



Delaware Valley Bicycle Club



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

May 2008

The View From Here

By Drew Knox



We need more rides on the calendar and more ride leaders. To help motivate folks to sign up to lead rides, the board has approved a new ride leader incentive program.

If you've been thinking you would like to lead a ride but are unsure how to, we have two ways to help you get going. One way is a new Ride Leader Guideline that will be posted soon on the club website

that walks you through the simple logistics and helps answer situational questions.

Another way is to get mentored from one of our experienced ride leaders who can guide you in all phases. If you would like assistance, contact me and I will hook you up with a ride mentor.

If you are already comfortable leading, start earning points by posting rides.

Here's how the program works:

To Qualify for a Ride Leader Jersey

- Collect 10 points within this calendar year, then let the Ride Coordinator know when you think you have qualified. Jerseys will be ordered in September and distributed at the December banquet.
- To qualify, you must be a member of DVBC.
- Get one point for leading a ride that is listed in the club newsletter and which follows the Ride Leader Guidelines. Turn in your waiver sheet for credit. Impromptu rides put on the list serve are not credited.
- Get one point for volunteering at any of DVBC's major tours (Bonkers, Brandywine, or ToPa).
- Get five points for leading a major tour or for filling a social chair (newsletter editor, public relations manager, and others to be determined).

Ride Leader jerseys are a great way to show that you are an active club volunteer.

Save the Dates!



**Sunday, May 18th
Bonkers Tour**

**Saturday, August 2nd
Club Picnic**

**Sunday, August 31st
Brandywine Tour**



Reigning DVBC Rookies of the Year:
Mary Huis and John DeCristofaro.

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.

Board of Directors & Staff

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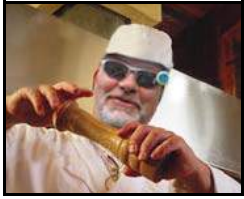
Please note that the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.

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!



D'STRE LANDS COOKBOOK DEAL

Lord D'stre, Rear Admiral of the DVBC Navy, better known as *Le Cordon Benet*, has landed a lucrative cookbook deal with Bonkers Books, Ltd. Published as "The Jersey Rear Pocket Oven Cook Book for all Seasons," the book will show riders how to prepare and cook their own hot meals utilizing the heat in their jersey pockets to cook and blend the flavors. *Benet* claims to have been researching the recipes for over 40 years.

1. **Oatmeal:** Prepare your favorite oatmeal recipe using old-fashioned oats according to the microwave directions. But don't nuke it. Place the ingredients in a zip lock bag and insert in the rear pocket of your jersey under your jacket or outer layers. Go on your ride. Allow at least two hours. If you do a lot of climbing, the meal will be done earlier than on a flat ride. Then...open the bag and enjoy.

2. **SPAM Sandwich Deluxe:** Take two slices of your favorite bread and plaster them both with Peanut Butter. Next, spread a layer of cream cheese. Finally, add several slices of SPAM. Adding Condiments like pickles, mustard or relish, not only enhances the flavor, but also acts as a preservative to help prevent spoilage. You may substitute liverwurst, tuna fish, scrapple, deviled ham or any spreadable meats. You can also substitute Nutella, jelly, mayo, or other cheeses etc. for the spreads. Place the sandwich in a Zip Lock Bag and bake in the rear pocket oven until the flavors blend, the fillings melt, and the bread gets soggy. Two hours minimum.

For the above recipes, I recommend taking a plastic spoon with you on the ride.

3. **Biker's Beans:** This recipe takes two rides to cook. Bike jerseys usually have three pockets, so just put it in one you aren't using for your lunch the first day. Take a zip lock bag and put in 1/2 cup of your favorite dried beans with 1 cup of water. I prefer navy beans, of course, but great northern, or pinto, or small red beans will work too. Seal the bag and put it in your rear pocket and go for your ride. Don't attempt to eat the beans on this ride. When you get home, allow the bean-and-water combo to soak overnight. Before your ride the next day, strain the beans, discarding the water and rinsing the beans. Place the strained beans back in the zip lock bag along with 1/2 cup of water, a pinch of salt, one teaspoon of minced onion, and a dollop of ketchup, molasses, mustard, brown sugar.... whatever. Pop the bag in your pocket oven, ride for 3 hours and enjoy.



