy Marzano	Chris Shigley	

The board is welcoming freshmen board members Ellen Evans, Marc Petrancuri, and Chris Shigley. Returning board members Rich Abraham, Sabine Cranmer, Andy Marzano, Nancy Moyer, Peter Schmidt, Taylor Sproul, and Marian Venturini are sticking around for another year of adventure. Departing board members Andrea Castro, Sue Affleck, Kathleen Malone, Dirk MacAlpine are moving on to greener pastures. And of course, the board fondly remembers longtime member Larry Green, who passed away in 2020.

## **Introductions**

### *DVBC 2021 Board*

We asked the board members to tell them about themselves, and gave them a few questions to get started

#### **Richard Abraham**

Where you're from: Havertown PA

When you started riding: Commuted by bike to work in NYC in 1978. Started doing club rides in 1987 with The Bicycle Club of Philadelphia

Biggest ride you've ever done: Rode cross country in 2012/2013

Favorite place you've ridden: Crater Lake in Oregon was my favorite place

Favorite bike: I love my new Domane.

#### **Sabine Cranmer**

Sabine Cranmer of Media received her first bicycle, a pink and white Schwinn, from Santa when she was about eight, she guesses.

Cycling was a key component of many adventures near and far, the nearest being around the block, and the farthest being across the U.S. The Schwinn was stolen from the cyclone fence at school, to

be replaced by other bicycles including her current favorite, a custom Seven touring bike which has seen some hard use and many miles. Another favorite bicycle, the Tommassini, is in the basement awaiting a back ordered cassette. These days Sabine is doing most of her pedaling on a trainer, in anticipation of warmer weather and a return to group riding in the spring. Sabine loves working with her long time CTS coach, Renee Eastman to prepare for whatever sounds like fun when it comes along. You will find her riding solo on regional roads or in small groups of B- riders on routes of 40-75 miles.

### **Ellen Evans**

I live in Paoli, PA but grew up in Northern NJ. I started riding about 15 years ago when I was too injured to run. I ended up loving cycling. and have been competing in triathlons for the past 11 years. I've completed 3 Ironman races, which included my longest rides: 112 miles (followed by running a marathon). I've ridden in many beautiful places - too hard to pick a favorite, but some of my best rides have been in Bryce Canyon National Park, Mount Desert Island (Maine), Scotland and a memorable ride in Peru at 13,000 feet. My favorite bike is my Parlee TTir tribike. After a long ride, I always drink my chocolate Hammer Recoverite recovery drink. I would love to do a multi-stage "ride across a state" ride someday as well as take lots of cycling vacations.

### **Andy Marzano**

I moved to Delco in 1989 from Long Island, NY. I've been a life-long cyclist but really upped my interest in 2009 when I joined DVBC. I lead a Wed evening B+ ride and can also be spotted on various weekend club rides. I have a classic steel bike, a carbon Trek, and a newer aluminum gravel bike. I give all three bikes road time during the year. Luckily, my wife Christine is also a cyclist and understands the time commitment cycling can take up! I've

recently become interested in backpacking which has reduced my road mileage a little. However, I did my first bikepacking trip this past fall which combines both cycling and backpacking. It was an overnight trip along the Lehigh River Canal Path. Perhaps there we be more bikepacking in the future. I joined the DVBC board in 2015 and currently serve as club webmaster.

### **Nancy Moyer**

Where you're from - I grew up in Bryn Mawr/Haverford

When you started riding - When I was 6, my neighbor and I rode our bikes into downtown Bryn Mawr and had lunch at a little restaurant. My parents were in a panic at my disappearance, and I was severely punished. But that did not tamp down my joy of exploring on my bike.

Biggest ride you've ever done / ride you are most proud of - Climbing Mt Lemmon in Tucson Arizona. Twenty-five miles to the top, with amazing scenery all along the way, and twenty-five fast miles back to the bottom.

Favorite place you've ridden - Costa Rica. We rode from the cloud forest west to the Pacific Ocean at Nicoya Peninsula. It was very hot - maybe 95 degrees - but the riding was over endless, fun little rollers. We then cycled on a desolate, hard-packed beach and through the jungle, crossing a number of streams to reach gorgeous, isolated Punta Islita. Take your mountain bike.

Favorite bike you own - My Trek Madone is pretty fun.

