



Delaware Valley Bicycle Club



P.O. Box 156, Swarthmore, Pa, 19081

March 2008

The View From Here

By Drew Knox



As I take over the president's chair, my first duty is to thank profusely Dom Zuppo for his leadership and guidance over the past five

years. That's a long time and many selfless hours to lead the peloton. Under Dom's guidance, the club has produced 10 successful tours, contributed substantially to local and national bicycle advocacy organizations, and remained safely solvent. Of critical importance to me, he has also bequeathed a solid and hard-working board.

Some other long-time club leaders have announced that they too want to step aside. At the end of the year, Bob and Judy LaDrew will relinquish their duties as newsletter editors and Tony Rocha will resign as board member. I will write more about their large contributions later but, suffice it to say, they've done a lot of the hard, grinding work of domestiques.

In the meantime, others need to move to the front of the pack and take a pull. You can do it. After all, the group behind you here is very supportive.

Year-end Wrap-up

Mike Flynn: Two things I'm going to remember about 2007 are completing my first century (What a blast!) and riding 2623 miles. That is my all-time high, beating my previous in 2000 when I rode 2289 miles on a mountain bike. Ah, what a difference a road bike makes!

David Bennett, 2007 RIDER OF THE YEAR: If you had asked me before the banquet about my year, I felt like I was failing as a rider and had participated in few club rides. I was surprised I was chosen Rider of the Year and wondered why they picked me. I did not feel well over the fall and was kind of depressed. In review, I realized it was one of the best ever, if not as a rider, as a member of the larger cycling community and especially as a comrade in the DVBC.

I logged 3018 miles. I rode the Wally Tour (WCBC) and ToPA reasonably well if you take into account my lack of training. I drove SAG for five events including Bonkers, Brandywine, ShoreFire, Savage and BikePhilly. At the picnic, I had the privilege (and a bunch of fun) to play music, including some cycling tunes, with Jim LaDrew. I stayed, more or less, on top of my duties as DCCC Chairman of the BCGP and really had fun lobbying Congress last March at the annual Bike Summit on Capitol Hill.

Most important, I continued to grow my camaraderie with my wonderful friends in the DVBC who comprise most of the best friends I've ever had.

Jon DiCristafaro: My ride with Valerie in May was my first group ride ever. I'll never forget that hot, flat, multi-Wawa excursion in Jersey on my old mountain bike. I used a pannier to hold my stuff and received some comments from the travel-lighters along the lines of "You going camping?"

My cycling started in April when a neighbor threw out an old Huffy 10-speed. I garbage-picked it, my first drop-bar bike, and thought it was cool. I immediately realized I should get a real bike

while getting in miles on the MTB. Just after the Fourth of July, I got a Fuji Team Pro and completed Dreamer's 55 mile Northbrook ride.

I rode the Brandywine Century in September and strained my neck enough to miss a few days of work. During the colder months, I bought a 1982 Peugeot frame off ebay and built up a fixed-gear road bike that has been providing fun on shorter rides. Finally, being named Rookie of the Year at the annual club banquet was a great honor and a much appreciated bit of recognition from my new friends on two wheels!

Miles biked: 1869. Some highlights/memories:

- riding in a breakaway on Creek Rd with Tina and Maureen before I knew Tina was an Ironman competitor
- being totally exhausted after my first century
- time-trialing in boat shoes because I left my SPDs at home
- my first Thursday night B ride where I was pretty sure they were trying to drop me!
- building my fixed gear out of random parts
- biking into Philly from Swarthmore along

(Continued on page 7)



Who's afraid of a little mud? Not these hardy DVBCers, as the tell-tale signs on the back of their jackets reveal.

The Delaware Valley Bicycle Club
P.O. Box 156
Swarthmore, PA 19081

<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).



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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Club Affiliations



LAB



*Bicycle Coalition of
Greater Philadelphia*

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

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!

	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.

WANTED

We are looking for someone to take over the position of editor for the DVBC newsletter as Bob and Judy LaDrew step down. The editor's job is to solicit content for the newsletter and do the lay out. Bob and Judy will help the new editor ease into the job as she/he takes over responsibility. Contact Bob at bonkersboy@verizon.net







You can teach an old dog new tricks. After years of riding on two wheels, Bob Martin learns how to drive on four as he manures the lawn of his new estate.

Welcome New Members!

**John Gallagher, Carol Hershey
David Markman and Chris Speiss**



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Bicycling advocate Hans van Naerssen, a DVBC member, has recently been elected to

the position of at-large board member of the League of American Bicyclists (LAB). Hans has a track record of not only hard work, but also getting results in governmental bureaucratic battles on issues that affect cyclists. In addition, he is the current President of the Bicycle Coalition of Greater Philadelphia. Please let Hans know he can count on your support as he forges ahead on cycling issues at the national level.