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DVBC BONKERS METRIC

Sunday May 18, 2008 (rain or shine)

Start:

8-9 AM for 65 & 50 milers; 9-10 AM for 35 & 18 miles

Where:

Ridley Creek St. Park (near Media, PA). Parking Lot # 15

Pre-registration: If postmarked by May 8th: \$18 or \$25 to include special club membership.

Day-of-event: \$25 or \$32 with special club membership.
Special club membership: full membership privileges substituting PDF version club newsletter. Send checks to Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081.

Contact: Bob LaDrew at 610-383-9327, or
email info@dvbc.org

Registration form on page 11
online registration and info at www.dvbc.org



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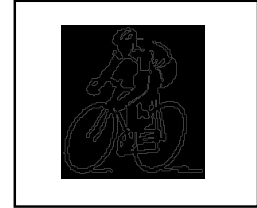
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DVBC Ride Calendar

May 2008



*****Recurring Weekday Rides*****	
<p>Tuesdays 6:00 pm Miles:TBD Class:C/C- Vocabulary Ride</p>	<p>The Tuesday Vocabulary Ride is back! Meet me at the 320 Produce parking lot, Chester Road and Park Lane Road, for a ride through Swarthmore, Wallingford, Ridley Twp and surrounding communities. The group will wait for all riders. Contact Betsy Ffrench at 610-544-8253 Email: EFfrench@wilmingtonTrust.com</p>
<p>Wednesdays 9:30 am Miles:35-50 Class:B- Doc's Rides</p>	<p>Various routes from Swarthmore. Leaves from 320 Market parking lot. Probably a lunch stop. Foul weather cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net</p>
<p>Wednesdays 5:45 pm Miles:30+ Class:B Wednesday Wayne Wild</p>	<p>A quick paced ride with a few hills. Different every week. Starting at my house near Plant and Pennsylvania. Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com</p>
<p>Wednesdays 6:00 pm Miles:10-15 Class:C Rose Tree Park N Ride</p>	<p>It's Spring! Time to get out and ride! Meet me at Rose Tree Park, Rte. 252 near Media for an easy ride through Ridley Creek State Park and the surrounding area. We'll stick to the advertised pace, and the group will stop and wait for stragglers. Contact Dom Zuppo at 484-483-7456 Email: domzdvbc@att.net</p>
<p>Wednesdays 6:00 pm Miles:20+ Class:B- B Back B4 Sunset Ride</p>	<p>Fun ride out of Rose Tree Park that includes hills. As days get longer so will the ride. As we get stronger the pace will pick up accordingly, and I'll add more hills. Money back guarantee. Meet at Rose Tree Park, Rte. 252, Media. Inclement weather cancels ride. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com</p>
<p>Thursdays 5:15 pm Miles:30+ Class:C+/B- Bridgeport, NJ</p>	<p>Meet at Bridgeport Municipal, Main St, Bridgeport. This ride will start April 22 and continue thru the summer. Terrain is flat to rolling, moving speed 15-17mph. No one dropped. I can send a map for anyone not familiar with this start location. Contact Len at 610-558-6232 Email: freewheelinguy@verizon.net</p>
<p>Saturday, May 3 9:00 am Miles:55+ Class:B- Salem Oak Ride</p>	<p>Join Dreamer on this classic wanderlust ride. Will we get lost as usual? Probably. But it's always fun. Bring money for the lunch stop. Ride starts at Salem Oak Diner, Rte. 49, Salem, NJ. Arrive at 8:00 to do a pre-ride breakfast if you'd like. Inclement weather cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com</p>
<p>Sunday, May 4 6:55 am Miles:65 Class:B Terraining Day</p>	<p>Rolling up to Coventry. Hillier on the way home. Starts PROMPTLY at 6:55 am at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com</p>
<p>Sunday, May 4 8:30 am Miles:35-50 Class:All Kountry Kitchen Ride</p>	<p>Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to morning breakfast. Contact Bob Martin at 717-529-0981</p>
<p>Sunday, May 4 8:30 am Miles:65 Class:B Reverse Brandywine</p>	<p>Meet at Pocopson Elementary. This route is somewhat hilly but front-loaded, so it gets flatter as we tire. Lunch in lovely Landenburg. Contact Drew Knox at 302-475-1684 or agknox@gmail.com</p>

