



Delaware Valley Bicycle Club



P.O. Box 156, Woodlyn, Pa, 19094-0156 MARCH 2005

Members Look Back on 2004 Riding

Drew Knox: 2004 was an altogether different year than the several that preceded it. This was the first full year in more than a dozen where I made cycling my number one sport. And, instead of a summer tour out west, I flanked the prime riding season with an April tour in Florida and an autumn tour across North Carolina. Both tours were about 500 miles and memorable for mostly azure skies. I used Florida as a goal to sustain indoor training through the winter and to launch my outdoor training schedule to build to a double century at the end of June. As I worked toward that goal, I assiduously tallied miles to make sure I hit 4,000 by mid-year but stopped recording after I could write two oh oh in my log. My other goal was to ride ten centuries. I think I did 14 but I didn't record the ones after June 30. The biggest surprise in 2004 was learning from Bob LaDrew that I could ride outside during the winter -- and enjoy it!

Mike Keating: 3,210 miles, plus maybe a hundred on my old bike. Last year's program appears to have paid off: a) visit to sports doc (prescribed supplements of glucosamine, etc. referral to orthopedist, physical therapist); b) orthopedist (custom orthotics); c) physical therapist (several stretching plus a few strengthening exercises); and d) Harry Havnoonian (custom frame/fitting). Eventually, I could ride just about as hard as desired without knee problems. I'll let A through D argue about who gets what percentage of the credit. Highlight of the year was the weekend with solo and near-solo (rode with an Ira B ride for about 20 miles) centuries on non-flat (I dare not call it hilly in case Brian reads this) terrain on Saturday and Sunday, respectively.

Ed Becker: This was my first full year on the bike which to me verified that the life change that took place a year and a half ago was very true and meant to be. My annual total of 7,155 miles included 33 metric centuries, 12 centuries and 1 double century. I didn't really set any goals for mileage in 2004 and won't in 2005. I just go out and enjoy myself and ride, but my time is split between biking and other activities, which included 154 trips to the gym and 658 miles on my trainer watching *Seinfeld*. I had many excellent rides throughout the year. The most memorable were the three major rides/trips: the double century, Nova Scotia, and Hunter Mountain. Each of those rides stands out for its own reasons. Hunter Mountain was a true challenge of mind and body within a beautiful region that I have never visited before. The Double Century wasn't just one ride but a series of rides that led up to the double. Again, it was a challenge of mind and body. Some of the training rides for the double included some nasty headwinds to contend with along with the pain bestowed upon oneself for being in the saddle for hours at a time, along with finding it in one's mind to contend with, as some would call it, boredom. Nova Scotia was a true bicycle vacation. A full week bicycling up the Eastern coast of somewhat unsettled territory which included just about every sort of terrain other than desert. Along with some absolutely breathtaking scenery those rides and others included the bonding among riders which no one can take away. Through biking, I have formed many friendships which I cherish dearly. I look forward to a great 2005 and hope to give back to DVBC as it has given to me.

Ed Sobolewski: I survived 2004 without any major injuries and that is what I consider the biggest accomplishment of another spectacular bicycle year. That is not to say I did not have "close calls". One of them ended up with me chasing an ignorant driver up the road, after she'd hit me with her side mirror and kept on driving. She ran into heavy traffic about a mile from the accident and I was able to catch up with her and called police. The next day I received a call from her car insurance, and they asked me to describe what happened. I think that, besides not being a good driver, the young lady wasn't too smart either. She'd reported the broken mirror to her insurance company. Imagine what is going to happen to her insurance rates with a "hit-and-run" on her record.

I also survived another trip to my native land of Poland over Christmas without any assassination attempts by the drivers over there. In Poland, I was able to add a few more miles to my yearly total and ended with 13,275 miles (a personal best), although those



Ed models his old East German poncho.

last ones were for me the wettest of the entire year, if not ever. Most of you

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The Delaware Valley Bicycle Club
P.O. BOX 156
Woodlyn, PA 19094-0156
<http://www.dvbc.org>

DVBC Meeting Place

Delaware County Peace Center,
 Springfield Friends Meeting,
 1001 Old Sproul Road
 (behind the car wash at Rte. 320
 and Old Marple Road).



60 BONKERS!

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

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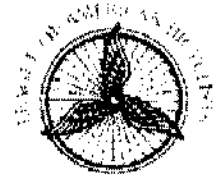
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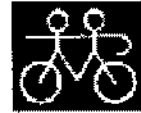
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Club Affiliations







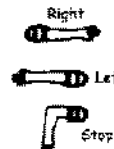
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Bicycle Coalition of the Delaware Valley

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.

Ride Guidelines

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

1. Arrive early and be ready to leave on time. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order before you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
7. Ride classifications:
Class D: For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.
Class C-: For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.
Class C+: Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.
Class B-: For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
Class B+: For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
Class A: For very strong riders: 18+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
8. Each rider assumes his/her own risk on all rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. Ride leaders are not expected to be bike mechanics.

Note: In the case of questionable weather or road conditions, the Ride Leader may decide to cancel the event. Call the ride leader if in doubt. The general public is invited to all events organized by the Delaware Valley Bicycle Club. Except for the Bonkers Metric, Brandywine Tour, Club banquet and Bonkers picnic, all club events are free to the general public. The general public is welcome!