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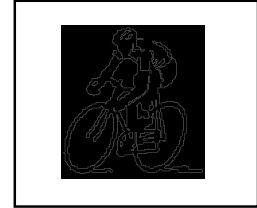
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DVBC Ride Calendar

MARCH 2008



*****Recurring Weekday Rides*****	
Wednesdays 10:00 am Miles:35-50 Class:B- Doc's Rides	Various routes from Swarthmore. Leaves from 320 Market parking lot. Probably a lunch stop. Temperatures below 45 degrees F will cancel ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Saturday, Mar 1 9:30 am Miles:62 Class:B/B- Creeking Along	Starts at Kingsway High School (Rte 322 and Rte 551) in New Jersey. Stretch your legs on a slow B pace as we build spring miles by biking across Oldman's Creek, across Salem River at Courses Landing, then onto Mannington Creek and Alloway Creek. Food stop is past the mid-way point but there's a short cut home if needed. Call if weather is questionable. Contact Drew Knox at 302-475-1684 or agknox@gmail.com
Saturday, Mar 1 11:00 am Miles:30-40 Class:C/C+ Ride to Westtown	Meet at Rose Tree Park (Rte 252 & Rose Tree Rd) for a ride toward Westtown and back. Ride length and route will depend on the weather. Note late starting time, to take advantage of warmest part of the day. Contact Adam Levine at 610-891-0780 or aelrvpa@hotmail.com
Sunday, Mar 2 9:00 am Miles:45 Class:B- Once Upon a Climb...	Long, long ago. Two cyclists went for a ride.... to learn the whole story... start at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 2 9:30 am Miles:10-20 Class:All Ride in the Woods	Get out your mtn bike. Fun day on trails and hills in the woods. Meet at Woodlawn Trustees Property Parking lot (Creek Rd & Beaver Dam Rd, a few hundred yards from Smithbridge Rd covered bridge). Bring snack and water, no place to buy. Very muddy or wet conditions cancel ride. Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Monday, Mar 3 7:00 pm Miles:0 Class:ALL Board Meeting	Meet at Springfield Friends Center. All welcome. See what goes on behind the scenes of your club. Contact Drew Knox president@dvbc.org
Saturday, Mar 8 10:00 am Miles:45-50 Class:B/B- Ride to Centerville, DE	Meet at Rose Tree Park (Rte. 252 & Rose Tree Rd.) for a ride to Centerville, Delaware and back. Food stop in Centerville. Average speed 14-15 mph. Cold weather may shorten ride. Contact Adam Levine at 610-891-0780 or aelrvpa@hotmail.com
Sunday, Mar 9 9:00 am Miles:35-50 Class:All Kountry Kitchen Ride	Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to morning breakfast. Contact Bob Martin at 717-529-0981
Sunday, Mar 9 9:00 am Miles:52 Class:B- Artificial Orchard Ride	Mostly rolling but a hill or two added for fun on the way home. Start at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 16 9:00 am Miles:62 Class:B- Feat of Climb	Test your legs with some foot of climb. Start at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 16 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

Thursday, Mar 20 5:15 pm Miles:15 Class:ALL AHCS	Spring has sprung. Time to climb some hills and work the cobwebs off the legs. Join the Aston Hill Climbing Society for hill repeaters. All riders welcome—do the hills at your own pace. Afterwards we'll hit Rita's for FREE WATER ICE. Meet at Planet Fitness, Pennell & Marionville Rds. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Friday, Mar 21 9:30 am Miles:30-40 Class:B/B- Welcome Spring!	Welcome Spring! Celebrate the Good Friday holiday and first full day of spring. Ride through familiar countryside in Delaware and Chester Counties. Meet at Rose Tree Park (Rte. 252 & Rose Tree Rd.) Ride length and route will depend on the weather. Average speed 14-15 mph. Contact Adam Levine at 610-891-0780 or aelrvpa@hotmail.com
Saturday, Mar 22 9:00 am Miles:40-45 Class:B/B- Northbrook Orchards Ride	Combined Delaware Valley/White Clay Bike Club Ride. 9:00 am leave Lantana Square Shopping Center, Hockessin, DE from end of parking lot closest to Rte 7, Limestone Rd. entrance. Rolling to hilly ride to Northbrook, PA. Avg. speed 13-15 mph. No one dropped. Regroup at top of larger hills. Bring snack or cash for rest stop at Northbrook Orchards if it is open. Contact Mike Salter at 302-239-0384 or Trekbikermike@verizon.net
Saturday, Mar 22 10:00 am Miles:20-26 Class:C CU at Selene in Spring	Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside the Co-op. Free parking in a lot just west of the store. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Mar 23 9:00 am Miles:34-50 Class:All Kountry Kitchen	Meet at Kingsway HS (Rtes. 551 & 322), Swedesboro, and ride 17 mi. at your own pace to breakfast in Elmer. After eating with friends, bike 17 or 33 miles home. Cue sheet if needed. Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
Sunday, Mar 23 9:00 am Miles:62 Class:B- Registration Ride	Don't even think about coming out for this ride, if you are not registered to vote. The change starts today! Penultimate day to register for the April 22 primary. Start at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Mar 29 9:00 am Miles:50 Class:C+ Ye Olde Brandywine Fifty	Ride the olde Brandywine Fifty route with me as I train for Spain. Stop mid way at a convenience store but don't expect greatness there. Yes, there are hills and yes, you can do them. Meet at Chadds Ford Elementary School just past the intersection of Rte 1 and Creek Rd, Chadds Ford. Inclement weather cancels ride and really cold weather shortens it. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Mar 30 9:00 am Miles:35 Class:C+ Art Museum	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, Mar 30 9:00 am Miles:62 Class:B- Out Like a Lamb	Baaaaad idea... if you don't like hills... Tour what's left of the surrounding farms. Start at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