Monday, May 5 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, May 10 8:30 am Miles:TBD Class:All Bonkers Paint Ride	Meet at Parking Lot #15 at Ridley Creek State Park to divvy up the routes. Contact Drew Knox at 302-475-1684 or agknox@gmail.com
Sunday, May 11 6:55 am Miles:75 Class:B Oh Mama	A round of hills. RSVP. Starts PROMPTLY at 6:55am at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, May 11 8:30 am Miles:TBD Class:All Bonkers Volunteer Ride	Meet at Parking Lot #15 at Ridley Creek State Park. All routes will be painted and cue sheets will be available for all distances. Pick your route and pick your pace. Contact Drew Knox at 302-475-1684 or agknox@gmail.com
Saturday, May 17 8:30 am Miles:30 Class:B Wilmington Grand Prix Ride	Join WCBC, ride from Lantana Square Shopping Center (Limestone & Valley Rd, Hockessin) end of the parking lot closest to Limestone Rd. entrance. Rolling hills, avg.speed @ 15 mph. Ride into Wilmington for Bank of America Grand Prix events include Men's Amateur Race at noon, Corporate Challenge Relay Races at 1pm, Chase Bike Parade at 2pm, Women's Open at 3pm and Men's Pro & Category I "Grand Prix" at 4:15pm. Stay for all of the events returning with the group at the end of the day or chose the events you wish to attend and return on your own. Bring money for lunch. Contact Mike Salter at 302-239-0384 or Trekbikermike@verizon.net
Sunday, May 18 8:30 am Miles:Various Class:All Bonkers Tour	Delaware Valley Bicycle Club's spring tour finds the best roads in Delaware County. Travel at your own pace, with family or friends, or make new cycling friends. All ages, all abilities and all types of bikes are welcome. Ridley Creek State Park (near Media, PA). Parking Lot # 15 Sponsored by the Delaware Valley Bicycle Club 18, 35, 50, or 65 scenic miles on rolling terrain with some hills near Media. Contact Drew Knox at 302-475-1684 or agknox@gmail.com
Saturday, May 24 9:30 am Miles:50 Class:B- Lunch at Figs	Leaves from 320 Market parking lot. Ride to the Philadelphia Art Museum area for lunch at Figs. Doc's scenic route: some hills, some traffic, some open Kelly Drive riding. Bring cash for a nice lunch. Rain cancels Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Sunday, May 25 9:00 am Miles:35+ Class:C/C+ Cracker Barrel, Pennsville, NJ	Join Bonnie and Len for a breakfast ride to the Cracker Barrel in Pennsville. Moving average 13-15mph. Terrain is flat to rolling. No one dropped, cue sheets. Start at Bridgeport Municipal, Main St, Bridgeport. I can send a map for anyone not familiar with this start location. Contact Len at 610-558-6232 or freewheelinguy@verizon.net
Sunday, May 25 9:30 am Miles:62 Class:B Westtown and Beyond	Meet at the Moylan Rose Valley train station at Manchester and Woodward Roads for a ride over the classic routes of the DVBC. Go through western Delaware County, Chester County and maybe Delaware. Plenty of hills, farms and creeks. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Saturday, May 31 9:00 am Miles:65+ Class:C+ Bait Box Ride	Join Bonnie and Len for a ride to the Bait Box Restaurant, Greenwich. Moving average 15-17mph. Terrain is flat to rolling. No one dropped, cue sheets. Bring money for a sit-down lunch. Start at Kingsway High School, NJ, routes 322 and 551. Contact Len at 610-558-6232 or freewheelinguy@verizon.net
Saturday, May 31 9:45 am Miles:26 Class:C C U at Selene	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 Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

Bike Paths

By Bob LaDrew

Whenever I hear about the opening of a new bike path, I feel grateful to those civic leaders who have worked so hard and allocated public resources to cultivate the sport of bicycling. They recognize that cycling is both a way to help clean up the environment and one of the solutions to our oil shortage.