Favorite post-ride food and beverage - Almond milk on the rocks, served in a heavy-bottomed bourbon glass. Tricks you into thinking you are downing a cocktail.

Any goals for riding you are still chasing? My goal is to keep up with Sabine Cranmer and Ed Williams

**Marc Petrancuri**

Where you're from: Ridley Park

When you started riding: 2012

Biggest ride you've ever done / ride you are most proud of: MS City to Shore 150 and Bike - A - Thon

Favorite place you've ridden: Outer Bank NC and NJ Beaches

Favorite bike you own: Trek Emonda 6SL Pro

Favorite post-ride food and beverage: Graham Slam PB&J and Powerade

Any goals for riding you are still chasing?: Ride across a state or a vacation and ride in another country

**Peter Schmidt**

Where you're from: Illinois (a suburb of Chicago), but I've lived & worked in PA for 40 years....

When you started riding: Age 5, on a schoolyard asphalt; still have the elbow scars. in 2001, traded in my college-era Fuji 10-speed for a Bianchi steel road bike, joined DVBC, and started doing occasional group rides for fun.

Biggest ride you've ever done / ride you are most proud of:

Bicycle Tour of Colorado: 6 days of group rides in the Rockies in 2004, including completing the Trail Ridge Road ascent west of Estes Park/Rocky Mt National Park. It's listed on Strava now as an HC climb, ascending to over 12,000', and we were told by the organizers that it's the highest continuously paved climb and descent in the continental US. Had to arrive in CO (Fort Collins) 4 days early to acclimate. I did most of the climb at around 6-7mph; we started around 6-7am in the valley in gray fog, then after about an hour and a half the fog started turning peach color and the trees thinned away; we then rode through the clouds out into gorgeous sunlight and open tundra ... and arctic headwinds. I found I much prefer climbing to scary descents...

Also about 8 or so years of Bike Virginia rides in June, every other year or so; hope to do another one in 2022.

Favorite place you've ridden: Colorado, Virginia, Iowa, Nebraska, central Florida, California, Hawaii (Maui), southern New Jersey ... and of course PA

Favorite bikes you own: Specialized Tarmac (bought 2011) and a Fuji Cross bike for gravel & rail trails (bought 2017). I've retired the Bianchi bike to my trainer in the basement, but still take it out on the road occasionally.

Favorite post-ride food and beverage: A great vegan protein drink for recovery (Hammer Nutrition), then later a good beer and either fish or burgers cooked on the outdoor grill (we use old-fashioned charcoal, not briquets and not gas)

Any goals for riding you are still chasing?

- I'm chasing tomorrow's ride....
- Planning on always mixing some solo riding with group riding....
- I'm also plotting to buy an e-bike when I turn 80, so I can give myself another decade of riding those dern hills...

**Chris Shigley**

Hi there, I'm Chris Shigley and I've lived in a number of places over the years-North Dakota, Montana, California, Texas, Shanghai (China), and both sides of Pennsylvania (Pittsburgh then Philly). My wife, 14 year-old son and I have lived in Chadds Ford since the fall of 2015, and I started riding solo in August of 2018 then started group rides in May of 2019. It's been a climb (literally and figuratively) as I first rode the flats then started to do more hilly terrain, dropping 50 lbs in the process. I'm still on that upward trajectory, not having found my limit yet and am looking forward to exploring some of the more hilly local terrain over the coming years. I've ridden a few Century rides and really enjoy the 50-70 mile range with 4,000-

6,000 ft of elevation. I'm an early bird as well, so if there are others who love to experience the crack dawn in the saddle, I'll be posting a few rides like this in the coming year. I'm looking forward to riding more in 2021 as we start to (hopefully) return to normal by mid year, and am REALLY looking forward to getting the Brandywine Tour rolling again!

### **Taylor Sproul**

Where you're from: I grew up in South Jersey but spent some time living in North Jersey and Connecticut before returning to the Philadelphia area, this time on the other side of the city.

When you started riding: I rode all through childhood, culminating in riding the ACS ride from Center City to the Jersey Shore twice in middle school. The first time, my dad crashed on the way down the Ben Franklin Bridge and skinned his knee, and we spent the rest of the ride trying to make it to the rest stops before they closed, in the rain. I stepped away from cycling for a few years, but picked it back up in 2015 when I was living outside New Haven and joined New Haven Bicycling Club. I moved back down to Philly in 2017, and joined the DVBC board in late 2018.

