



Delaware Valley Bicycle Club



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

August 2008

To GO or not to GOBA

By Debbie Chaga

In June, Doug Bower, Nancy Ness and I took part in GOBA, the week-long "Great Ohio Bicycle Adventure." It was the tour's 25th anniversary, and this year nearly 3,000 cyclists rode 350 miles across the state, camping out at fairgrounds, parks or schools. GOBA plans the routes and provides SAG vehicles, port-a-potties, truck showers, and trucks to transport everyone's gear to each town.

Doug is an Ohio native and a veteran of eight GOBAs, so for him the ride is a kind of homecoming. But for me, all I could think about as the tour got closer was, "I'm going on vacation in Ohio? Can I handle that, as well as sleeping in a tent all week?" My co-workers kept saying I was crazy, and asked when was I going to take a real, relaxing vacation. Maybe next year.

The ride started in Wellington, Ohio, just past Akron, an eight-hour drive from home. I had never been to Ohio, and was amazed at how much open space we traveled through. All the small towns also made it seem like we traveling back in time, to the 1950's or 1960's. Our first campsite, at the Wellington Fairgrounds, was extremely close to several sets of train tracks. I have never seen so many trains as I did riding GOBA, nor have I seen so many fairgrounds—it seemed like

(Continued on page 7)

An Off-Road Israeli Adventure

by Shelley Epstein

The transformation of a naïve, fit road biker into an entry-level, sanity-is-irrelevant mountain biker.

Last December, when the opportunity arose to travel solo anywhere in the world and do any manner of activity, I immediately thought of doing a bike tour in Israel. After some searching, I discovered the Israeli Bike Experience, a joint effort between El Al (Israel's national airline) and the country's cycling tour companies. The seven-day trip was priced extremely reasonably and included not only airfare, three meals a day, ample snack stops, lodging, and all tourist site costs, but also the option to extend the stay before and after. I took advantage of all of the above. They even offered free bike transport, but I decided to bring just my pedals and spare my hybrid road bike from the potential ravages of the Israeli terrain.

I was the only one to sign up for the trip, but in an effort to get the program off the road (so to speak), they decided to go ahead with it anyway. It was just me and my guides, Ron Gilad in the north and then Menachem and Aviva Angel-Schreiber in the south, which provided excellent opportunities for individualized trail rides and touring. When not biking on trails, we were in a four-wheel drive

(Continued on page 9)

SAVE the DATES!

Saturday, August 2 **Bonkers Picnic**

Free to club members and
their families

Please RSVP to Bob LaDrew
610-383-9327 or

bonkersboy@verizon.net

**See Ride Calendar for
rides to and from picnic**

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### Sunday, August 31 **Brandywine Tour** **DVBC's PREMIER EVENT!**

Ride from 32-100 miles  
through some of the region's most  
beautiful countryside

**See registration form  
on page 3 or register online at  
[www.dvbc.org](http://www.dvbc.org)**



DVBC in Israel: Shelley Epstein in Avdat.

## 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.

**Board meetings are held the first Monday of every month at the Delaware County Peace Center Springfield Friends Meeting 1001 Old Sproul Road (behind car wash at Rte. 320 and Old Marple Road)**

*DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 12<sup>th</sup> 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.

## PICTURE OF THE MONTH



**BACKROAD ENCOUNTER: Buckeye meets Turtle in the Buckeye State**  
(See GOBA story, page 1, for details)

## Board of Directors & Staff

**Drew Knox**, *Brandywine Tour Coordinator*  
president@dvbc.org

**Debbie Chaga**, *Vice President*  
610.494.3033 or dreamerdeb@gmail.com

**Frank Jackson**, *Secretary*  
FJackson@rohmmaas.com

**Mike Broennle**, *Treasurer*  
treasurer@dvbc.org

**Larry Green**, largreen@earthlink.net

**Peter Schmidt**, pschmid1@swarthmore.edu

**Nancy Ness**, nessnancy@verizon.net

**Jake Ludwinski**, redallez@gmail.com

**Doug Bower**, Bowerdou@verizon.net

**Dominick Zuppo**, *Past President*  
484.483.7456 or domzuppo@att.net

**Adam Levine**, *Newsletter Editor*  
610.891.0780 or aelrvpa@hotmail.com

**Antonio Rocha**, *Web Page & Listserve*  
484.802.8374 or tony@dvbc.org

**Clarence Shoch**, *Ride Coordinator*  
rides@dvbc.org

**Club Affiliations**  
*League of American Bicyclists  
Bicycle Coalition of Greater Philadelphia*

## 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. 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, the Ride Leader may decide to cancel the event. Call the ride leader if in doubt.