So I am indeed appreciative that a major portion of the community has combined its efforts to promote the use of the bike. But, like most of my more gung-ho cycling friends, I am also unlikely to ever use that facility.

Statistics show that a rider on a bike path or multi-use trail is much more likely to be involved in an accident than when riding on public roadways. If you are riding fast on a bike path there is a good possibility of a collision with walkers, dogs, or carefree children on bikes or trikes.

Even the League of American Bicyclists recommends that cyclists get out on the highways, cautioning that "Bicyclists fare best when they act and are treated as drivers of vehicles." And your prospects for accident-free riding are even better if you take the LAB-sponsored "Effective Cycling" course before taking to the roads. The LAB course teaches you how to navigate on congested roads, then gives you a chance to hone your newly-acquired skills on a bike in urban situations.

If you do choose to ride on a bike path, following a few simple guidelines will reduce the risks to yourself and others:

1. Be courteous. Respect other trail users regardless of their mode, speed or skill level.
2. Be predictable. Travel in a consistent and predictable manner, always looking behind before changing positions.
3. Don't block the trail. Beware of others approaching you from behind and make sure they know you are pulling over.
4. Before passing, give a clear signal by using voice, bell or horn. Allow time for the person you are passing to respond. Don't wear headphones.
5. Stay as near to the right as is safe, except when passing.
6. Pass others, going your direction, on their left. **YIELD TO SLOWER AND ON-COMING TRAFFIC.** Use hand signals to alert those behind you of your moves. **REMEMBER: KIDS AND PETS CAN BE UNPREDICTABLE.**
7. Use extra caution where trails cross streets. Stop at all signs and intersections and be cautious when crossing driveways.
8. Be equipped with lights when using a trail at any time from dusk to dawn.
9. Have You Outgrown Trails? Trails have engineering and design limits. If your speed or style endangers other users, check for alternative routes better suited to your needs.

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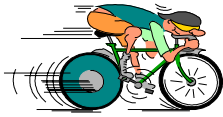
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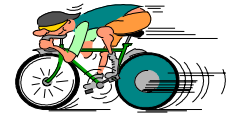
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Bike Dirt

By F.X. Pedrix



Next month this newsletter is getting a new editor. While that is good for you readers, it means I will have to toe the mark. I have already been informed that I must start meeting my deadlines and start verifying my information or I will be out on my ear.

Worst of all, my new boss, the **Cycling Gardener**, has informed me that there will be no more trips on the club's dime to cover such happenings as the Tour de France and World Championships. I am hoping the editor will show some flexibility on that latter issue. In fact, you members could help by organizing a mass letter-writing campaign on my behalf. And I am trying to talk **Plastic Boy** into setting up a website called "Savethebusinessstrips.com."

On **Dreamer's** March ride out of Pocopson, **Buckeye Boy**, in far from mid-season form, realized in advance that he would be dropped so he programmed the route into his GPS. Shortly after the start, when he got off course, his GPS undertook a route recalculation. After only 8 miles he and **GiGi** found themselves back at the parking lot. Some suspected it had veered to the nearest eatery, but in reality the pair had more cushy thoughts. GiGi and Buckeye packed up their bikes and drove to Wilmington to buy a new mattress. In the Sears parking lot they were approached by a man asking where the nearest Sears was. "You idiot, you're standing right in front of it," is what GiGi thought but didn't say before realizing the guy was the **Nutty Professor**, our club president, playing a joke.

Here is the Professor's version of the event: "I stopped at the mall to pop into EMS and who should I run into but (GiGi and Buckeye) out mattress shopping. (Buckeye) was sporting bib coveralls. All he needed was a straw hat and corn cob pipe to complete the outfit."

The following weekend the Professor lived his own version of a Pocopson fiasco. After doing chores

all morning he drove out to Pocopson around 2:00 with the intention of riding. He sat in the car for a few minutes then dozed off. An hour later he awoke and went home, having decided he would rather eat than ride.

Last month I told you about GiGi's new Trek Madone. Sadly, it has been ridden only twice. First the flu and next appendicitis kept her on the shelf, but now GiGi is ready to spring to life.