Biggest ride you've ever done / ride you are most proud of: I like to do challenging rides, and the past few years I've competed in the National 12 Hour Championship, which is a timed 12-hour circuit race over rolling farmland in Maryland. My best results were in 2019, when I managed 170 miles. I was 95 miles behind the winner, but still proud of what I'd done.

Favorite place you've ridden: In 2019, I took a trip to Mallorca, which was just the coolest place to ride. Awesome climbs, fantastic scenery, and excellent food. There's a reason so many professionals do training camps there! I've written up the trip in a 5-part article in the past few years of newsletters

Favorite bike you own: My primary bike is my yellow-and-purple 2016 Fuji Gran Fondo, which I bought as an ex-demo bike from D&Q back in early 2019, a couple months before they went out of business. It's really been just a fantastic bike. Runner-up is my

frankengravel bike, which I built up from the frame with a mish-mash of parts (it has parts from five different groupsets, and the left crank arm is a different color than the right crank arm!)

Favorite post-ride food and beverage: PIZZA, of course! New Haven style apizza, if I can get my hands on it. Otherwise, I try to make it at home with my own dough and a propane oven in my backyard.

Any goals for riding you are still chasing? I'd like to come back to the National 12 Hour and crack the 186 mi / 300 km mark, I was close last time but just ran out of time. I'd love to do the full-course Deerfield Dirt Road Randonnée (D2R2) 180k (I've only done the 100km), and I want to do 10,000 ft of climbing in a ride (I've done 8,500 ft twice, but never hit the five digit club)

### **Marian Venturini**

Bikes have always been a part of my life. My first notable bike accident was in middle school in Miami, AZ, just having ridden down a steep hill and then into some gravel, my front wheel just fell off, and I ended up picking gravel out of my body. Fast forward to college, Norman OK, I arrived with an old bicycle, and it was my mode of transportation. Several years later, my new husband helped me purchase my first New bike – a Kabuki (made by Bridgestone), that would have been 1980. When our first child arrived and was about a year old, we added a child seat so I could bring her to day care. A couple of moves and a couple of kids later, I was still riding that Kabuki, this time on the blue route before it opened for cars – remember that? But by then, bicycle rides were fun diversions with the kids. It wasn't until the 5<sup>th</sup> child could almost take care of herself that I really got into true cycling. It started with the City to Shore MS ride, maybe 2008? Friends of ours started a team for a friend who has MS, and my husband and I both started riding in preparation for it. It was at that time that we decided we needed new bikes and bought matching Surly Long Haul Truckers. Love that bike! I believe we rode the 50 mile version of the MS ride, and were so sore! Guess we didn't prepare that well,

but regardless, I was hooked. I kept riding when I could, learned about DVBC Tuesday night rides, and never looked back. Thanks Betsy! It wasn't long after that I started commuting to work on my bike, and the Surly was great for piling on all those lab reports to grade. I continued commuting until my retirement almost 4 years ago. One of my biking buddies, Doug B, kept telling me I should get a 'real bike' and I'd be really dangerous. On a trip west with family, I rented a road bike to give it a try, and upon my return I went in to talk to Greg about purchasing one, but I was on a limited budget. He told me that his wife, about my size, was looking to sell her Lightspeed, so I took her (the bike) for a spin and now she's mine. I even managed to switch to SPD's, but still have the old cages on the Surly, just easier for the commuting and for running errands. Somewhere in those years I became a ride leader, and truly enjoy that 'job'. Another friend of mine (Mary H, at that time President) suggested that I should become a Board member, and I told her that I'd do it once I retired. Sure enough, Jim T came to me a few months post retirement to ask if I'd be interested. Of course I said yes. I love this club!

## **COVID Year 2020 Cycling Events**

*Sabine Cranmer*

Setting goals by entering cycling events has been another way in which 2020 was a challenging year. While some pro races went off without incident, most were circumscribed or cancelled, leaving cyclists to find different ways to stay motivated and to compete. While the DVBC worked hard to ensure that there were guidelines for safe group rides and even came up with a photo contest by bicycle (with prizes!), commercial event organizers got creative trying to keep their businesses afloat and amateur cyclists engaged. I found I really liked the idea of a self-guided event. It had the advantage of fitting in nicely with my schedule, my mood and the weather. I did not miss the lonely crowds or rest stops (much). Sometimes friends joined me, but in the end, I completed most of the events on my own. Same great feeling of accomplishment, minus the logistical hassles and admittedly, some of the benefits. I found myself signing up for two events, Bikes and Beers and Kermesses Sport's Tour de Pine Barrens.

