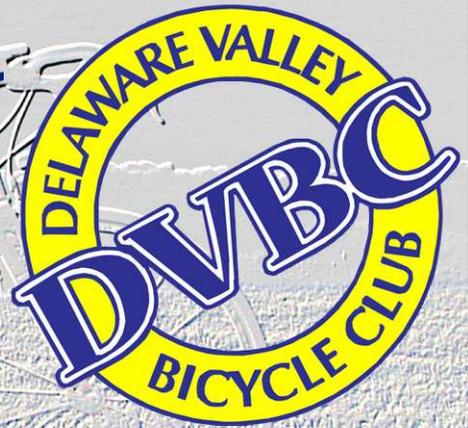


Delaware Valley Bicycle Club



Winter
2008-2009

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



**Things I Can't Ride
Without in Winter**
by Deb Chaga

Summer days—when just a pair of shorts, a sleeveless jersey and cycling sandals were all that were needed for a comfortable ride—are long since past. Now, every ride we do needs forethought. What will I wear? This is not just a girl thing. For the next three months we'll have to bundle up, but not too much. Overdressing will cause you to overheat and sweat too much. Once you get wet, you will get cold. The rule that I dress by in the winter is this--wear three layers and no more. Of course those three layers vary depending upon temperature and wind conditions.

My list of things I can't live without in winter are:

For feet

Neoprene booties; merino wool socks; chemical feet warmers if really cold.

For hands

Craft lobster claw gloves; chemical hand warmers if really cold.

For head

Terry light weight balaclava which is very versatile; additional head-

band for ears if really cold.

For top

Base layer of Craft short sleeve T-shirt or long sleeve mock UnderArmour or Althea tatoon shirt;

Middle layer of either a short sleeve or long sleeve jersey.

Outer layer: either my Craft lightweight wind breaker or my Craft Thermal Gore Windstopper jacket.

For legs

Pearl Izumi Therma Fleece tights; if really cold add a base of Althea tatoon capris.

Once I figured out how to dress properly I realized it is possible to ride all winter. Sure, it's an adventure and it's a pain having to wear so many extra pieces of cloth-

ing. However, you'll get to keep biking, spend time out in nature, and grab a bite to eat with friends. A cold day on the bike is better than . . . I'll let you finish that sentence.

Contact me by email if you have any questions about any of the gear I mentioned (dreamerdeb@gmail.com) or, better yet, post your questions on cold weather comfort to the DVBC email listserve (find it at www.dvbc.org).

[DISCLAIMER: There are many brands of bike clothing available, and DVBC does not endorse any of those mentioned in this story—that is, unless the manufacturers would like to send the Editor some samples to try out.]



Dan Dillon and Mary Huis model cold weather riding gear with a friend (left) at Northbrook Marketplace. Says Dan: "Riding in cold weather isn't just for turkeys!" Says Mary: "I'll ride in any weather as long as I can get a muffin!"

Delaware Valley Bicycle Club

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

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

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. Please note that the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.

Contents © 2008 by DVBC

Club Affiliations

League of American Bicyclists
Bicycle Coalition of Greater
Philadelphia

Thanks to Our Supporters!

Craftech Computer Solutions

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

Cycle Sport

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

Cycle Fit

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

Action Wheels

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

Drexel Hill Cyclery

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

320 Produce Market & Deli

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

Custom Bagels

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

Linvilla Orchards

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

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rides@dvbc.org

Ride Guidelines

1. Arrive early and **be ready to leave on time**.
2. Make sure your bike is in proper working order **before** you arrive. Ride leaders are not expected to be bike mechanics.
3. **A helmet is mandatory for all DVBC rides**.
4. Carry a spare tube, patch kit, and water bottle.
5. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're unsure of and work your way up.
6. Practice safety and obey all traffic laws.
7. Each rider assumes his/her own risk on all rides.
8. Those who ride ahead of the group are on their own ride.
9. Always notify the ride leader before leaving the group.
10. Ride leaders should adhere to the advertised speed of the ride.

RIDE CLASSIFICATIONS

Class D: For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.

Class C-: For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.

Class C+: Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.