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(Continued from page 1)

Baltimore Pike, through Wissahickon, and back on the mtb

- having people show up for my Saturday morning 7 AM ride

Mike Keating: Last year my focus was again on interval training – much of it on the basement trainer – so tracking miles was irrelevant. Looking for a bigger challenge than the Tour de France climbs, I did a week in the Dolomites at the Giro d'Italia and signed up for the Mt. Washington Hillclimb.

Despite the calendar, the Giro weather from May 26-June 2 was brutal with snow two days and cold rain on several others. Elements, Giro circumstances, and mechanicals limited me to reaching only about half of the summits and only Stelvio of the three *epic* summits. Zoncolan and Mortirolo will have to wait for another year.

Mt. Washington was cancelled the day of the event because of sleet, very poor visibility, 75 mph winds and rime ice. The next day was no better but I got to ride Mt. Ascutney (Vermont) on a training weekend and on the way home from MW. Looking to do a major week in Colorado (missed that in 2007).

David Cunicelli: 2007 was uneventful

with around 2000 miles logged. I missed riding, but have a new, and very old, house which has drained my energy and time from my favorite past-time. I got most of my miles in before June and have logged less than 100 miles since. In fact, I have not sat on my bike since October. Truly pathetic! Now, that the ugly truth is out, I hope to see all of you on many more sunny days with the wind at our backs. I'm going to need a lot of help keeping up and getting back in shape. So slow down and wait while I ride into form this spring.

Steve Bertolini: My total mileage for 2007 was 4,100. The biggest highlight of the year was the trip to Washington DC. I enjoyed riding around Washington on Bob Martin's immaculate Raleigh, and got to visit the National Gallery. Other highlights were leading a ride to Highland Orchards in August while cantaloupe was still in season, and doing the club time-trial for the first time.

Larry Green: In 2007 I rode outdoors on 240 days covering 6075 miles (indoor time will remain secret). Thirty-four of those days were "Doc's rides" which covered 1940 miles, with some regulars, some new riders, and some who became new members of DVBC. I lost a 10-day

period of riding time due to an inflamed foot tendon. This did hinder me on my Tour de France in Autun in July but did not interfere with the Burgundy wine drinking part of the tour. I'll also try to forget all the falls when unclipping to stop; they just hurt too much.

There were many metric centuries but no 100-milers. Longest ride 88 miles. A pretty good year.

Adam Levine: I love getting out on my bike so I'm a little disappointed that I only rode about 1,730 miles this past year. (I say "only 1,730" but to my non-riding friends this number is inconceivable. What would they make of some of the real high rollers in the club?) We live in a beautiful region and, to my mind, there isn't any better way to appreciate it than from a bike. Thanks to all the ride leaders who have led me places where I'd never been and up hills I never thought I could do.

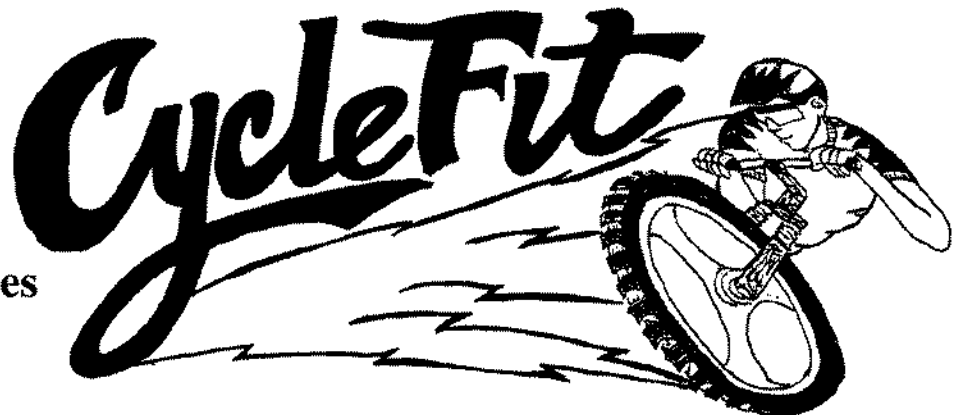
Highlights of the year included several beautiful spins through the southern Connecticut countryside while visiting my mother and my first century on the Brandywine Tour (thanks to Ira and Don for keeping me company). I'm glad to be able to repay the club by serving on the Board,