Want to do more for Delaware Valley Bicycling? Join the DVBC's new Community Action Committee.

The DVBC Board has authorized the creation of a committee to focus on community involvement and action. The goals: to broaden the number of people in our communities who are touched by the benefits of safe bicycling, and to increase awareness of the DVBC and the values that it stands for.

We need volunteers and some suggestions for 1-2 specific projects to focus on for 2005-06. Some possibilities (but hardly the only ones) are below. Feel free to suggest others, or modify these.

- More coordination and volunteering with other local bicycling- and recreation-centered organizations in this area. This could include

volunteer work connected to local rail-trail or road bicycling route projects.

- Organize coordination with official agencies, such as PennDOT, to affect their policies related to bicycling. One example of what we might do: a campaign to have a share-the-road-with bicyclists pamphlet handed out to all new drivers and

those getting renewed licenses.

- Organize bicycle safety events with schools or other organizations.
- Help to promote and support events that will encourage more people to commute to work or do errands using a bicycle.
- Bring bike education events and information to specific community events, such as town fairs or festivals. Which ones? What shall we do?

We'll have a generous budget, around \$1000, to work with.

If you have suggestions or would like to join, please reply to the DVBC List-serve, and/or Peter Schmidt, the committee coordinator, pschmid1@swarthmore.edu. 610-328-2375.



Woody's Wheel Wise

After thirty years of riding, I've figured some things out, and my mom taught me to share. — Woody Katch

Bicycling: A Lifetime of Fitness

My last DVBC ride was another fabulous Multi-Bob ride. Two rides coalesced at Drexel Hill Cyclery and a dozen of us headed into Philly to do the Art Museum-Manayunk loop. We started off at a brisk 35 degrees but the warmth generated by good spirits zipped the temperature up to a sizzling 37 for the high. Well, maybe it wasn't the temperature that was keeping me warm. Maybe it was how we picked up more riders along the way. Maybe it was the sight of a peloton of some 30 riders coming into Manayunk right in front of us. Maybe it's the increase in road riders out there over the last 10 years. Maybe it was the hills, maybe not.

I do know that I had a huge surge of heart felt heat when we hit the East River Drive. As some of you know, at times when we hit the

flats I drop onto my aero-bars and pick up the pace. Several riders jumped on my wheel and about a mile down the road I peeked in my mirror to see who was hanging on. Among others, there was Gina and Charley, friends whom I have been riding with for too many years to count. Charley quipped, "Pretty



good for an old guy." And that started me thinking on the virtues of

bicycling as a lifetime source of fitness and fun.

What other sport can match the appeal of bicycling to all age groups. From the glee of your first solo ride on a two-wheeler to still being able to cruise the boulevard or ride a century in your 70's, there's nothing out there that compares. When other sports: tennis, basketball, soccer, football, baseball, and running wear you down and break you up, bicycling is there to heal you and to allow you to remain fit.

The marked increase in American obesity in all age groups points out the dire need for a more active lifestyle nationwide. I believe that two things are holding bicycling back as the avenue of this lifestyle change, the lack of safer riding opportunities and the missing bicycling curriculum in schools. We should all endeavor to support any improvements in these areas both locally and nationally.

I hope to see you all out on the road in the near future, but there's no rush. Most of you have another 30, 40, even 50 years to ride!

Don't Let Winter's White Make You Blue



Dominick Zuppo

The winter season is generally a time when the activity of things animal, vegetable and mineral (except for rock salt) moderates and regenerates.

But that's not the case for members of the

DVBC. Thanks to a group of stalwart ride leaders, cyclists looking for outdoor fun can continue to ride through the holiday season and well into the New Year.

If you like to stay warm by climbing terrain both known and new, Brian Wade and his R5 Wayne Station ride is your ticket to adventure. Those of you who think DVBC stands for the Delaware Valley Breakfast Club can join the first set of Bobs (LaDrew and Leon) as they head to New Jersey and the Kountry Kitchen diner in Elmer. And the second set of Bobs (Leon and Martin) satisfy the needs of riders looking for a more metropolitan scene by leading groups to Manayunk and the Philadelphia Art Museum.

But I've noticed in recent years that our members have other cold-climate interests. Let me provide you with a few examples.

Tony Rocha not only excels at cycling, but he also enjoys the dance. This past January he organized an evening of dinner and the sound of the Blues at Warmdaddys in the Old City section of Philadelphia. Dessert consisted of Salsa dancing at Brasil's. Talk about a great way to burn calories!

Given his legendary history of

multi-thousand mileage years, Edward Sobotewski is rarely intimidated by inclement weather. Even on those occasions where Mother Nature transforms our surroundings into a white winter wonderland, Edward simply changes the bindings on his shoes from the pedaling to the skiing variety. He even encourages other club members to join him and experience the beauty of cross-country skiing.

Valerie Shinbaum, on the other hand, enjoys the thrill of downhill skiing. When she isn't filling up our ride calendar with weekend events, Valerie often invites members to join her by posting information about her latest trip to the slopes on the club's Internet mailing list.

Winter is often the season where our bodies dream of rest but our minds dream of new bikes. Doug Bower's latest project encompassed both.