Class B-: For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

Class B+: For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

Class A: For very strong riders: 18+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

CANCELLATIONS

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

DVBC Winter 2008-2009 Ride Calendar



With changing winter weather and freezing conditions (not to mention ride leaders trying to plan months ahead) it's more important than ever for participants in these winter rides to

CONTACT THE RIDE LEADER IN ADVANCE

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

STAY WARM, KEEP RIDING, AND SEE YOU ON THE ROADS!

December 2008

Recurring Weekday Ride

Wednesdays 10:00 am Miles:35-65 Class:B- Doc's Ride	Various routes from Swarthmore. Leaves from 320 Market parking lot. Probably a lunch stop. Foul weather, or temperature under 45 at ride time cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Sunday, Dec 7 9:45 am Miles:40-60 Class:B/B- Winter Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Dec 7 10:00 am Miles:30-40 Class:B- The Winter Rule	Bike the temperature. 30 degrees, we do 30 miles. 40 out, we do 40. Fair in height thus easy to no climb. Usually head to a coffee shop or somewhere warm. This is the norm for my ride for the next three months unless otherwise noted. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Tuesday, Dec 9 10:00 am Miles:20-25 Class:C Misty B-day Ride	Follow Misty on her favorite short local loop. Meet at Planet Fitness, Pennell & Marionville Rds., Aston, Pa. We will grab some lunch at Red Robin restaurant in Delaware. Possible stop at Sweeney's bakery on way back, just draft off birthday girl. Short, easy paced ride. For today only, eating is more important than miles. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Saturday, Dec 13 9:30 am Miles:35 Class:C+ Debbie Does Delaware	A fun ride to the First State and back as we visit various sites such as Arden, Bellevue State Park, Brandywine Zoo. Bring \$ for food. Rain, snow or ice cancels ride. Meet at Planet Fitness, Pennell & Marionville Rds., Aston PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Dec 14 9:00 am Miles:35+ Class:C+ Art Museum	Art Museum C+ paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop. Bring \$ for snack. Contact Bob Martin at 717-529-0981
Sunday, Dec 14 10:00 am Miles:40 Class:B- Main Street Maffick	Start at the R5 Wayne Train Station, the trail to Manayunk for coffee at the Buck County Coffee House and take a long way home. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Dec 20 9:30 am Miles:35 Class:C+ Winter Solstice Ride	Celebrate the last day of fall before winter officially arrives. Meet at Chadds Ford Elementary School for an invigorating loop through the Brandywine Valley. Bring \$ for a hearty food stop at Northbrook. Inclement weather cancels ride. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net
Sunday, Dec 21 10:00 am Miles:45ish Class:B- Welcome Winter Wide	Who know where the winter winds will blow us..... Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Thursday, Dec 25 10:30 am Miles:30+/- Class:C+/B- Christmas Ride	Daylesford train station (1/2 mile east of Performance) Do you want to escape the house today? We will visit roads which are too busy most other days of the year. Please contact me to confirm ride in case my holiday plans change. Contact Lewis Neidle at 610-722-5823 or ljin1427@yahoo.com
Saturday, Dec 27 10:00 am Miles:10-12 Class:C+ A Ride in the Woods	If the jolly old man in red didn't bring you a new bike, go buy a MTB quick and join us on a fun ride in the woods. Bring something to drink and a snack since there are no Wawas out there. Ride starts at the Woodlawn Preserve parking lot. Take Smithbridge Rd. from Rte. 202 and make a left on Creek Rd and park in lot about 1/4 mile on right side. Rain cancels ride. If there's snow, bring a sled and we'll do that instead. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