In mid-April, while the less fortunate of us remained at home laboring through our work week, a DVBC foursome that has become known as the "Spain Babes" flew to Girona, Spain, for an early season frolic in the mountains above Lance Armstrong's former home.



Cheryl Lynch and Mary Huis are part of a three rider break away in the mountains of Spain.

Dreamer, Ice Dancer, Smilin' Rookie and Quilter were supposed to send the club regular updates on their adventures, but I guess they were having so much Spanish fun they forgot all about their good friends in the DVBC. Back home we were left to scan the event website, searching for their thumbnail images in the background of photos and imagining what fun the quartet must be having.

Gray Wolf went online each day to check the Girona weather. Near the end of the week he sent this

message: "I just got a call from Patty (of Action Wheels). The DVBC babes/chicks are all doing well in Spain. The problem in Girona now is the weather. They were rained out today and it looks bad for tomorrow. They also got soaked and hailed on Tuesday. Patty not happy with weather but what can you do? They have all heard about our current warm weather. I'll bet that hurts."

Some eyebrows were raised when **Juror # 6** went missing during the DVBC-Chicks-in-Spain week. In fact he had not snuck off to Spain but had taken the week off to work on the house. Still recovering from surgery, the Juror attained a milestone early in April when he participated in a Wednesday night ride

At the April 13 Kountry Kitchen ride, two members showed up with new bikes. The **Wooden Man** was sporting his new Lynskey, which he assembled himself and for which he built the wheels. While installing a crown on **Bonkers Boy's** bicuspid, he quietly confessed that the main reason he'd wanted the new Lynskey was for an opportunity to build a pair of wheels from scratch. I am told that the **Wooden Man** also *speaks* Lynskey.

At that same KK ride, **Mighty Mouse** showed off his new blinding red Kuota carbon fiber. After he bought the Italian bike from his cousin Erwin in the Phillipines, the pair conspired to smuggle it stateside in a beer carton. I'm sure it is unnecessary to add that **Mighty Mouse** has acquired a whole new wardrobe to match the bike.

Also at the KK ride were two new DVBC members, **Dave** and **Ganesh**. Nice to have you aboard.

And **Bike Whisperer** was busy Tom Sawyer-ing his new John Deere, saying what great fun it was cutting

(Continued on page 10)

The Joy of Speed

By Tony Rocha

As a kid growing up near the big mountains of Portugal, I would sit in front of my kitchen window and look for snow on top of the mountain. In the winter with bare olive trees in the back of my house, on a clear day, I could have a nice view of the mountain. My mother would sometimes pick me up and sit me in the sink so I could see better. I loved snow, and getting up in the morning when everything was covered with white powder was a feeling I waited for all year. I remember some years when the mountain was totally covered, and I waited and waited, but nothing. No snow! "Mom, how come we are not getting any snow?" I would ask.

"Well, according to the *Farmer's Almanac*, we are supposed to get lots of snow this year." The *Farmer's Almanac* was like a bible for my mother. I didn't like it unless it got me some snow.

I'll never forget the year when my mother woke me up on Christmas morning and told me to look out the window. I was 10 year old. I got up as quick as I could, dressed and headed for the door. There were twenty-some steps outside my kitchen door into the backyard. I opened the door, hit my first step and counted the others all the way down with my butt. It was a painful day, but a very enjoyable one. I think my bottom hurt for the next three weeks. But as long as there was snow on the ground, there were plenty of hills to slide down.

As I got older, I wanted to learn to ski, but my parents couldn't afford to buy me skis nor could they take me up the mountain. They didn't have a car. They did have a cart, but the motor was a donkey. I never cared much for TV, but summer cycling and winter skiing were two things I wouldn't miss.

One year I was ready. I was 13 or 14 and old enough to know how to use some of my father's wood machines. My father used to be a carpenter and had a wood shop loaded with all kinds of toys.

I got together with a friend of mine and decided we were going to build some skis. My father was very strict and would never approve this. Every time I would talk about skiing, he would remind me that people get hurt skiing and I was too young for that. This would have to be done behind his back while he was working on the farm picking olives.