(Continued on page 9)

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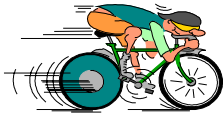
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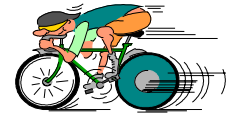
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Bike Dirt

By F.X. Pedrix



As my lovely wife **Babs** and I were relaxing in our hot tub on New Year's Eve, we wondered what might be in store in 2008 for our friends at DVBC. Little did we know **Plastic Boy, Alex, Guitar Man, Ice Dancer** and **Dreamer** had started the year off with a bang, tasting Turkish delights and belly dancing the night away. **Buckeye** was fast asleep at the stroke of midnight, all pooped out from cleaning bikes and remodeling his kitchen. What will he have left to do the rest of the year? **Gigi** however, was wide awake watching DVDs of "Big Love." **Movie Man** was out on the west coast cruising the sites.

I almost fell out of my chair when our editor gave me a preview of the year-end wrap-ups, and I read that **Ride Away** has ridden 493,000 miles in the last 33 years. The gasp I let out caught the attention of my lovely wife Babs, and I had to share that fact with her. The good thing is that now she doesn't think I'm as crazy as she once did. At least my insanity has been diminished by comparison with that of Ride Away. Babs pulled out her calculator and figured that for the 33-year period, Ride Away has tallied 15,000 annual miles for a daily average of 41 miles for 365 days each year. And, Babs was quick to point out, "That means if it snows today he has to ride 82 miles

tomorrow. And if it snows tomorrow...." Okay, Babs, I get the point!"

On the calendar for this year is an April trip to Spain for four of our lovely DVBC women. Although they tried valiantly to get some DVBC hunks to join them, the ladies will be on their own as they train on the foothills of the Pyrenees where Lance used to prep for Le Tour. Watch out, all you Spanish gents. Hopefully none of our gals will show up on the Spanish version of "Girls Gone Wild" or would that be "Senoritas en La Vida Loca"?

Rumor is, the new Pres--**The Professor**--and our other board members are planning some surprises for 2008. Keep your ears and eyes posted for more info and watch for some new ride leaders to step up. There's excitement in the air.

Well, we still have just under one year left with ole "W", but our Pres--**Dominator**--has now become a past-president. Thanks, Dom, for all your hard work over the past five years and remember to come on out and ride with your friends.

Speaking of past presidents, has anyone heard from **President for Life**? We've missed hearing from you! Email me at fypedrix@verizon.net.

Style points can be won and lost. Red has been the color to wear of

late and looked great on the 6+ riders on a recent Woodstown Diner ride. On the losing side was the Professor himself, decked out in every color of the rainbow except green. I didn't think that could actually be done, but somehow he managed it. As far as we know, there were no motorist accidents caused by this event. On the practical side of style, it seems more riders have caught on to the trend of taping duct tape over the toes of their shoes. I've been told this trend started with the **Silver Fox**.



Grey Wolf swears by not only that but also wearing pieces of FedEx bags inside his shoes--now that's being serious about

recycling!

Red Allez required assistance on a recent cold morning getting his booties on. Happily he now knows how to get in and out, and his size 13 tootsies are warm and cozy.

The club made a big fuss a few years ago when a group of nine DVBC riders completed a one-day, 200-mile ride or "double century" as it is called. But did you know that we currently have a member who has ridden a whopping 385 miles in a 24-hour period? Can you guess who?

And speaking of pain, Juror # 6 recently underwent the knife. Thankfully, he is recovering nicely and expects to be re-joining the peloton in March. Also on the disabled list from foot surgery, **Misty**, along with Grey Wolf, visited the **Juror** in the hospital and was photographed wheeling around the halls in his wheelchair. Just can't keep that girl down.