January 2009

Recurring Weekday Ride

Wednesdays 10:00 am Miles:35-65 Class:B- Doc's Ride	Various routes from Swarthmore. Leaves from 320 Market parking lot. Probably a lunch stop. Foul weather, or temperature under 45 at ride time cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Saturday, Jan 3 9:30 am Miles:35 Class:C+ Meetinghouse Loop	Let's start the year off right with a fun loop that starts in Rose Tree Park in Media and heads west to Meetinghouse Road and back. Bring \$ for a food stop. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net
Sunday, Jan 4 9:45 am Miles:40-60 Class:B/B- Winter Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware Co., Chester Co., and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Jan 4 10:00 am Miles:40ish Class:B- Bikodin	Caution this ride may cause hyperventilation, sweating, cramps, dry mouth, vomiting, muscle twitches, hot flashes, severe weakness and/or unusual fatigue. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Jan 10 12:00 am Miles:10 Class:MtnBk Smedley Park Fun	Meet at the Chesley Business Campus on Baltimore Pike in Media. Park all the way at the east end of the driveway near the Pine Ridge trolley stop. Ride some awesome trails close to home including all kinds of jumps and berms folks have made. For maximum fun, you should probably have some experience and the willingness to extend yourself. I will be happy to give some basic instruction. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Jan 11 9:00 am Miles:35+ Class:C+ Art Museum	Art Museum C+ paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop. Bring \$ for snack. Contact Bob Martin at 717-529-0981
Sunday, Jan 18 10:00 am Miles:40 Class:B- Bye Bye Bushie	Only two more days and the bad ride finally comes to end. So enjoy the last of the down hill slide and come out for this climb to better days. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, Jan 19 10:00 am Miles:35 Class:C+ MLK Day Ride	Let's ride locally and imagine how proud MLK would be to see how far we've come. Start at Planet Fitness, Pennell & Marionville Rds., Aston PA and eventually end up in Media for a food stop. Bring \$ for food. Rain, snow or ice cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Jan 24 9:30 am Miles:35 Class:C+ Dreamer's Birthday Ride	Start and end at Chadds Ford Elementary School (Rte.1 & Fairville Rd). Northbrook Marketplace will be our food stop. Gift suggestion--BEER! Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Jan 25 9:00 am Miles:35+ Class:C+ Art Museum	Art Museum C+ paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop. Bring \$ for snack. Contact Bob Martin at 717-529-0981
Sunday, Jan 25 10:00 am Miles:40 Class:B- The Reconstitution Ride	And you thought it disappeared... when it was only folded, spindled and mutilated. Join we the pedalers as we form a more perfect union.... Starts and ends at the R5 Wayne Train Station. RSVP. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Jan 31 9:30 am Miles:10-15 Class:All Mountain Bike Outing	Meet at Red Robin Restaurant, Rte. 92 in Delaware, next to Target, right off of 202. We will ride into Woodlawn Wildlife Refuge. Flat trails and a bit of climbing. Beginning mountain bikers are welcome! I am poor off road, but still enjoy it. Post ride burger (meat or veggie) and beer. (This is a test to see if putting the word "beer" in a listing will draw a huge turnout.) Recent rain or snow will change ride to a hike. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net

February 2009

Sunday, Feb 1 10:00 am Miles:40ish Class:B- Don't be a Ground Hog	Stay to the right. Share the Road. Cause safety on this and every ride. Start at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Feb 7 9:30 am Miles:35 Class:C+ Northbrook in Winter	Come out and enjoy the Brandywine Valley in winter with a stop at Northbrook for some hot soup, cider and those delicious apple cider donuts. Meet at Chadds Ford Elementary, Rte. 1, Chadds Ford PA. Bring \$ for food. Rain, snow or ice cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

Sunday, Feb 8 9:00 am Miles:35+ Class:C+ Art Museum	Art Museum C+ paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop. Bring \$ for snack. Contact Bob Martin at 717-529-0981
Sunday, Feb 8 10:00 am Miles:40 Class:B- Pedal Without a Cause	Start and end at the R5 Wayne Train Station via Fairmount, Indiana. RSVP Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Feb 15 9:00 am Miles:35+ Class:C+ Art Museum	Art Museum C+ paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop. Bring \$ for snack. Contact Bob Martin at 717-529-0981
Monday, Feb 16 10:00 am Miles:10-12 Class:MtnBk Presidents do MTB Don't They?	Enjoy the holiday as we ride the trails by the Brandywine. Who knows, maybe we'll see a past or present Pres out there. Bring drinks and snacks since there are no Wawas out there. Meet at the Woodlawn Preserve parking lot. Take Smithbridge Rd from Rte. 202 and make a left on Creek Rd and park in lot about 1/4 mile on right side. Rain cancels ride. If there's snow, bring a sled and we'll do that instead. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Feb 21 9:30 am Miles:35 Class:C+ Four Weeks to Spring	Let's think positive about the approach of warmer weather and enjoy a beautiful ride from Chadds Ford Elementary School that rambles through the Brandywine Valley. Bring \$ for a food stop (which may be at the end of the ride). Inclement weather cancels. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net
Sunday, Feb 22 9:45 am Miles:40-60 Class:B/B- Winter Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware Co., Chester Co., and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Feb 22 10:00 am Miles:62.1 Class:B Mile High Metric	Exactly 5280 feet of climb in precisely 62.1 miles. Start at the R5 Wayne Train Station. RSVP Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Feb 28 9:30 am Miles:40+ Class:C+ PureBread Muffin Ride	Park at Planet Fitness, Pennell & Marionville Rds., Aston, Pa. We will ride to PureBread deli-bakery in Greenville, Del. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net