I heard about Bikes and Beers for the first time this year. It's a group ride that used to begin and end at a craft brewery. For 2020, the ride was redesigned as self-guided. There were prizes and the same benefit to craft breweries as in the past, but no group ride experience. My recollection of this event is a little dim, but a quick search of my checkbook records indicates that I paid a \$49 entry fee on March 26. My photo file shows a ride to DE soon after, perhaps in fulfillment of some mileage requirement towards the completion of the event, see photo. I received a package in the mail a few weeks after the event ended, including a can insulator, a nifty key chain/bottle opener, some wooden disks to use for discounts at participating breweries (there



were many) and a t-shirt which I cut up as a rag for cleaning my bike.



The Tour de Pine Barrens interested me for a few reasons. The Pine Barrens is a very large, partially protected area covering 22% of New Jersey, "underlain by the shallow Kirkwood-Cohansey Aquifer, which provides approximately 90 percent of all the water to streams, rivers

and wetlands in the area." It has a rich history and finally, I may be related by marriage to some of the long-time residents. (A number of Cranmers live in the Pine Barrens.)

The Tour was comprised of four stages of about 50 miles each. The fee for the first stage was \$25., with each subsequent stage costing \$15. For this modest sum, Kermesse Sport provided detailed information about routes of varied lengths, information about places to stop, directions to parking at the start and GPS files. A portion of the proceeds benefitted the Pinelands Preservation Alliance.



I was able to convince Nancy Moyer, Steve Pritchard, Kathleen Malone, Ellen Evans and Ed Williams to join me for a first stage, departing from the White Horse Winery in Hammonton. The course being flat, and with an ebike and two of the riders setting an aggressive pace, we completed the course in less time than expected. It featured blueberry fields, long views and little traffic. Shortly before the finish we stopped for lunch outdoors and discussed our experience of the ride, which was mixed. As it would turn out, I cycled the remaining stages on my own. The second stage, departing from Southampton, took me to a monument to Emilio Carranza, a Mexican aviator and hero, who was forced by his government to take off from an airfield in New York in bad weather to complete a goodwill flight. The monument marks the location of the crash which occurred soon after takeoff. You can find out all kinds of interesting things about this man and the monument by conducting an online search. For instance,



there is a documentary called Goodwill: The Flight of Emilio Carranza. I was fascinated by the significance of this desolate spot.



The last two stages started near the shore, in Tuckerton and Waretown, so I drove down midday on an unseasonably warm November Monday for the first stage, stayed overnight and completed the second stage on Tuesday morning. The first stage featured clear, shallow, meandering waterways in close vegetation and sandy soil. The second stage took me to the Forked River Mountain Area, where there are “two gravelly hills” under constant threat of development

and abuse. In both cases many enticing routes, whether by water or sandy trail, led off into the depths of the forest on either side of the paved roads to which I held. With little to distract me from my thoughts, I covered the 50 or so miles of each route somewhat mindlessly, except to photograph some noteworthy scene or other that I’d come upon.







That about sums up my events for the year. I looked at the Farm-to-Fork self-guided and small group rides but didn't end up going on any of them. Much as I've enjoyed Farm-to-Fork events in the past, the start locations this year felt too far a drive to be worthwhile.

As with so many things 2020, these atypical events had their quirky appeal, given the circumstances.





## **Pro Cycling Spotlight**

*Taylor Sproul*

With no road racing over the winter, DVBC's Pro Cyclist of the Month will be awarded to two riders who had major accomplishments this year, but didn't win PCotM at the time.



Photo by: Thibault Camus/AFP

Sam Bennett is PCotM for his Green Jersey win at the Tour de France. The Green Jersey is the points jersey, with points being assigned at intermediate sprints and at sprint finishes. The flatter the stage, the more points on offer, but all stages offer points. The Green Jersey usually goes to a punchy sprinter who can contest the intermediate sprints and the gentler hills. For most of the past decade, Peter Sagan has had it locked down, winning it seven times from 2012-2019, with his only loss coming from the year he was disqualified. This year, Sam Bennett, a 30 year old Irishman, became the first to beat Sagan in the points over the full 21 stages. In addition, he won both Stage 10 and Stage 21, the famed Champs-Elysses sprint.