(Continued on page 9)



(Continued from page 8)

From **Lord D'stre, Rear Admiral of the DVBC Navy**, comes an email telling us how his life has changed since his big award at the December banquet: "I was shocked to be chosen Rider of the Year, 2007. It's amazing what has happened to me since then. What an opportunity! The letters keep coming in. I'm doing so many promotional tours, supermarket and shopping center openings, speeches at Rotary Clubs, interviews on talk shows, pictures of me shaking hands with politicians and other celebrities, being asked to judge beauty contests, and chances to appear as a guest on TV game shows. There are two really large rewards that I get:

1. All the endorsements. I have been chosen to be the celebrity for HUFFY/ KAYBEE toys. I have to choose between Converse All Stars sneakers and Teva Sandals as the shoe of choice for driving Sag Wagons.

2. And the icing on the cake: The book offer. When my promotional year is over, I get my book published and get to go on a book tour (and then grow rich from the royalties)."

On another subject, D'stre traveled in January to join a group ride from the new house of **Bike Whisperer**. He says, "Bob really lives in a great location for riding. It will be the beginning of some great rides in Southwest CHESCO and Southern Lancaster. Because he lives within the Nottingham Postal area, the Sheriff of Nottingham will help protect us from those nasty Lancaster Gangs."

Dreamer admits to having made just one resolution for 2008: not to



buy any new bikes. But she is not sure she can stick to that one. If Grey Wolf has anything to do with it she won't keep that resolution. Since Thanksgiving he has been directly responsible for his own new bike purchase as well as those by **Jim Irwin**, Crash Rothrock, Dreamer, Pool Boy and Smiling Rookie at two local bike shops. Word is that he was in contention for Employee of the Month by the shop owners. He just loves it when he or someone else gets a new bike and says, "It's like being 10 years old all over again."

Crash Rothrock has found his niche riding his new mountain bike on the single track down by the Brandywine. He rides it fast like an expert and has been heard to say that he's a mountain biker now. Don't expect to see him on too many road rides anytime soon. Besides Crash, Grey Wolf has gotten **Ice Dancer**, **Misty**, **Pool Boy**, **Dreamer** and **Smiling Rookie** out on the trails. It's a mini movement to the woods.

Ice Dancer's skating group recently placed 3rd in a competition in Richmond, VA. Way to go and congrats!

Next time you take part in the CU at Selene Ride ask **Soy Boy** to show you the local owl which is a real hoot to see. Speaking of Ira's Selene ride, after a recent ride with a large turnout, one of my spies told me that **Mike Keating** was holding down the fort at Selene's by working the cash register. Nice that he volunteered so Ira could get out and lead his ride. Geez, maybe Mike would like to volunteer at my house some Saturday and take care of Bab's "honey-do" list. Hmm, bet a lot of other guys in the club would be willing to take Mike up on that too so they could get an extra day out in the saddle. What do you think Mike? Normally one of the club's fastest riders, **Plastic Boy** has biked less than 100 miles so far this year. But that is because he has taken up a new sport. He has always wanted to ski, and this winter he has been spotted hot-dogging his way down the slopes of nearby ski resorts. Word is, he is as gifted on two skis as on two wheels.

(Continued from page 7)

and expect to lead a number of fun new rides (think beautiful gardens) in the coming year.

Bob LaDrew: The highlight was the unscripted July tour from Coatesville to Rochester with Drew Knox and Bill Pashinski. Those two are fun guys to travel with because they can handle any curve ball thrown their way. And—believe me—they had to on this informal trip. One night in the Endless Mountains we didn't find a place to sleep until 8:40. Another time Bill and I got separated from Drew and didn't see him for two days. Each morning we would pull out the maps and try to figure out where we wanted to go. Somehow we made it to Rochester. We had a blast.

It was also great having Judy stage a comeback by stoking our tandem on Kountry Kitchen rides. It was fun but a reality-check for us when we got dropped on Bob Martin's "B" ride.

Peter Schmidt: I rode long and fast this year and got in some of the best shape of my life. I did lots of DVBC rides, especially those out of RCSP and CycleSport in Media. I also participated in some of the great 5:30pm Thursday 30-mile loops out of the Moore Bros. parking lot in Wilmington, DE into gorgeous countryside in N. Delaware and SE Pennsylvania.

This year ended on a down note when, on a solo jaunt through Media, I crashed hard while braking and swerving to avoid getting broadsided by a %\$#@! @! car turning left in mid-block. I dislocated my hip, spent six weeks on crutches, and more in rehab. I am now the slightly creaky owner of a rebuilt hip socket. They wouldn't give me titanium parts, only steel. Speaking of steel, my bike was banged up too and had to be stripped, repainted, and rebuilt. It has a different color, no longer yellow. You'll now know me as the guy on the cayenne-red stealth Bianchi. Too bad they can't rebuild bodies as well as bikes. But I'm making steady progress and am now riding Cayenne on a trainer in what my wife jokingly calls the "dungeon" (our grotty basement). British ska bands from the 80s are dynamite for trainer rides, btw. I hope to see y'all on the back roads and hills of NJ, PA, and DE this season.