**DVBC Annual Banquet
& Membership Meeting**
Monday, December 1, 2008
 D'Ignazio's Towne House, Media
 117 Veterans Sq., Media, PA (610) 566-6141
Mail-in registrations were due Nov. 17.
 Contact Larry Green at 610-544-5799

Welcome to New Members!

**Sefi Knoble
James Beausoleil
Charlaine & Wayne
Dunlap
Adam Scott
Thomas Gallagher**

BONKERZ
 CARTOONS OF THE DVBC

IT'S GONNA BE A SCORCHER. DO YOU MIND IF I DON'T MOW THE GRASS TODAY?

OKAY. A MAN YOUR AGE COULD GET HEAT STROKE ON A DAY LIKE THIS.

3 MINUTES LATER....
WHERE YA GOING?

IF I HURRY I CAN JUST MAKE DREW'S CENTURY OVER IN JERSEY.

BOB LaDREW © 2008



Bike Dirt

by F.X. Pedrix



They say it's an ill wind that blows no man any good, but that turned out to be not quite true on October 31, the day of the big **Phillies** celebratory parade. **Doc**, who in 2000 was presented the Lifetime Achievement Crash & Burn Award, was banged up after taking a spill downtown while at the parade. Having decided to phone home for a lift, he was walking his bike while waiting for his ride. Because of the big celebration public transportation had ground to a halt and **Boat Shoes**, in town on an assignment, had despaired of ever getting home from work. That was when he spotted his friend and neighbor **Doc**, whose ill wind provided a solution to **Boat Shoes'** problem.

Perhaps a bit woozy from his fall, **Doc** violated the sacred maxim: "Two things you must never lend anybody are your toothbrush and your bike." (My lovely wife **Babs** is looking over my shoulder as I write this and definitely agrees with the first half of this maxim, which unbeknownst to her I have violated more than once.) Never mind that **Doc's** bike was 10 or 20 centimeters too small or that **Boat Shoes**, true to his nickname, didn't have proper footwear. Dressed in **Brooks Brothers** slacks, cashmere sweater and shearling-lined clogs, **Boat Shoes** mounted up, raced home and delivered the bike under its owner's back porch even before **Doc's** limo arrived. A couple of weeks later **Boat Shoes** entered his first mountain bike race at Marsh Creek and acquitted himself well by placing sixth out of 15 in his age group. (And to answer the pressing questions: no, he did not wear his clogs that day.)

Another spy reports that he is surprised **Doc** didn't manage to ride home from the **Phillies** parade, as he had ridden while sick or injured a couple of other times this season. Once, **Doc** crashed in front of 320 Produce before his Wednesday ride even started, but rode the whole way to Kennett Square (a mere 70 miles or so) with a badly scraped shin. Another time **Doc** rode while under the influence of pneumonia. ("Isn't he a doctor?" **Babs** asks. "Shouldn't he know better?")

Not to harp on **Doc** more than is necessary, but we can't let a major anniver-

sary pass unnoticed. Yes, believe it or not, last month **Doc** turned 70. The youthful looking physician has a physique like **Marco Pantani**, and dances on the pedals like him, too (and as **Babs** reminds me, has despite all his accidents managed to live more than twice as long as the unfortunate **Pantani**, who died at age 34). One of those Board members who works so hard on our behalf, **Doc** celebrated his birthday with a ride—what else—70 miles. **Smiling Rookie** was along and reported, "All I can say is that this 50-something cyclist had a heck of a time keeping up with the birthday **Doc** and I don't think it's just because my front shifter was on the blink. **Larry** is an amazing cyclist."