Many of us know that as we euphemistically "progress through life" our bodies can become less flexible. While we are accustomed to the triangular shape and upright riding position of the safety bicycle, there are other equipment options. One of them, the recumbent tricycle, or "trike," employs a supine riding position and three wheels. A trike with two rear wheels is called a "delta," while one with two front wheels is called a "tadpole."

Recently I had the good fortune to accompany Doug to State College, Pennsylvania during his quest for a new recumbent. After studying the bike shop's inventory, we

decided to take two Catrike products out for a test ride. Doug rode the Speed model, while I followed him on a Pocket, two sleek, lightweight aluminum framed tadpole trikes.

Riding these radically different bicycles was a blast! After we crossed Rte. 322, we had to remember to lean our bodies in the opposite direction of sloping sidewalks. We then made our way up a very steep hill and "felt the burn", otherwise known as pain, experienced by novice recumbent cyclists. To add insult to injury, a HUGE German shepherd spied us and tried his best to protect his home by barking and straining at his tether. Had he broken free, he would have had two thigh-level throats to choose from!

After finding our breaths at the summit, we quickly descended the hill that nearly killed us. Doug, being the daredevil he is, flew ahead of me. But thinking of my children and my noggin, I kept my hands on the disc brakes and made a more leisurely descent. Needless to say, Doug is now the proud owner of one very comfortable and unique bicycle.

As you can see, in addition to cycling, our members participate in a variety of activities. They selflessly share their knowledge and encourage others to join them as they make the best of this wintry season. I have had the pleasure of cycling with them and accompanying them on many of their outings. But more importantly, if you are looking for a ride or another opportunity to meet the diverse members of the DVBC, I hope you will put aside your qualms and come join us! See you on the road.

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DVBC Ride Calendar

MARCH 2005



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

Tuesdays 6:00 pm Miles:15-20 Class:C NightRiders	We spin around Southern DelCo in the dark. Bike lights front and rear are a must. You must call or e-mail the leader to confirm the start time and location. Very cold or wet weather will cancel ride. Most rides start at 6 PM Contact Dave Trout at 610-368-0760 Email: brider-ride@usa.net
Saturday, Mar 5 8:30 am Miles:25+/- Class:D/C Easy Does It	Start Valley Forge trail head in Belzwood Park (Rte. 363 exit off Rte. 422). Ride the flat paved path towards Fort Royal and back. Miles and pace will be adjusted depending on who shows up. Bring water and food snacks. No formal food stop on this ride. Rain, ice or serious cold cancels ride. Call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Mar 5 9:00 am Miles:51 Class:B- In Search of Levi Zook	We check out some new roads in Amish country and maybe meet up with Levi Zook. Come early for continental breakfast. Call or email by Fri. for directions and reservations. Ride promptly at nine. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Mar 6 9:00 am Miles:60 Class:B Coventry-Pottstown Loop	Weather permitting. Start at the R5 Wayne Train Station. 4,088 ft of climb. With a food stop after 1,500 ft. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 6 9:30 am Miles:25+/- Class:C Art Museum	An easy-paced ride starting at the Drexel Hill Cyclery on Burmont Road in Drexel Hill. Travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feels like going a few extra miles. Expect some hills along the way, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114
Sunday, Mar 6 10:30 am Miles:30 Class:C Winter Wimps II, Redux	Start: Manhattan Bagel, Chesterbrook Shopping Ctr. 12 mph pace, urban ride with hills/rolling terrain and a few flats to Bridgeport for food. Return via VFNHP. Multi-club ride. No drops. Cue sheets. Bring snacks, H2O&\$\$. Call if you want to do this ride. No calls = No ride!. 610-209-8259 (cell Sun.) Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Monday, Mar 7 7:00 pm Miles 0 Class:ALL Board Meeting	March DVBC board meeting @ Springfield Friends Center. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Mar 12 10:00 am Miles:54 Class:B+ Birthday Ride	Join me for a great ride Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Saturday, Mar 12 10:30 am Miles:18-28 Class:C CU At Selene	Start at Selene Whole Foods Co-op, 305 West State Street, Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside the store. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Mar 13 9:00 am Miles:50 Class:B Half a Round	Nine hills or more. Expect 4,500 foot of climb. One stop. Maybe a cue sheets. Start: R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 13 9:30 am Miles:30-40 Class:ALL 7th Annual Leprechaun Breakfast	Valley Forge National Historical Park visitor center, lower parking lot. This year's search for the elusive Leprechaun takes us west along Pickering and French Creeks, through three covered bridges, to Birchrunville. Multi-club ride. Cue sheets provided, faster/slower groups can set their own paces. Bring liquids. Bring money for a nice firehouse breakfast/brunch near end of scenic ride. There'll be hills, but route after breakfast is short and flat 610.209.8259 (cell on Sun.) Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net