So we did. We got some wood from my cousin's shop, asked him to shut his mouth and off we went with our project.

A few days later, we were ready. We had a pair of skis, I had a pair of old shoes nailed to the skis, and I was ready to go. All I needed now was some of that white stuff.

A few weeks later, we had snow and lots of it. Where to go with our experiment?

The closest hill was half a block from my house and went straight down into the nun's convent. I couldn't wait. That's where we went, and my friend insisted I should go first.

I put my feet in my newly created bindings and down I went. Fast, fast, faster, faster, wow... fun... wow... a problem... I didn't know how to turn at the bottom of the hill, crash. Next thing I remember, I was waking up in the arms of Sister Maria. I'd gone straight ahead, and head first, into the main entrance door. Unfortunately for me, it was closed.

My friend was nowhere to be seen and my parents were on the way. My father beat me when we got home and took my newly created equipment away.

That was the first and last time I was on skis until recently.

Ed the Polish Prince tried to get me into it a few years ago, but it didn't happen. Three or four years ago I actually went to Camelback to ski, but we ended up at the outlets shopping.

It wasn't until I meet my Polish Princess that I really had a chance to get into it. After all this, I finally got to do what I always wanted to do.

Alex is a good skier who has been skiing all of her life, and she was determined to get me going and teach me.

I had bought a pair of skis and boots at a flea market in the summer for \$25.00, so what was I waiting for? On January 5th, we headed for Blue



Mountain with my "way-too-long" skis for my height and especially for a beginner. It was a tough day on the snow, but my Polish Princess was very

patient. Or should I say, very amused with the situation and all my falls. She was having fun and a lot more fun than me. But I was determined to learn and kept going.

I went skiing several times over the ensuing weeks and started to get the hang of it. This is a lot of fun after all. I was having a blast. With tips from Alex and tips from my friend Eric Stein, a certified ski instructor, I got pretty good at it.

It was time to go see the big mountains. On March 19th, we headed for a long weekend vacation at Hunter and Windham Mountains. Windham looked okay to me, but Hunter was scary, very scary.

I had new skis. Head skis with Liquidmetal and Intelligence technology. If I couldn't do it, I was sure the skis would. I was trusting my new equipment.

We did Day One at Windham, and after the first run, I knew my equipment was good. It gave me more confidence and that day, I graduated to speed. Now we're talking fun, speed, and more fun.

By the end of the day I had a lot more confidence, and on one run, I was right on Alex's tail and going pretty fast. She got to the lift thinking she was going to have to wait for me as usual, but there I was, right behind

(Continued on page 10)

(Continued from *Speed*, page 9)

her. She was impressed but didn't let that happen again. I could go fast, but she could go much faster. On the next run she showed me who was the boss on the snow.

The next day we headed to Hunter and I went to the bunny slopes on the left. I kept on looking to the right and saying, "I'm not going up there. I'll see you later".

Our friend Eric joined us that day and it wasn't long before I found myself on the lift to the top. No problem, there is a long blue trail coming down around the mountain that would work for me. But it wasn't too long either, before I followed the two experts and found myself in front of a pretty scary (to me), black diamond. And before I knew it, a couple of runs later, I was facing an icy double diamond. I survived that day, and graduated to the next level. We skied for two more days before returning home. I felt good about my accomplishments.

The following week, I had to work in Newark, NJ, on a Friday. So, since I was already going to be half way there, why not go to Hunter Mountain again?

We didn't, but we did go a little further and decided to visit Mount Snow in Vermont. The weather was promising, and they were expecting four inches of snow. The end of March and expecting snow? We had to go. It started snowing 80 miles before we got there. They had 8 inches overnight. Everything was

covered like a winter wonderland. It



was a different kind of skiing and a great weekend. I

graduated to the next level of speed and confidence.

By the end of the day, rushing for the lift trying to fit in one more run, we were going fast. Alex took off fast and I was right on her tail. Going so fast, it was scary. She didn't drop me on that run. Could she go faster? We'll have to find out next year.