A **Grey Wolf** ride listed for January 24th is entitled "**Dreamer Birthday Ride**." Nothing unusual about that except a notation in the description that sheds some light on **Dreamer's** tastes: Gift suggestion: "BEER!"—to be consumed after the ride, we trust.

Lord D'ster's soon-to-be-released cookbook is eagerly anticipated by DVBC members. A pair of tempting back pocket slow-cooker recipes appeared in this column last summer and created a sensation in the culinary world. Now **D'ster** has announced a new line of ice cream flavors led by a **PENNDOT** signature flavor called **Tar and Chip**. He begins this variation on Rocky Road with a chocolate ice cream base before adding chocolate chips with swirls of blackstrap molasses. Next come black walnuts with a few shell fragments for that subtle taste of danger. **D'ster** warns that any molar incursion into the world of walnut shells could be that tooth's last.

When the **Perfessor** assumed the club presidency last winter, he brought to the job his leadership and managerial experience from years in the business world. It was his intention to give the job his all for a single year before stepping down, but a funny thing happened on the way to retirement. The **Board** that served with him proved so capable, so energetic, so motivated to assume responsibility that he enjoyed leading our club and has agreed to serve a second term. We are all

fortunate to have the **Perfesser** at the helm with such a great group of Board members working on our behalf. Running the club has traditionally been a thankless job, but it need not be. Why not walk up to a Board member next time you see one and express your appreciation for the job they do?

A few weeks ago **Buckeye** underwent surgery for a trigger thumb. The patient survived but the operation was a failure. The nagging affliction couldn't be the result of hitchhiking, since **Buckeye** gets all his gas for free. Perhaps it is from thumbing his nose at society.

Misty is recruiting for a beginner swing dance class. It started last month in Upper Chichester and a bunch of club members are already in. So far her group includes **Dreamer**, **Smilin' Rookie** and her husband **Randy**, **Tanya**, **Dancin' Dan** (**Dreamer's** mailman), **John**, **Dominator**, and **Jittery Jo**. **Speeding Ticket Alex** is also promising to enlist.

Crashrock is a "maybe." **Grey Wolf** says he would have to wear a helmet and possibly shoulder pads because his rhythm, while natural, is not syncopated with that of anyone else. Anyone else interested should contact **Misty** via the listserve.

In making her registration for the winter banquet **Dreamer** sent a wishful, dreamy email that said: "At this point just put me in for one ticket since I'm not sure if **Lance** can make it since he's on again, off again with this racing stuff."

D'ster recently reunited with **David Goodman**, an old childhood friend who made it big in the movie business. So big, in fact, that he won an Academy award in 1986 for Best Documentary Film. Last month **D'ster** had **Goodman** over for dinner. As the evening drew near he confided, "My plan is to show him my **Bonkers Award** water bottle that I received last year at the banquet for rider of the year, then ask him if I can hold his Oscar." To his dismay, **Goodman** had failed to bring his Oscar so **D'ster** (appropriately) would not allow his friend to touch the **Bonkers Award**.

Grey Wolf, **Smytie**, **The Happy Wanderer** and **The Starry-Eyed One**



Several stuffed Phillies Fanatics joined what the oldest participant (center) called the "Old Bikes/Old Folks" ride to Northbrook, Nov. 2

showed up for Dreamer's **Vets' Day** ride on a chilly morning but refused to start until the temperature moderated. The group hung out in a diner eating breakfast, then mounted their bikes and pedaled directly to lunch. No word on whether they stopped for dinner on the return trip.