Saturday, Mar 19 8:30 am Miles:35+/- Class:C/C+ Jersey Jaunt	Start from Kingsway HS on Rte. 322 and ride around South NJ flat farmland area, mix of back roads and busier roads, cue sheets provided. Ride can be adjusted depending on wind conditions and our energy level. Bring water and money for food stop. Rain, ice or serious cold cancels ride, call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Mar 19 9:00 am Miles:35+ Class:B Lunch @ Northbrook	Meet at Ridley Creek State Park main parking lot for a ride out to Northbrook Orchards where we shall stop for lunch before returning. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Sunday, Mar 20 9:00 am Miles:50 Class:B The Montco Maffick	Featuring new roads and a new food stop! Start: R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 20 9:30 am Miles:34 Class:C Breakfast With Bob	We cruise at a C pace for breakfast with friends at Kountry Kitchen, then take a different route home. Meet Kingsway HS, Rtes. 551 & 322 in NJ. Contact Bob Martin at 610-352-2114
Saturday, Mar 26 8:00 am Miles:87 Class:B-min Not a Century	Meet Kingsway HS, Swedesboro NJ, Rtes.551 & 322. Ride the short, flat way to Mays Landing for an over-stuffed hoagie in the park. Bring \$ & H2O. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Mar 26 8:30 am Miles:30+/- Class:C/C+ Perkiomen Pedal	Start from Perkiomen Creek Park (Rte. 422 West, exit at Oaks, turn right off exit and into park entrance, lot is on left). Ride the paved bike path as far down as we all feel like going, then we'll turn around and head back. Pace and miles can be adjusted depending on who shows up. Bring water and snacks to carry - no formal food stop on ride. Rain, ice or serious cold cancels the ride. You need to call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, Mar 27 9:00 am Miles:50 Class:B A Kimberlon Loop	Start: R5 Wayne Train Station. 3,923 ft of climb. One food stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 27 10:00 am Miles:40-60 Class:B/B- Easter Northbrook/Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. In Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

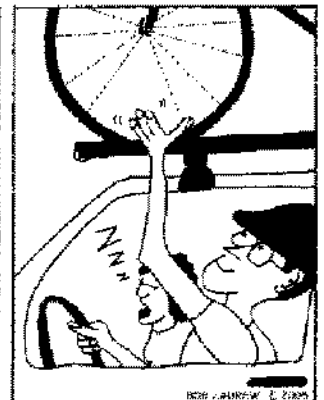


Welcome New Members

Paul Allen Rafael Callazo
Tammie Calabrese Andrew Sanderson

BONKERZ


CARTOONS
OF THE
DVBC



(Continued from page 1)

know how much I dislike biking in the rain, but I was desperate. Thanks to an old East German poncho made before the collapse of the Berlin Wall, which my brother dug out for me, I was able to stay relatively dry, and not too hot or cold. At least the communists had this idea right (see photo).

My total mileage can be further divided into 6,690 "just-for-pleasure" miles and the remaining 6,585 were commuting to work. Here I would like to quote a wise person who said: "The best thing you can do to your bike is take it to work." (for those of us who still work).

Tom Smyth: 2685 miles. While only 66 of those were on DVBC rides, I'm still glad I joined. I really enjoyed the Brandywine Tour. Keep up the good work and the interesting newsletters.

David Cunicelli: 3,438 miles. What can I say about a year in which a broken rib was the lesser of two injuries? 2004 is a vintage best forgotten in my cycling life. Aside from my prestigious DVBC Crash & Burn award, I do not have a lot of highlights to share. I started riding two years ago for fitness and figure that after this *annus horribilis*, I'll need to get back in shape, making fitness my #1 goal for 2005. So as I begin the year, I took forward to long rides with friends and sun or rain at whatever pace is enjoyable. Of my 3,438 miles, 2900 were covered before July. I hope to see more of everyone this year and less of me.

Alan Goldberg: This was my first full year of serious bicycling and the first time I've ever ridden with a club. There were many rides (if not all of them) when I felt the strength leave my legs and the will to continue ebbing, but there was always some other rider willing to let me draft them for a while or talking me up a hill that I wasn't sure I could make. The ride leaders always asked how things were going (probably noticing the grimace on my face) and there was always someone waiting at the top of a hill. So thanks to the ride leaders and the other riders for getting me through.

Peter Schmidt: 2004 was not bad, not bad at all. I rode farther than I ever had before, probably over 3,000, but I'm not much of a numbers person and hadn't checked the numbers on my odometer at the beginning of the year. I rode

mucho rides of 80 or 100 miles or more, including several in Colorado and Pennsylvania. But generally I like the 25-75 mile outings best, because I can't notice too much scenery and my bon mots get grumpy if my butt hurts too much. This summer I rode real mountains for the first time, including Trail Ridge Road in Rocky Mts. Natl. Park, Colorado, the highest continuously paved road in the US. I rode great back roads in the Sand Hills of Nebraska and Kansas, where it's as hilly as here, and rail-trails in Illinois, Pennsylvania, Delaware, and NJ. Others helped me discover great new local loops out of Cape May, Wilmington, Wayne, the Schuylkill Valley, and Chester County. Riding single still rules, though I admit group rides are fun unless people show up with socks to match their helmets. Best single moments in 2004 brought by bike: waiting for sunrise atop the highest Cahokia Indian Mound in Illinois, and watching two Nighthawks play tag over Nebraska prairie hills at sunset. Worse moment: a double flat courtesy of the same \$%#@& rock in Ridley Creek SP, or maybe my face plant & roll due to daydreaming in Smedley. Locally, the hills still rise to meet me, as that Irish saying goes. I'm still trying to figure out when it's best to stand vs. when it's best to spin on hills. Next year surely will bring enlightenment. Or perhaps only more of shots of our favorite DVBC cocktail--lactic acid straight up, with a chaser of endorphins please.