## DVBC BRANDYWINE TOUR

Sunday, August 31, 2008

32, 50, 68, 80 and 100-mile routes

Ride through some of the Delaware Valley's most beautiful scenery. Fully supported with food and drink stops and SAG drivers on all routes.



**TIME:** 8-10 a.m. for all routes. All support services end at 4:30 p.m. Century riders should arrive promptly at 8 a.m. Ride held rain or shine.

**PLACE:** Pocopson Elementary School, 1105 Pocopson Road, Pocopson (in Chester County), PA

**DIRECTIONS:** *From Route 202* just south of West Chester, take Route 926 (Street Road) west. Go 2.7 miles to the stop sign. Turn right at stop sign and continue on 926 west one-tenth mile across bridge. (See school as you cross bridge). Turn right at light and take first left into parking lot. *From Route 1* in Chadds Ford, take Creek Rd. (formerly Rte. 100) north 2.7 miles until it merges with Rte. 926 west. Follow Rte. 926 across bridge, then follow directions above. *From West Chester*, follow Route 52 South for 2.7 miles. After crossing bridge over Brandywine Creek, take first left onto Pocopson Road. The school is about 3/4 mile ahead on right.

**COST:** Pre-registration (if postmarked by August 23): \$18, or \$25 with DVBC PDF membership. Day of the ride: \$25, or \$32 with PDF membership. *(PDF members receive all benefits of club membership except for mailed copies of the newsletter, which they can download online at [www.dvbc.org](http://www.dvbc.org))*

### Pre-Registration Form (Must be postmarked by August 23rd)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Intended ride distance (please check one): 32 miles  50 miles  68 miles  80 miles  100 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, with a check or money order made out to DVBC, by August 23, to:  
Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081

Online registration also available at: [www.dvbc.org](http://www.dvbc.org)



# Candid Camera



Above: **SUSTENANCE FOR CYCLERS:** *Do we live to ride, or do we ride so we can eat?* **Left:** Debbie Chaga finds that a Milky Way™ and a beer make sleeping in a tent in the middle of Ohio go down a little easier. **Center:** Bob Martin digging into a Bruster's™ treat. **Right:** Cheryl Lynch at Northbrook™ with the ride leader's reward, a sample from each of the three food groups: ice cream, soda, and donuts.



## SPOTTED ABROAD

(from travel stories on page 1):

**Above left:** The Piano Peddler, with a keyboard mounted on his bicycle, was seen in Ohio during the GOBA tour **Above:** "No, Shelley, you're not in Wallingford anymore."

This ibex, a relative of the mountain goat, was photographed by Shelley Epstein in Mitzpe Ramon, Israel.

## SPOTTED LOCALLY

**Left:** Bob Martin (center) and his Art Museum Quintet.

Thanks to Nancy, Dan, Debbie and Shelley for this month's photos.