Babs has noticed that some of our old reliable club members have not been seen on many rides lately. I explained to her that **Plastic Boy** is out riding his Kawasaki 650 crotch rocket motorcycle and the **Polish Prince** is wandering in the wilderness with a 400-lb. backpack. [Editor's Note: With this guess, FX wins the "Guess the Weight of the Prince's Backpack" contest from the Nov. newsletter. The actual weight was 42 pounds, but since FX made the only guess, his was the closest.] **Dreamer**, **Smiling Rookie**, **Crashrock**, **Grey Wolf** and **Misty** could be kayaking or dancing, and **Red Allez** is in love. When **Juror #6** is not attending a Republican rally he is off winning chess tournaments. **Movie Man** missed time on his bike this summer to help a friend shoot a TV pilot in Hollywood. And we heard that **GiGi** is taking aerobic salsa lessons. Finally, **Buckeye's** riding is down because he has switched to nesting mode. When not building shelves for his garage, barn or basement, he is peering through his night-vision binoculars at neighbors, er... wildlife. Thank goodness for **Ride Away**, who takes up the slack for all the slackers and is probably well into his second half-million miles by now.

Meanwhile, Dreamer is studying **Tai Chi Chih** un-

der a local nun. I'll bet that bad habit is hard to break.

Smytie, the 2007 DVBC time trial champion, celebrated a birthday recently by treating himself to a tattoo (see photo below). In keeping with the spirit of the club, it features a bicycle chain ring and crank. I was unable to count the teeth but it does not appear to be a granny gear. On one Jersey century a few years ago Smytie had three of his five chain ring set screws fall out but this one seems to have all its screws in place—even if Smytie doesn't.

On **Bike Whisperer's** mid-November Art Museum ride the **Silver Fox** shared a sage tip on cold weather riding. He revealed to his friends that he wears **plastic bags** under his jersey and swears they are better than newspapers at keeping him warm and, unlike the *Times*, leave no ink marks. Following the Fox's cue, **Dreamer** and **Grey Wolf** now wrap their toes in parts of FedEx bags and say it keeps them toasty. (See Dreamer's article on page 1 for more cold weather hints.)

On a congratulatory note, I need to report that the DVBC's **Tina Stiles** competed last month in the Florida Ironman full triathlon. She broke the mythical ten-hour barrier (9:58:36) in winning her 30-34 age division. Tina finished 174th overall and has set her sights on the upcoming Hawaii Ironman competition. Her results included a time of 1:01 for the 2.4 mile swim, 5:26 for the 112-mile bike ride, and 3:23 for the 26.2 mile run



(marathon).

Mike Keating provided corrections to his November article about the Mt. Washington Hillclimb that reveal he is both slower and older than first reported. For the record, Mike completed the climb in 1:51, not 1:31; and that his age group was not 45-59, but 54-59. In late October Mike posted yet another report about yet another ride in yet another exotic part of the world. He took a "long weekend" and visited friends in Seattle, with whom he climbed Hurricane Ridge Road in Olympic National Park. Eighteen miles to the summit, average grade of 5%, elevation 5242 feet (only a few thousand feet higher than any of our dreaded local hills). "This climb is rated the 32nd toughest road climb in the U.S. according to *The Complete Guide to Climbing (by Bike)*," Mike says, and he highly recommends it for anyone visiting the Seattle area.

Readers, correct me if I'm wrong, but I don't think I'm the only one feeling a bit of pedal envy from reading about Mike's adventures. Sometimes I long to return to those long-gone days when I was single and footloose and fancy-free and wasn't tied down by a...

"I dare you to finish that sentence," Babs says, and after too long a pause, I ask her, "Would you believe me if I said I was tied down by my job?" Her look (which has made roadkill out of men far tougher than FX) gave me her answer, and she left me with this parting dig: "You're right about those days being long-gone."

One good thing that comes out of the travels of Mike and other DVBC members



is how they promote the club around the world, as in the picture above.

Babs wishes all our riding friends merry holidays and a warm winter, while I look forward to a Happy New Year filled with lies, innuendo, gossip, falsehoods, etc. As usual, you can send all these to me at fxpedrix@dvbc.org.

Scenes from the 2008 DVBC Brandywine Tour

Photos by Edward Sobelewski



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

Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events.

Your membership also helps influence local government decisions concerning bicycle issues.

Annual membership: \$15 per household

Circle one: New Member or Renewing Member

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

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP: _____

PHONE: _____ Birth Date: _____

EMAIL: _____

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

I wish to contribute (circle appropriate amount):

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

AMOUNT ENCLOSED:

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

I will volunteer for (circle all interests)

Ride Leader Tour Volunteer Newsletter

Other: _____

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

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

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

Signature

Signature of parent or guardian (if under 18 years)