Love you all, and be safe out there in 2008!

Mel Stiles: Two multi-day tours high-lighted my riding: the Chestertown Spring Fling with BRSC and Vermont Adventure II at the ski lodge.

The Chestertown event, sponsored by the Baltimore Bicycle Club, lasts 4 days over Memorial Day weekend and

(Continued on page 10)

(Continued from page 9)

includes routes of 5 to 100 miles. For the second year in a row Woody, Ed, and I decided to ride to Chestertown, which we enjoyed as much as the event. The rest of the weekend is filled with non-stop activities, both on the bike and off, mostly featuring food, food, and more food.

The other highlight was the second Vermont trip to our ski lodge near Mount Snow Vermont. We had 4 participants: Susan Hearn, Lewis Needle, Ed, and me. This year we added a route to Newfane, a quaint Vermont village, where we had a great lunch and then returned through the mountains. Of course we had the usual wine tasting tour touching briefly into upper Massachusetts along Route 100 via Jackson, VT. I hope more DVBC members join us this year.

My favorite DVBC rides were to the Country Kitchen and the Art Museum. Best of the year was Bob's Tractor ride featuring a great turnout and hard work that Doug and others did to put the tractor together. Good to see that Bob seemed happy in his new home. He will just have to keep an eye out for the road apples left behind by the Amish horses.

I also enjoyed working the rest stop with Lewis at the Slumbering Groundhog Lodge on the Brandywine Tour. I had several very ambitious rides with Ed S. from his house in Glenn Mills on which he gave me a good dose of those PA hills but always managed to keep me in sight so that I would be able to get home--eventually. I actually think I like the hills better than the headwinds here in Jersey because the descents are more like skiing.

My mileage was about 1700 on a couple different bikes. I commuted to work a few times and that was enough to give me a good cardio workout now and then.

Ed Sobolewski: 2007 was a year of change for me. My friend Joan always tells me to find more things to do than just biking, so I did. As a consequence my total biking mileage dropped from over 13,000 in the past couple of years to a meager 12,547 in 2007 and, with 28 centuries, I fell short of my personal best. Biking and skiing were always my obsession, but now I have an additional craze, backpacking, and not just a leisurely walk in the neighborhood. How about exploring the Grand Canyon for starters? In October Mel, Dave, Patty, and I went and had the adventure of a lifetime. For winter, besides regular commuting to work (it is still the best thing anybody can do on a bike), I added alpine skiing to cross-country and regular downhill skiing. Ascending a 12,000 ft peak on cross country skis will get your heart ready for



those long summer bike rides. I found that all these sports beautifully complement each other. Maybe you should try them too.

Drew Knox: I did some challenging spring rides out of Frederick, MD to get in big hill training for Ride The Rockies. You can't simulate altitude though and that was a problem with my first ever 5-digit climbs (over 10,000 feet). Some passes, like Freemont and Rabbit Ears, were dreary and some were breathtaking. Independence Pass was 20-some miles of climbing that separated Aspen, a town redolent with money, and Leadville, a mining town that had gone bust. Back on the green coast, I rediscovered the joy and challenge of the relatively small, steep Endless Mountains of PA and New York on one of the funnest trips ever with Bill and Bob.

Frank Jackson: Last year's biking ended a little early for me due to an illness diagnosed in mid-fall along with a mid-season work schedule that caused me to miss numerous evening rides during the summer. At the time of this writing, I am recovering from surgery and by the time you read this I will be slowly starting to ride again. Though for a while it will be mostly on the flats.

As for 2007 I had only a dismal 1441 miles on the bike, though I managed 163 gym visits. It might have been too late to ride once off work, but I was still able to catch some gym time. Of those gym visits, 137 were spinning classes so I did manage to keep my riding legs. All my rides were good so don't look for any bad ones. During the year I had some good Aston hill climbs along with an Aston/Northbrook ride that included my middle son who was on military leave. I also had an opportunity to ride from home, do the first BikePhilly, and return home by bike. It was a fun-filled ride and a very special day. I also enjoyed numerous Art Museum and Country Kitchen rides during the season. I had a neat day biking to and watching Dragon Boat racing along the river just north of Boat House Row. Knowing a few

of the racing stars made the day even better. I expect 2008 to be a really great year!

Rich Andreas: Highlights of the year include the Bonkers (Metric) Century, a handful of days cycling in the Rockies west of Boulder, including a ride up Mt Evans, and one very long single-day roundtrip of Skyline Drive in Shenandoah National Park. The Bonkers was the first century that we ever rode as a family: Marji and I on the tandem and Jake on his single. I even dragged them on a few extra hills, looping through the Cheyney rest stop a second time. "Great job navigating, Dad. There's the rest stop again!" quipped Jake.