# DVBC Ride Calendar

## AUGUST 2008



| *****Recurring Weekday Rides*****                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Tuesdays 6:00 pm</b><br>Miles:15-20 Class:C+<br><b>Vocabulary Ride</b>                   | Meet at 320 Produce, S. Chester Rd & Park Lane Rd. Ride thru Swarthmore, Wallingford, Ridley Twp. & surrounding area. 11-13 mph pace; group will wait for all riders.<br>Contact Betsy Ffrench at 610-544-8253 Email: <a href="mailto:EFfrench@wilmingtonTrust.com">EFfrench@wilmingtonTrust.com</a>                                                                                                                                                         |
| <b>Wednesdays 9:30 am</b><br>Miles:35-50 Class:B-<br><b>Doc's Rides</b>                     | Various routes from Swarthmore. Leaves from 320 Market parking lot, S. Chester Rd. & Park Lane Rd. Probably a lunch stop. Foul weather cancels ride.<br>Contact Larry Green at 610-544-5799 Email: <a href="mailto:largreen@earthlink.net">largreen@earthlink.net</a>                                                                                                                                                                                        |
| <b>Wednesdays 6:00 pm</b><br>Miles:20+ Class:B-<br><b>B Back B4 Sunset Ride</b>             | Join my Wednesday night fun rides out of Rose Tree Park, Rte. 252, near Media. As we get stronger the pace will pick up accordingly, and I'll add more hills. Money back guarantee. Contact Debbie Chaga at 610-494-3033 Email: <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>                                                                                                                                                               |
| <b>Wednesdays 6:00 pm</b><br>Miles:15-20 Class:C<br><b>Rose Tree Park N Ride</b>            | Meet at Rose Tree Park, Rte. 252 near Media for an easy ride through Ridley Creek State Park and surrounding area. We'll stick to advertised pace and wait for stragglers. For 8/6, 8/13 and 8/20 rides contact Mike Shea at 610-909-8656, Email: <a href="mailto:mike_s@tri-goofy.com">mike_s@tri-goofy.com</a> . For 8/27 ride contact Dan Dillon at 610-494-4949, Email: <a href="mailto:grey48wolf@att.net">grey48wolf@att.net</a>                       |
| <b>Thursdays 5:15 pm</b><br>Miles:30+ Class:C+/B-<br><b>Bridgeport, NJ</b>                  | Meet at Bridgeport (Logan Twp.) Municipal Bldg, Main St, Bridgeport. Terrain flat to rolling, average speed 15-17mph (overall average start-finish; sometimes faster or slower depending on terrain). No one dropped. If you need it I can send a map of start location.<br>Contact Len Zanetich at 610-558-6232 Email: <a href="mailto:freewheelinguy@verizon.net">freewheelinguy@verizon.net</a>                                                           |
| <b>Saturday, Aug 2 9:00 am</b><br>Miles:45 Class:C<br><b>Ride to DVBC Picnic</b>            | For DVBC members only (join for \$15). Ride to the LaDrew's in Coatesville for the club picnic. Be sure to RSVP to Bob. We'll leave Chadds Ford Elementary School, Route 1, for a great route with some hills and be back to Chadds Ford no later than 4:00 p.m.<br>Contact Steve Bertolini at 302-529-1122 or <a href="mailto:spbert465@hotmail.com">spbert465@hotmail.com</a>                                                                              |
| <b>Saturday, Aug 2 11:30 am</b><br>Miles:0 Class:All<br><b>DVBC Picnic</b>                  | Save the day for the DVBC Picnic. Food, fun, friends.<br>Contact Drew Knox at 302-475-1684 or <a href="mailto:agknox@gmail.com">agknox@gmail.com</a>                                                                                                                                                                                                                                                                                                         |
| <b>Saturday, Aug 2 2:00 pm</b><br>Miles:20 Class:C<br><b>Ride From DVBC Picnic</b>          | If you'd rather drive to the picnic, bring your bike and take a ride with Bob and his friends after eating.<br>Contact Bob LaDrew at 610-383-9327 or <a href="mailto:bonkersboy@verizon.net">bonkersboy@verizon.net</a>                                                                                                                                                                                                                                      |
| <b>Sunday, Aug 3 9:00 am</b><br>Miles:50 Class:C+<br><b>Brandywine 50 Revisited</b>         | Meet at Pocopson Elementary School. Expect hills, beautiful scenery and lots of fun. Average speed between 11 and 13 mph. We will regroup at top of hills. Bring money for food stop. Contact Mary Huis at 610-627-0766 or <a href="mailto:mhuis@comcast.net">mhuis@comcast.net</a>                                                                                                                                                                          |
| <b>Monday, Aug 4 7:00 pm</b><br>Miles:0 Class:All<br><b>Monthly Board Meeting</b>           | Come see how your club works. All welcome. Meetings run about two hours and are held at Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Rd.<br>Contact any Board member (info on page 2) for details.                                                                                                                                                                                                                             |
| <b>Wed, Aug 6 10:15 am</b><br>Miles:30 Class:C/C-<br><b>Ladies Who Lunch</b>                | We'll cruise the Schuylkill River Trail from Betzwood to Manayunk for lunch, and then return. Bring your hybrid or mountain bike for a leisurely paced chatty ride. No one dropped. Gents welcome, too. Bring water and money for lunch. Helmet required. Rain cancels. Please RSVP to Cheryl Lynch at 610-356-3123 or <a href="mailto:oyveyquilts@yahoo.com">oyveyquilts@yahoo.com</a>                                                                      |
| <b>Saturday, Aug 9 7:30 am</b><br>Miles:45 Class:B+<br><b>Horse Country from Swarthmore</b> | Meet at 320 Market in Swarthmore for a 45 mile ride into horse country, averaging 16mph overall, with no planned stops. Be prepared to attack hills and maintain a steady pace. Return to 320 Market around 10:30 AM for coffee, fruit, or to cool off in the A/C. Bonus: Swarthmore Farmer's Market nearby with local produce, meats, homemade goods.<br>Contact Jon DeCristofaro at 484-410-6897 or <a href="mailto:dvwc@comcast.net">dvwc@comcast.net</a> |