Glenn Lyons: During the last week of 2004 it became apparent that I only needed 93 more miles to have 5000 for the year. I made sure to do those miles on Dec. 29 and 30. This is the lowest annual total since I began keeping a log. I also have almost 29,000 miles on my Klein (my first road bike).

One high point was being one of eight riders left (out of a starting 30) on the Willowdale Ride last January before they really took off. I also hung with the peloton for the full 30 miles at the Great Valley Corporate Center on several occasions (26+ mph avg). I also enjoyed riding with Cecily Tynan (a strong rider).

The low point was ending a 10,000 mile no-fall streak with a minor fall which dislocated the middle joint of my left ring finger. I believe no-fall streaks

should be extended to as many miles as possible.

Woody Kotch: Total mi. 5,511. I believe this to be a personal high. Speaking of personal highs I did have one particularly good day of riding this season. It was a beautiful day with moderate temperatures, sunshine, and even a tailwind. The group was strong, friendly, talkative, and steadfast. We had good roads, good rest stops, plenty of food and even a SAG. Oh, did I mention that we covered 200 miles in just 11 hours in the saddle and all walked away smiling? That's a Personal High.

My only problem this year is everyone asking me what we will do next year. Hopefully we will dream, plan, train and achieve. When we do, it just feels so good.

Doug Bower: This is the first year I have kept a mileage log. I found it very helpful. I rode 3500 miles during 2004, the least amount of miles in my riding career.

As I reviewed my log for 2004, I attempted to pick out the most memorable ride of the year which I must admit was the trip to Nova Scotia. Besides the week in NS, the week in Virginia, and the trip to DC, almost every ride had its own personality. For the first ride of 2004 I rode to Gratorford Prison. Not a good idea. After being surrounded by the guards, I was unceremoniously escorted off the property. Being chased by a big dog on our way home from a cold Kountry Kitchen ride where Louis was knocked off his bike was a memorable day. My trip to Austin, Texas with my bike in the spring was fun. I rode with a group of 50 riders who promised I wouldn't be dropped. They lied. After riding 30 miles into the wilderness of north Austin I found myself alone and hopelessly lost.

I think the best memory of 2004 is the weekend rides in Jersey where Bob Martin and Charlie Stockley rode almost every weekend together for the whole winter. I am looking forward to another fun-filled riding season in 2005.

Ira Josephs: I rode 4510 miles in '04, after 4450 in '03 and something similar in '02. Am I stuck in a rut or have I found my groove? 1900 of those miles were commuting and errands. I didn't do any centuries but I'd like to find the time for one or two this year.

Frank Jackson: My total mileage in

(Continued on page 8)

Saturday, Mar 19 8:30 am Miles:35+/- Class:C/C+ Jersey Jaunt	Start from Kingsway HS on Rte. 322 and ride around South NJ flat farmland area, mix of back roads and busier roads, cue sheets provided. Ride can be adjusted depending on wind conditions and our energy level. Bring water and money for food stop. Rain, ice or serious cold cancels ride, call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Mar 19 9:00 am Miles:35+ Class:B Lunch @ Northbrook	Meet at Ridley Creek State Park main parking lot for a ride out to Northbrook Orchards where we shall stop for lunch before returning. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Sunday, Mar 20 9:00 am Miles:50 Class:B The Montco Maffick	Featuring new roads and a new food stop! Start: R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 20 9:30 am Miles:34 Class:C Breakfast With Bob	We cruise at a C pace for breakfast with friends at Kountry Kitchen, then take a different route home. Meet Kingsway HS, Rtes. 551 & 322 in NJ. Contact Bob Martin at 610-352-2114
Saturday, Mar 26 8:00 am Miles:87 Class:B-min Not a Century	Meet Kingsway HS, Swedesboro NJ, Rtes.551 & 322. Ride the short, flat way to Mays Landing for an over-stuffed hoagie in the park. Bring \$ & H2O. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Mar 26 8:30 am Miles:30+/- Class:C/C+ Perkiomen Pedal	Start from Perkiomen Creek Park (Rte. 422 West, exit at Oaks, turn right off exit and into park entrance, lot is on left). Ride the paved bike path as far down as we all feel like going, then we'll turn around and head back. Pace and miles can be adjusted depending on who shows up. Bring water and snacks to carry - no formal food stop on ride. Rain, ice or serious cold cancels the ride. You need to call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, Mar 27 9:00 am Miles:50 Class:B A Kimberton Loop	Start: R5 Wayne Train Station, 3,923 ft of climb. One food stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 27 10:00 am Miles:40-60 Class:B/B- Easter Northbrook/Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

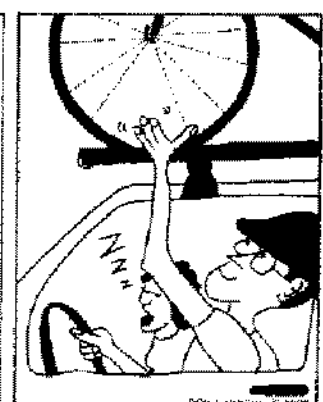


**Welcome
New Members**

Paul Allen Rafael Collazo
Tammie Calabrese Andrew Sanderson

BONKERZ

CARTOONS
OF THE
DVBC



(Continued from page 7)