I was out in Denver for two weeks in July and managed to hook up with some old friends. If you're ever in Boulder, make sure to stop by Vecchios on Pearl street <http://www.vecchios.com/>. I took a ride up Mt. Evans <http://www.mountevans.com/>. It was a lot tougher than I remember. I did the Bob Cook Memorial race up the mountain several times in the 80's. The road is probably steeper now than it was back then. Yeah, that's it. The Shenandoah ride was great at first, but the last four hours were pure hell. I would not recommend that anyone try taking a 200+ mile mountainous ride, although I think that Woody's 200-miler might have been tougher. (In Shenandoah at least you get to coast downhill half of the way.)

I've been keeping riding journals for 30-some years. With the 13,283 miles logged this year my lifetime total sits at 493K--a round trip to the moon plus several rides to LA and back. The Apollo astronauts made the round trip in 6 days, half of them uphill, and all it took me was 33 years! A great disappointment is that so few of the miles this year were ridden with DVBC. Without exception (Okay, there may be a few, like Bad Len), DVBCers are the warmest, most passionate bunch of cyclists I have ever had the pleasure of riding with. Marji and I loved working the Fred Engle rest stop on the Brandywine Tour and look forward to doing the same in 2008.

Clarence Shoch: My mile total was lower in 2007 at 920 miles. I started slowly as I recovered from two knee replacements. Back to normal by May and fully recovered. Much of the riding was in the Brandywine Creek area following parts of Drew's trails. My most memorable event was spotting a magnificent hawk (Northern Goshawk) while riding in the old King Ranch area. The year closed on a good note with the family giving me a new bicycle for my 80th birthday. After trying several, I still opted for the flat bar

(Continued on page 11)

(Continued from page 10)

style. It'll help me get up the hills, but I think I'll still be the caboose on club rides.

Lewis Neidle: 2007 was a good cycling year: no accidents, no injuries, many nice weekends. I cycled just over 7,000 miles. Some of the memories: an early January century with Drew and Dave C.; great weather on TOSRV riding with Rob and Linda; abandoned PA Turnpike tunnels and Bedford County; chasing a mountain biker over the canal bridge at mile 150 with Drew on my wheel; Thursday night rides (another club but everyone is welcome); Port Deposit; Vermont; Intercourse (many times); volunteering at the Brandywine Tour with Woody and Dave H.; limping in on the Civil War century with Brian due to the heat; Bopple, Gannett and Sliter; Mt. Pisgah; Bucks; and Hunterdon counties.

Steve Fischer: Thanks to the DVBC, I logged my most miles ever this year. Long weekend rides were helpful with calorie burn. Occasional weeknight and Wednesday rides with Doc filled training gaps nicely. It's good knowing there's usually a ride to tag onto when you find a break in your schedule. Thanks especially to ride leaders Bob, Debbie, Doc, Dom, and Len, the ones I followed the most. Good job, good people, as are all who join these things.

Debbie Chaga: Last year was my best cycling year with various breakthroughs. Although it's not about the miles, I set a record there too. For the first time I led rides on a regular basis. Dan got me out doing hill climbs, and we established the Aston Hill Climbing Society (AHCS) in the "mountains of Aston."

In March I bought "Blue," my carbon bike, and I have to say CARBON ROCKS! My old Raleigh went to a good home and now I get to see Alex riding it with Tony.

Leading the Wednesday night "C+" rides was a little scary at first since I wasn't sure if people would come out. They did. I got a lot of new riders including 2007's Rookies of the Year, Mary and Jon. Now Dan has gotten me out mountain biking and I bought "Tank" which is a blast to ride.

Got two more tours under my belt: Bob Martin's DC Ride and another ToPA. I am happy to say I hung in there and finished.

All my rides were good, though some especially stand out: Salem Oak ride where I debuted Blue and felt so fast and strong; volunteering at the Swarthmore Fun Fest and sweeping the kids' ride; the DC Tour even though it was scary going over the Conowingo Dam and then the Brooks saddle in DC which rescued my ride and soothed my aching butt. Bob

Martin leads great tours!

The Philly Pro Race where Maureen and I had VIP tickets at the start/finish, rode in cars and motorcycles in the race, and my pastry chef daughter made cookies for the tent. Leading Aston-to-Northbrook rides, including the Fire-cracker 55 on July 4th where we joined a kids parade and the ensuing picnic. ToPA in July – tough, fun, crazy, a great time. My first time trial where I almost passed Buckeye. Of course I bonked on the KK afterwards and Mike Toof pulled me home. Riding the rainy Amish Covered Bridge ride with Dave, Maureen and Nancy and watching two women on a tandem beat Dave up a hill. The tough Livestrong Century with Maureen. Riding to the Uninvest Race from Doug's and meeting Floyd Landis, a nice guy. Riding to and in Bike Philly with the Pool Guy (not Pool Boy) and Juror #6. A wet Mays Landing attempt with Doug, Nancy, Charlie and Dave and a week later another wet attempt at Hawk Mt. Getting back on my bike Thanksgiving Eve after breaking my toes. A really cold Debbie Does Delaware ride, the Jingle Bell Ride, and Bob's first ride out of Nottingham. Not a bad year.