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|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Saturday, Aug 9 8:30 am</b><br>Miles:65 Class:B-/C+<br><b>Brandywine Outer Limits</b>     | We use "scouting road conditions on the Brandywine Tour outer loop" as excuse to re-visit southern Lancaster County with lunch at Quarryville Family Restaurant. Cue sheets available for faster riders who want to surge ahead as well as for a 45-mile option. Start at Fred Engle School. Go to <a href="http://tinyurl.com/38yh82">http://tinyurl.com/38yh82</a> for maps or directions. Contact Drew Knox at 302-475-1684 or <a href="mailto:agknox@gmail.com">agknox@gmail.com</a>                                                                   |
| <b>Saturday, Aug 9 9:00 am</b><br>Miles:30 Class:C<br><b>Highland Orchards Ride</b>          | Meet at Chadd's Ford Elementary School. We'll make one stop at Highland Orchards, so bring money for food and produce. Contact Steve Bertolini at 302-529-1122 or <a href="mailto:spbert465@hotmail.com">spbert465@hotmail.com</a>                                                                                                                                                                                                                                                                                                                         |
| <b>Saturday, Aug 9 9:00 am</b><br>Miles:35 Class:C+<br><b>The Brunch Bunch</b>               | Meet at Chadd's Ford Elementary School. We will meander around the Brandywine Valley and stop at Purebread Deli for brunch. Average speed between 11 and 13 mph. No one dropped. Contact Mary Huis at 610-627-0766 or <a href="mailto:mhuis@comcast.net">mhuis@comcast.net</a>                                                                                                                                                                                                                                                                             |
| <b>Sunday, Aug 10 8:30 am</b><br>Miles:35+ Class:C+<br><b>Art Museum</b>                     | Art Museum C+ paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill the the parking lot of the Rite-aid across the street. 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                                                                                                                                                                                                                                                                                       |
| <b>Saturday, Aug 16 8:00 am</b><br>Miles:60 Class:B-/C+<br><b>Brandywine Inner Loop</b>      | Start high on the hill at Pocopson Elementary and assume it's all downhill as we follow the 50-mile route to West Grove for lunch and then pick up the 65-mile route for the return. Cue sheets will be available for faster riders who want to surge ahead. Those who want to shorten the ride can continue on the 50-mile route. Start at Pocopson Elementary. Go to <a href="http://tinyurl.com/3yfg9">http://tinyurl.com/3yfg9</a> for maps or directions. Contact Drew Knox at 302-475-1684 or <a href="mailto:agknox@gmail.com">agknox@gmail.com</a> |
| <b>Saturday, Aug 16 9:30 am</b><br>Miles:27 Class:C<br><b>Pocopson 27 Miler</b>              | Start at Pocopson Elementary School Enjoy the beautiful rolling hills of Chester County as we follow the Bonkers 27 mile route with a food stop at Northbrook. Some hills, but we will regroup as often as necessary. Cheryl will lead and Dan will sweep. Rain cancels. Cue sheets provided. Contact Cheryl Lynch at 610-356-3123 or <a href="mailto:oyveyquilts@yahoo.com">oyveyquilts@yahoo.com</a>                                                                                                                                                     |
| <b>Sunday, Aug 17 8:00 am</b><br>Miles:35-50 Class:C<br><b>Kountry Kitchen</b>               | Meet at the Kingsway High School in Jersey, routes 551 and 322 for that familiar ride to morning breakfast. Distance will depend on weather and the group. Contact Betsy Ffrench at 610-544-8253 or <a href="mailto:EFfrench@wilmingtonTrust.com">EFfrench@wilmingtonTrust.com</a>                                                                                                                                                                                                                                                                         |