2005 was 2140, which was higher than last year's by 500 miles. I also made 42 spinning classes. This wasn't bad considering I had a hospital stay in March and surgery in October (putting me out of work for five weeks). Am I falling apart or what? My longest ride was 91 miles on BCP's annual Schuylkill Century. I biked to the ride, did the metric century, and rode home. I have quite a few memorable rides for 2005. Both DVBC Volunteer rides were great and in May I did the New York City Five Boroughs ride with my middle son. He is in the Marine Corps and has just shipped out again. We had a great time on the ride and hope to do it again in better times. And then in August my youngest son and I packed the panniers and biked 86 miles from the house (in Delaware County) to Ocean City, New Jersey to visit my dad for five days. Even though this would be considered a short tour (one day) we had quite an adventure. Kind of one of those lifetime memories you accumulate with your children. Anyway, all my rides were great this year with no bombs. The only time I had concerns was on the Frozen Turkey when it started to rain and thunder. Lightning always concerns me while being straddled on a lightning rod. And in the low temperature without proper rain gear, hypothermia could have become an issue. Though things soon cleared up and those concerns proved unfounded.

Larry Green: My total miles were 6678 compiled on 11 different bikes. I rode on 264 days in 2004, commuting, shopping, club rides, tours in France, Georgia (USA), Lewisberg PA, Naples FL, and St Martin/Sint Maarten. Memorable rides included my second trip up Mt Ventoux (2 hours- the pros following in The Dauphine Libre did it in one) and the Tour de Georgia including a ride/walk/ride up Brasstown Bald.

Debbie Chaga: The year 2004 started out great but didn't stay that way for long. I wrapped up 2003 with a ride New Year's Eve. My plan for 2004 was to get in great shape. I began running again and started my riding year on January 2, 2004, with a 40-mile Manayunk ride with Bob Leon. That day was the first time I ever rode up Martin's Mile and I didn't think it was so bad. Little did I know that I wouldn't be back on my bike until September 5! January 10th brought me terrible

pain from a ruptured disc and an eventual operation on May 7th followed by six weeks in a neck brace and lots more pain.

My total for the year was around 200 miles, a far cry from my 2003 mileage.

I was able to ride the Brandywine Volunteer 25-miler, Brian Wade's Autumn Apple, which I suffered through, and a couple of rides to Delaware. I ended the year with a 40-mile tandem ride, another first, with Doug Bower on a Kountry Kitchen ride in December.

I learned this year that the old saying about your health being the most important thing is true. All those months off my bike I kept thinking about the great rides I've done and the rides I want to do. My legs feel like mush when I try to climb but I'm going to hang in there and ride as much as I can in 2005. With hard work and some good luck I hope to be able to do the ride from Erie to Delaware County with the DVBC gang.

Dom Zuppo: Mileage for 2004 - 3,463, a personal best. 2004 was a year of many firsts for me. Having ridden a touring cycle for many years, I finally rode my Cannondale to Washington DC and back on a 5-day tour with a great group of DVBC-ers. And with the encouragement of fellow club members, I successfully completed not one but my first two full centuries. The first included a trip to that hallowed place, the Sugar Hill deli, and the second occurred at the Amish Country Tour. Who knows what experiences await in 2005!

Bob LaDrew: Mileage: 9127, giving me a total of more than 106,000 since I started counting in 1987. The highlight hands-down was completion of Woody's double century. Earlier in the year Woody had heard me swear I would never attempt a double. It is something I thought I was not man enough to accomplish. Nor did the concept even appeal to me. However, I can honestly say I had fun out there with friends that day from sunrise to sunset.

Also memorable was the bike tour of Nova Scotia with Judy, Doug Bower and Ed Becker. Judy planned the trip perfectly and Doug and Ed were great riding companions.

Joel Perlisch: My two-wheel fascination continues--but a lot of it is on a motorcycle these days. I put in about

1000 bicycling miles last year. My outstanding bicycling memory is not a very good one, though. Some may remember a few years ago when my 1,500 straight every-day riding streak came to an end. Well, I began another one, but last October that one, too, ended--at 750 days. A violent 4-day vertigo attack had done me in. (It also ended a 9,300+, 25-year (!) every single day running streak). Although saddened by the loss of both streaks, I've begun again with the running one.

But I've thought of the next little adventure for myself. Back in 1980 I said that same thing, and I flew to San Francisco and bicycled from the Pacific to the Atlantic. It took three months of pedaling. It strikes me that next summer it will be 25 years since doing that, and perhaps I ought to mark that little trip in some way. So next July, on that 25th anniversary, I'm going to cross the country ocean-to-ocean BOTH ways--but this time on a motorcycle. And on the way back I will trace my 4,345-mile bicycle trip route mile by mile! At the same time I'll try for crossing into all 48 lower states.

My Hawaii bike trip journal w/some photos, and many notes from other trips, can be found at www.joelperlish.com

Dave Hartum: You should know that I don't sweat the numbers, so I don't know my exact mileage for last year. Something approaching 5000, I think.

The highlight of the year was the double century. Being able to spend 14 hours (eleven in the saddle) with the same group of people was quite an experience. The teamwork involved in pulling off that event was just awesome.