Ira Josephs: My story for 2007 continues in the same boring vein: 4433 miles, 79 less than 2006 with about 66% of that recreational, compared to around 56% the prior year. I rode one century, the esteemed and challenging Brandywine Tour. No multi-day tours; I have to make the time someday soon.

My old Trek 720 commuter bike was getting trashed and I had an old Olmo that I hung up a while ago for being beat. I had them painted and planned to make the Olmo into a fixie and rebuild the Trek but I had a problem installing the headset on the Trek which I haven't resolved yet. My Serotta had a bottom bracket bearing problem that I also had not resolved, so I borrowed a bike from Don. I finally built up the Olmo with some parts from the Trek, some parts I had around, and some parts I purchased. At least now I have my own bike to ride to work and on Sundays except when it is really wet and then I take my 1972, 3-speed Raleigh.

I'd like to ride every Sunday around 9 or 10 for about 45 to 60 miles and welcome anybody who wants to come.

Dominick Zuppo: In my ninth year of active cycling I logged 1615 miles. I knew car-commuting 60 miles round-trip to work each day in New Jersey would take its toll, but not to the tune of 1,000 fewer miles than 2006. Oh well, it's not quantity but quality, right? At Swarthmore's annual Fun Fair in April, I led over 30 cyclists on a 7-mile tour through the village. In May when Bob Martin decided it was

time to hit the road, I loaded up the touring bike and joined his 5-day tour to DC. For those of you who haven't done it, visiting the sites via two wheels is a great way to appreciate our nation's capital. And I finally got a chance to ride ToPA (our own Tour of Pennsylvania). Doug mapped beautiful and challenging routes, and at the end of each day we stayed in lodgings as diverse as a charming bed and breakfast to the New Jersey shore and Atlantic City.

Most of all, I appreciated the time I did share on and off the bike with my cycling friends.

Mike Broennele: 2007 started painfully as I had a worsening herniated lumbar disk that was successfully operated on in late March. I resumed cycling 5 weeks post-op in late April. I totaled about 2300 miles which I hope to increase in 2008.

Fortunately my back no longer bothers me. In 2007 I learned that day-rides up to 86 miles are less challenging than multi-day tours. From my ToPA 2006 and 2007 experiences I have learned several things: It is best to prevent saddle soreness. Some use bag balm, available in some drugstores. Desitin, recommended by Admiral D'stre, also works; it's not just for babies' butts! Better to prevent than wait for chafing to occur. A sore neck plagued me as the days proceeded in '07, earlier each day. The stem was raised 2", but hasn't been tested in a multi-day tour. Age probably plays a role in declining neck flexibility. In '07 I experienced "hot foot," again earlier each succeeding day, despite loosening my shoes several times a day. I now use sneakers and pedals in place of touring shoes and cleats, again not tested on a tour. That is the way the sage Charlie Stockley tours. Know what the tour parameters are: distances may matter to riders when days are linked. Are the route directions adequate? A well-selected and understood GPS may offer some security. However the nature of bike touring is to expect the unexpected. I'm not letting these learning experiences discourage me from touring. I plan to do Bike Florida and the C&O tow path/GAP [Great Allegheny Passage]. I'm also starting to plan a three-day trip out and back between Trenton and New York City on the just-published East Coast Greenway route in New Jersey.

As Dave Hartrum recently advised, try weekday riding between rush hours if your schedule ever permits. I've found Doc Larry Green's Wednesday rides are great. Thanks to all DVBC's ride leaders. **Pete LaVerghetta:** 2,587 miles, not my best year but hey, it happens. Longest ride was a 133 mile fixed gear spin, the Batsto 200K. I guess it was a little long for good measure.



Delaware Valley Bicycle Club
P.O. Box 156
Swarthmore, PA 19081

<p align="center">Application for DVBC Membership (Expires 1 year from date joined/renewed) Annual Membership: \$15.00 per household.</p> <p>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>The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley. I wish to contribute:</p> <p><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: <input type="checkbox"/> Ride Leader (check all interests) <input type="checkbox"/> Tour Volunteer <input type="checkbox"/> Board Member</p> <p align="right">PDF</p>
<p>Please print clearly and use your 9-digit zip code, if known.</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____ State: _____ Zip: _____</p> <p>Phone: _____ Date of Birth: _____</p> <p>E-mail: _____</p>	
<p align="center"><i>Please send your check or money order to the:</i> Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081</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 under 18 years)