By the way, if any of you are going to be in the Mount Snow area, be sure to visit Bonker's Boy Board



Room. I'm sure he will take good care of you. Now

that the skis are put away, it's time to get back on the bike. It's going to take some work, and it will be painful for a while. The legs feel strong, but the pumps need a lot of work. Do I care right now?

It was all worth it. I finally had the chance to follow my other dream.

Is it December yet?

(Continued from *Bike Dirt*, page 8)

grass and if anyone wanted to, they were welcome to come try it out.

One anonymous member's list serve submission after a March ride: It seemed like old times at the start when the principal of Chadds Ford Elementary asked us to move to the lower parking since they were having an art show. Geez, I'm still getting yelled at by the principal and I've been out of school how long?

On June 1, **Jenny** is doing a half-ironwoman triathlon. Because of the constraints of motherhood, her training is confined to weekdays when her kids are at school. Best of luck to you, Jenny!



On an early April ride, Cheryl Lynch and Frank Jackson show that Frank is back, feeling strong and ready to ride again.

BONKERS



Regional Events

May 2-4, Spring-n2-Cycling Weekend, Danville, PA. Includes meals and hotel. Bicycle Club of Philadelphia (BCP)

Sat, May 3, Farmlands Tour, Brookdale Community College, Lincroft, NJ. Ride 18-100 miles. Central Jersey Bicycle Club

May 3-4, Face of America Ride, Bethesda, MD, to Gettysburg, PA, 110-mi 1-way. Honor, thank, & actively **incl servicemen severely injured in Iraq & Afghan. Side by side w/ servicemen.**

Sun, May 4, Five Boro Bike Tour, New York, NY.

Sun, May 4, Great Green America Metric Century, Manheim, PA. 30 or 62 mi starting from PA Renaissance Faire. Cyclists receive free adm. to Great Green America Festival.

Sat, May 10, SCU Quad County Metric, Green Lane Park, Green

Lane, PA. Ride 21-76 miles on back roads. \$25 (non-memb.), by May 8. Reg on May 10 at Green Lane Park \$30 (non-members). Suburban Cyclists Unlimited (SCU)

Sat, May 17, The Rotary 100 Bike Tour, Burlington, NJ.

May 17-18, Coast The Coast MS Bike Tour, Monmouth Univ, West Long Branch, NJ. Ride 1 or 2 days; 25, 50, 85, or 170 miles. Nt'l Multiple Sclerosis Soc.

Sun, May 18, Bonkers Metric, Ridley Creek State Park (parking lot #15), near Media, PA. Ride 18, 35, 50, or 65 scenic miles on the best roads in Delaware County. Rolling terrain with some hills. Delaware Valley Bicycle Club (See flyer in this newsletter).

May 23-26, Kent County Spring Fling, Chestertown, MD. 4 days of cycling on upper Eastern Shore w/ meals & lodging at Washington Coll.

11-100 mi/day flat terrain. Chestertown Tea Party Festival within walk dist of Washington Coll & offers many non-bike activities for fam. Baltimore Bicycle Club.

Sat, May 24, Bike Jam, Patterson Park, Baltimore, MD. Recreational rides, races, bike & health expo, food, beer, & live music.

Sat, May 31, Pedal Delmarva, Berlin, MD. 21-100 mi flat. 100-rider limit, pre-reg only. Cue sheets but roads not marked. Series of 8 rides, all starting from Berlin, held on the last Sat of month from March to Oct.

Sun. June 1, Bike4Sight, Media, PA. Ride 2-62 mi thru Delaware and Chester Counties and New Castle, DE. Longest rides tour grounds of Winterthur Museum and Country Estate. Great after-ride food court! Benefits Center for Blind and Visually Impaired, eastern PA's premier rehab and training center for people with vision loss.

BONKERS METRIC, May 18, 2008, Pre-Registration Form

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Age: _____

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): 18 miles 35 miles 50 miles 65 miles

Waiver/Release:

In consideration of the acceptance of my application for entry into the above event, 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 said event. 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 said 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 you are under 18 years of age.)

Please send this signed form by **May 8** with a check or money order made out to **DVBC** to: Bonkers Metric, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081. See newsletter page 9 for price information.



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>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.

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 Signature

 Signature of parent or guardian (if under 18 years)