Bike Virginia with Charlie and Doug (the O-Dog) was a super time also. Charlie and Doug got tired of waiting for me to pack up my tent each morning. So on the full century day of the VA Tour they started their breakaway right from the breakfast table. By the time I was done my pancakes, they had their tents down and on the truck. By the time I had my tent down, they were miles down the road. I was determined to catch them. Riding with the speed, determination, and power of Lance finishing a training ride and heading to Cheryl's place for a therapeutic message. I was able to catch them at about the 70-mile marker. I will be doing at least one getaway 5-7 day bike tour every year now if physically and fiscally possible.

Pete LaVerghetta: I didn't get to ride

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with my friends in DVBC as much as I would have liked to. I traveled to Germany twice last year on business, and on the spring trip I was able to take a bike with me and ride along the Rhine River. This was a truly magical moment. We remodeled our house last fall, so that kept us busy and off the bike a little. Total mileage was a paltry 2,450, but I'm off to a good start this year.

Mei Styles: My mileage total was 943, with 3 centuries, and an 86-miler. I was inline skating in the fall and completed the Atlanta A2A, again coming in 5th out of 10 in my age group for the 52-miler. Now I am teaching skiing at BB in the Poconos a couple of days a week and still working 4 or 5 days as a personal trainer in Cherry Hill.

Tomorrow I leave for a week's vacation at Mammoth Mt. CA. I won't be done skiing until about April and will probably start biking again. Hope to see everyone then.

Lewis Neidle: I averaged just over 20 miles a day during 2004. Fun times were had both on DVBC rides and other events.

Memorable club activities were the Hunter Mountain trip, the double century and the unsupported Brandywine Tour Volunteer Ride. Also, my irregular appearances at Kountry Kitchen and on Brian Wade's unpredictable Sunday rides. Other good memories were learning the roads between Coatesville and Intercourse on ad hoc weekday rides with Bob LaDrew and finishing some tough centuries including BikeVirginia, Civil War and Mount Greylock.

On the downside, I should learn to be more careful on club holiday rides, having suffered my first two falls ever on Valentine's Day and Halloween.

Steve Trobovic: My outstanding memories from last year are: riding to the BAC Rally in Lewisburg, PA; The Lancaster Covered Bridges Metric where I averaged a personal best for the year of 16.8 mph; my mini-overnight tours to Hanover, Pa and Hamburg, PA.

But my most memorable biking event of last year was when I crashed into a booby trap on the Perkiomen Trail while riding with the famous

DVBC speedster, Ed Becker.

Chris Ann Martha: I'm off the bike and back in grad school this year at Gratz College. Next week I'll begin commuting to classes -- just a .75 mi. neighborhood ride, but sabbatical pay is too little and biking saves gasoline money as long as no thief strips the bike of desirable parts, or, even worse, steals it.

Mike Flynn: I biked 1167 miles. I rode 66 miles in the Schuylkill Century Ride and did it in 4:50. On June 27, in a breakaway, my maximum speed was 29 mph. On July 11, my pedaling speed was 17 mph into a major headwind

Steve Bertolini: I didn't manage to do lots of bicycling last year. Estimated mileage: 800. Highlight - The weather held out and two brave riders joined me in a ride to Highland Orchard to get apples.

Bob Leon: I had 3084 miles in 2004. After the third round of chemo, stem cell transplant, and the long stay in the hospital, I cherished every mile I rode, rain or shine, warm or cold. I am happy to be able to ride.

Jim Walls: I had approximately 4500

(Continued on page 10)

HH News:
Andy Lackintosh Silver Jr. Worlds
Steve Lehman Gold Master, Worlds

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(Continued from page 9)

miles for the 2004 year. Outstanding memories are: suddenly realizing that I was on my own ride after getting too far out front on one of Brian's rides, and riding home in over a foot of water after being caught in a raging downpour with Tony and Katrina on a Wednesday night training ride. I was also able to make a lot of advances in my bike fitness over the course of the year. See you on the road.

Dave Trout: I haven't kept a mileage log for years and as far as last year goes I don't think that it would quality me as a bike rider. The good news is that I have started this year off and am recording my miles. Lost 15 lbs so far. Hope to be in reasonable shape by April.

Stephen DiBonaventura: I did about 1500 miles last year. I view any sunny day that I ride with the club as an outstanding day. Kountry Kitchen rides are the most fun for me since I get to ride, talk and eat with

friends.

Betsy Ffrench: I'm one of those riders who does not keep track of miles. Yes, I have an odometer, but use it only to check the distance of individual rides. I ride for pure enjoyment and the total miles ridden is inconsequential. This past year was low since I was out of commission for most of Feb. and March, then spent ten days in Scotland in June and 17 days in Ireland in August. Due to the vacation schedule, I missed a lot of great rides but would have to say the highlight of the cycling season was discovering how much fun it is to ride a tandem.

Eric Valencia: I rode approximately 1500 miles last year. My toughest ride both mentally and physically was a failed century in Jersey. The most I had ridden before the century was 75 miles. I felt good in the beginning but around mile 80, I started to fade. I ended at 94 miles after Tony, the Good Samaritan, came to pick me up in the pouring rain. Boy, was I ever

glad to see that bright, yellow car... and Tony too!!