| <b>Sunday, Aug 17 8:30 am</b><br>Miles:35+ Class:C+<br><b>Art Museum</b>                     | Art Museum C+ paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill and the Rite-aid parking lot across the street.. 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                                                                                                                                                                                                                                                                                             |
| <b>Thursday, Aug 21 10:15 am</b><br>Miles:30 Class:C/C-<br><b>Ladies Who Lunch</b>           | We'll cruise the Schuylkill River Trail from Betzwood to Manayunk for lunch, and then return. Bring your hybrid or mountain bike for a leisurely paced chatty ride. No one dropped. Gents welcome, too. Bring water and money for lunch. Helmet required. Rain cancels. Please RSVP to Cheryl Lynch at 610-356-3123 or <a href="mailto:oyveyquilts@yahoo.com">oyveyquilts@yahoo.com</a>                                                                                                                                                                    |
| <b>Saturday, Aug 23 8:00 am</b><br>Miles:TBD Class:All<br><b>Brandywine Paint Ride</b>       | Volunteers, start collecting points and help us paint these routes. We divvy up assignments at Pocopson Elementary, then paint by car to get these big routes done. By noon, with enough helpers, we reconvene at Fred Engle for lunch and a surprise route of about 45 miles. Contact Drew Knox at 302-475-1684 or <a href="mailto:agknox@gmail.com">agknox@gmail.com</a>                                                                                                                                                                                 |
| <b>Sunday, Aug 24 7:45 am</b><br>Miles:45+ Class:B-/C+<br><b>Up Marsh Creek w/o Paddle</b>   | Join Dreamer on a scenic ride out to Marsh Creek and back with a rest stop at the lake. If we're lucky we'll see the local Loch Ness type monster gliding through the water. Start at Chadd's Ford Elementary School on Rte. 1. Inclement weather cancels ride. Contact Debbie Chaga at 610-494-3033 or <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>                                                                                                                                                                                     |
| <b>Saturday, Aug 30 7:30 am</b><br>Miles:45 Class:B+<br><b>Horse Country from Swarthmore</b> | Meet at 320 Market in Swarthmore for a 45 mile ride into horse country, averaging 16mph overall, with no planned stops. Be prepared to attack hills and maintain a steady pace. Return to 320 Market around 10:30 AM for coffee, fruit, or to cool off in the A/C. Bonus: Swarthmore Farmer's Market nearby with local produce, meats, homemade goods. Contact Jon DeCristofaro at 484-410-6897 or <a href="mailto:dvwc@comcast.net">dvwc@comcast.net</a>                                                                                                  |
| <b>Saturday, Aug 30 8:00 am</b><br>Miles:Various Class:All<br><b>Volunteer Rides</b>         | Start at Pocopson Elementary <a href="http://tinyurl.com/3yfg9">http://tinyurl.com/3yfg9</a> on any of the five Brandywine routes. Ride leaders may or may not emerge on this show-and-go but you should have no trouble following the arrows or the cue sheets. Contact Drew Knox at 302-475-1684 or <a href="mailto:agknox@gmail.com">agknox@gmail.com</a>                                                                                                                                                                                               |
| <b>Sunday, Aug 31 7:30 am</b><br>Miles:TBD Class:All<br><b>Brandywine Tour</b>               | Our premier annual event. See <a href="http://www.dvbc.org">www.dvbc.org</a> or the Newsletter for details. Contact Drew Knox at 302-475-1684 or <a href="mailto:agknox@gmail.com">agknox@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                    |