Photo by: Luc Claessen

Elisa Longo-Borghini scores PCotM for her overall outstanding year. The 29 year old Italian won both her National Championships, for road and individual time trials. She was a perennial top 10 in nearly every race she entered. She won a Giro Rosa road stage and was part of the winning Team Time Trial. A bronze medal at the World Championships and 2<sup>nd</sup> place overall in the UCI World Ranking (behind Anna van der Breggen and ahead of Annemiek van Vleuten) capped off an excellent year for her.

## Cartoon & Crossword

### Winter riding

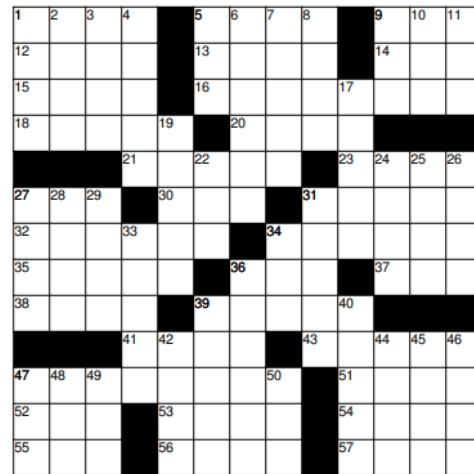
With feedback, email Bob at [bonkersboy@gmail.com](mailto:bonkersboy@gmail.com)

#### ACROSS

1. Mountain road feature
5. Career highlight
9. Cyclocomputer unit, sometimes
12. Olive genus
13. Common name for tibia
14. "It \_\_\_\_" (response to "Who's there?")
15. Like Peter Sagan or his fellow native
16. Reason for postponement of 2020 races
18. Top-tier annual May stage race held in US: Tour of \_\_\_\_

20. Brainstorm output
21. Best winter riding weather
23. Fanny
27. "General" of Chinese cuisine
30. Sophs, come Sep.
31. Irish Classics champion Sean
32. 2020 Vuelta winner Primos

34. Egan \_\_\_\_ withdrew from 2020 TdF
35. Salary currency for top-tier pro racers
36. Gun owners' org.
37. Lawyers' org.
38. Swiss painter Paul, 1879-1940
39. Gets recycling ready
41. Prot. sect
43. Old seller of JC Higgins bicycles
47. Stage 1 winner of 2020 TdF Alexander \_\_\_\_
51. Serum vessel
52. Extra electron atom
53. Just 50-50
54. Skate blade part
55. Atlanta-based station
56. Fairy-like creature



© 2021

57. One might be pressing

#### DOWN

1. Brown-skinned pear
2. "Misty" singer Fitzgerald
3. Patricia who made movies
4. Winningest US pro racer \_\_\_\_ Phinney
5. Egyptian biter
6. "Shifty" bike parts
7. Mork's love
8. "Das \_\_\_\_" (German film finale)
9. Bike wheel part
10. Tire pressure meas.
11. Bug in a room?
17. Diner
19. Bikes first made in Japan in 1899
22. Reactor-monitoring org.
24. Radius' companion
25. Thick hunk of bacon
26. Tree frog genus

27. Waterloo, Wisconsin bike company
28. Philadelphia soccer team
29. Giant of fantasy
31. "Grecian Urn" poet
33. Editor Marshall and singer Lisa
34. "Gees, it's cold!"
36. Distance to end of century, you hope
39. Bike wheel component
40. Jim Ochowicz-founded team \_\_\_\_-Eleven
42. Positioned upon
44. \_\_\_\_ decamp
45. What a fire might do
46. Malamute's haul
47. Team cycling uniform
48. US Hall of Fame rider Kiefel
49. Bad quarterback toss, briefly
50. "Just so everyone's aware..." abbrev.

by Bob LaDrew

### BONKERS

by Bob LaDrew



## **Thoughts from the Editor**

*Taylor Sproul*

Thanks for reading the newsletter!

If you would like to contribute an article or photo to the newsletter, or if you have any other feedback, please contact Taylor via e-mail at [newsletter@dvbc.org](mailto:newsletter@dvbc.org)

Have you gone on a fantastic ride recently, or travelled somewhere awesome for a ride? If so, please consider submitting a [Ride Report](#) or a [DVBC Around the World](#) story to the editor.