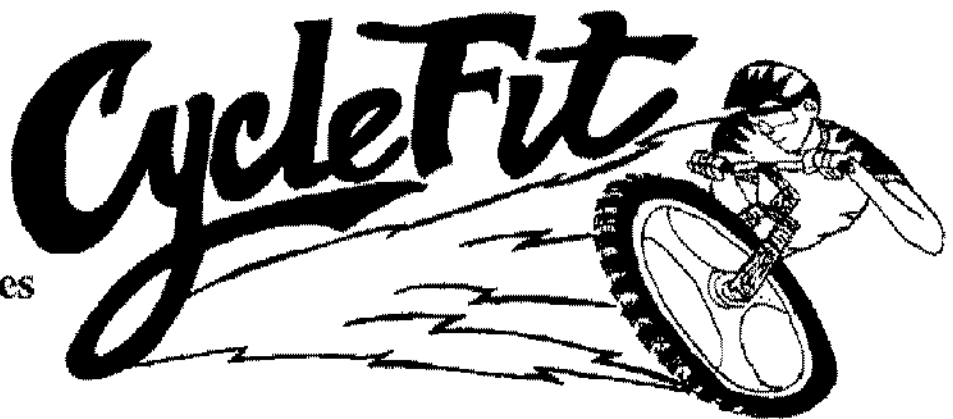
My highlight was the return to Hunter Mountain. With much patience, a comfortable pace and the memory of my last visit (I gave up about half a mile from the summit) to drive me forward, I finally made it up that hill. Then the best part... the longest, fastest downhill I've ever ridden. Near 50 miles an hour, letting it all hang out with nothing but trees and beautiful mountain scenery whizzing by - for me it was the ultimate merger of man and machine. As Ed2 caught me on the downhill, he looked over and, seeing the huge grin on my face, said, "So this is why you came. This is your time to ride!" Can't wait 'til next year!

DVBC's "Legend" **Walt Linton** sent word from the hospital that, despite an off-year due to illness and injury, he logged 1900 miles in 2004. He looks forward to surpassing that total while riding with his club friends in 2005.

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March 16-18: National Bike Summit, Washington, DC

June 24-29: Bike Virginia, Roanoke, VA. Ed Weirauch (302-778-5418) is forming a group of cyclists from the Delaware Valley to participate in Bike Virginia. **Contact Ed by March 7.**

March 19-20, The Bicycle Show, New Jersey Convention Center, Edison, NJ. Exhibits, programs, and clinics. Over a dozen programs per day. Exhibitor booths w/ gear, bikes, parts, & local & national organizations telling about their activities. A 25-30 m. ride will start at Bike Show at 10 AM on both Sat. & Sun., benefiting Lance Armstrong Foundation. Show admission: \$10 - adults, \$2 - children under 12. 800-848-1020.

Sat. March 26: Icicle Metric, Newark, DE. White Clay Bicycle Club

302-761-9066.

Sat. April 16: Ocean to Bay Bike Tour, Fenwick Island, DE.

Sat. April 16: Spring Bicycle Flea Market, Lehigh Valley Velodrome, Trexlertown, PA. \$5 entry fee, open 9 AM-2 PM. 610-395-7000.

April 22-24: New York City Bicycle Show, New York State Armory, 26th St. and Lexington Ave, New York, NY.

Sun. April 24: Edward Stokes Memorial Horsham Rotary River Ride, Horsham, PA. Ride with the SCU group at this local charity event! Horsham Rotary Foundation, P. O. Box 99, Horsham, PA 19044.

Sun. May 1: SCU Quad County Metric, Green Lane Park, Deep Creek & Snyder Rds, Green Lane,

PA. 10, 21, 31, 45, 53, 65, or 76 mi. on scenic back roads. 10-mile rte. is flat on unpaved Perkiomen Trail. 21-mile rte. avoids longest climb & is suitable for casual riders. Longer rtes. are rolling to hilly. 53 & 76-mile rtes. incl. "Intensive Climbing Unit" extra hilly segment. Reg. incl. post-ride meal. Suburban Cyclists Unlimited, P.O. Box 401, Horsham, PA 19044.

**Save Sunday,
May 22nd for the
DVBC's Bonkers Metric**

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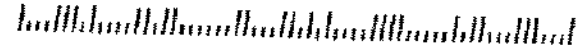


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<p>Application for DVBC Membership (Expires 1 year from date joined/renewed) Annual Membership: \$16.00 per household. Check one: <input type="checkbox"/> new member or <input type="checkbox"/> renewal</p>	<p>Membership includes: DVBC Newsletter (10 issues per year), discounts at most Club sponsors, Club subsidized events. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues</p>
<p>Please print clearly and use your 9-digit zip code, if known.</p> <p>Name: _____ Address: _____ City: _____ State: _____ Zip: _____ Phone: _____ Date of Birth: _____ E-mail: _____</p>	<p>The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley. I wish to contribute: <input type="checkbox"/> \$1 <input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$15 <input type="checkbox"/> \$20 <input type="checkbox"/> \$25 <input type="checkbox"/> other: _____</p> <p>Amount enclosed: \$15 (membership) + _____ (safety) = _____</p> <p>I'll volunteer for: (check all interests) <input type="checkbox"/> Ride Leader <input type="checkbox"/> Tour Volunteer <input type="checkbox"/> Board Member</p>
<p align="center"><i>Please send your check or money order to the:</i> Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156</p>	

In consideration of the acceptance of my application for entry into the DVBC, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the DVBC. In addition, this release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees) from and against any and all liability arising out of or connected in any way with my participation in any event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

 Signature

 Signature of parent or guardian (if _____)