(GOBA, Continued from page 1)  
every town had one.

That first night our sleep was interrupted regularly by passing trains blowing their whistles, and we woke up more than a little bleary-eyed. After breakfast, we washed, loaded our gear on the trucks, and finally it was time to start biking. I felt the apprehension about the



Debbie, Doug and Nancy in Ohio

trip disappear as we began pedaling through the countryside. I was again amazed by the wide-openness of the Buckeye State, and kept asking Doug to show me a buckeye tree. Well, we never saw one the entire week—which made me wonder if the state nut isn't really the buckeye, but a Bower instead.

We passed through small towns and miles of farmland and saw trains everywhere. The lunch stops were usually at churches, with great homemade food served by friendly, welcoming townspeople. The roads were frequently car-free, which was a real treat—at times we would ride for twenty or thirty minutes without seeing a single vehicle. Ohio has quite a large community of Amish and we encountered horse buggies and impromptu refreshment stands along the way. That first day I'm proud to say that Doug and I saved a turtle from being run over on the road. Of course, that was after our photo-op with him (or her).

I've always thought that a lot of cyclists are "individuals," and this definitely true on GOBA. Many families rode together, which amazed me, since I have never gotten my kids to ride more than ten miles. Some families rode tandems—we saw tandems with mothers and daughters, fathers and daughters, grandfathers and grandkids. Other parents would ride a single bike with an

attached buggy or add-on for a child. We met a seven-year-old girl on a seven-speed pink Raleigh bicycle who rode or walked every single mile. One guy from a bike club in Cincinnati carried a fishing rod, and he rarely passed a pond, lake or creek without stopping to fish for a while. Some riders were really out of shape but they rode the whole week. Another man had a large keyboard hooked up to his bike and he rode everyday. His bike looked like it weighed a ton and a half. I really don't know he (or some of the way-out-of-shape

people we saw) got up the hills, but they did.

We had great weather, except for a brief thundershower on the second night, which fortunately struck after we had pitched our tents and stowed our gear



inside. We had some hot days and cool days but neither turned out to be a problem. The routes were always well marked and 99% of the time we rode on lightly-traveled back roads. At times I would get ahead of Doug and Nancy and it would just be me, my bike, and the countryside.

Farms, trees, cows, horses, other cyclists, Amish horse and buggies. I saw one of the last barns with a "Mail Pouch" tobacco ad on it, and a herd of cows standing in a creek under a small bridge to stay out of the heat. One extremely long hill ended with a cemetery at the top, and I was glad not to have died on the climb, and that there was a church up top with a designated food top. Speaking of churches, we were traveling in the so-called "Bible Belt," and passed lots of signs with religious references. One warned that you didn't want to go to hell to seek God. I laughed and told the guy I was riding with at the time that I thought I had just been in hell on the last climb.

Living in GOBAville, the nickname for the tour's nightly tent-city, was an adventure and sometimes a challenge. With almost 3000 people, it meant we stood in line for just about everything: showers, potties, sinks, coffee, food. At night we would relax at the campsite prior to turning in and have a beer or two. We did get reprimanded twice for being a little too loud during "quiet time," [Editor's note: *Why does this not surprise me?*] which was after 10:00 p.m. The first reprimand came from a tent neighbor at exactly 10:00:01 p.m. Oh well, stuff happens.

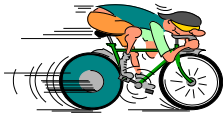
Every afternoon vendors would set up their goods in GOBAville, and for Nancy, shopping became an evening tradition. She purchased several jerseys, one jacket, and one T-shirt. I wasn't immune either, and got a T-shirt, a great bargain on a jersey that I had seen on the Internet, and a helmet mirror made by an Ohio man from tin cans, recycled spokes and other bike parts.

On our last evening in GOBAville, we headed out to a Mexican restaurant that was filled with other GOBAvillers. The atmosphere was festive and the margaritas were flowing. After a few drinks, I got inspired and started a cheer:

"Gimme a G, gimme O, gimme a B, gimme an A—what's that spell? What's that spell? GOBA!"

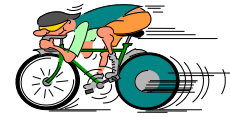
Well, a few people joined in, but maybe word of the Woodstock fish cheer has never reached Ohio. We laughed, and people teased me, insisting that, against my better judgment, I had become a GOBA convert. Thinking about it, I suppose I had. Next year, another vacation on the roads of Ohio? I just might.





## Bike Dirt

by F.X. Pedrix



Not much to report this month. Perhaps the excessive heat melted everyone's desire to gossip? Here's what little we managed to overhear:

The **Perfessor** reported that his South Jersey century in late June was "a most excellent ride, although the 'we' part shrank as we progressed. **Ride Away** went off the front partly because he needed to get home early. **Eye of the Needle** turned back at Bridgeton as he was starting to get a saddle sore that he didn't want to take on tour the next week. That left me, the **Sly Fox**, and **Steve Fisher**. By the way, that was Steve's first century."

Kudos to the **Cycling Gardener** for waking early enough to make **Dreamer's** recent 7:45 am ad hoc ride. He earned a pending new nickname, the **Absent-Minded Cyclist**, because once again he forgot to close his car doors before riding off. Also, he was so concerned about being on time that he failed to pump up his tires, forcing the group made an impromptu pit stop at **Gray Wolf's** place, the Wolf having correctly sensed that 60 psi just wasn't enough for that 50+ mile ride. The **CG/AMC** made it up to the group by treating everyone to **water ice** afterwards.

Speaking of that summertime treat, the cronies of **Juror #6** were about to send out a search party out for him recently. It seems he had missed two rides

that included **free water ice**, and that's not like him. Not to worry: the Juror wasn't **MIA**, just away participating in his other favorite pastime, a chess tournament.

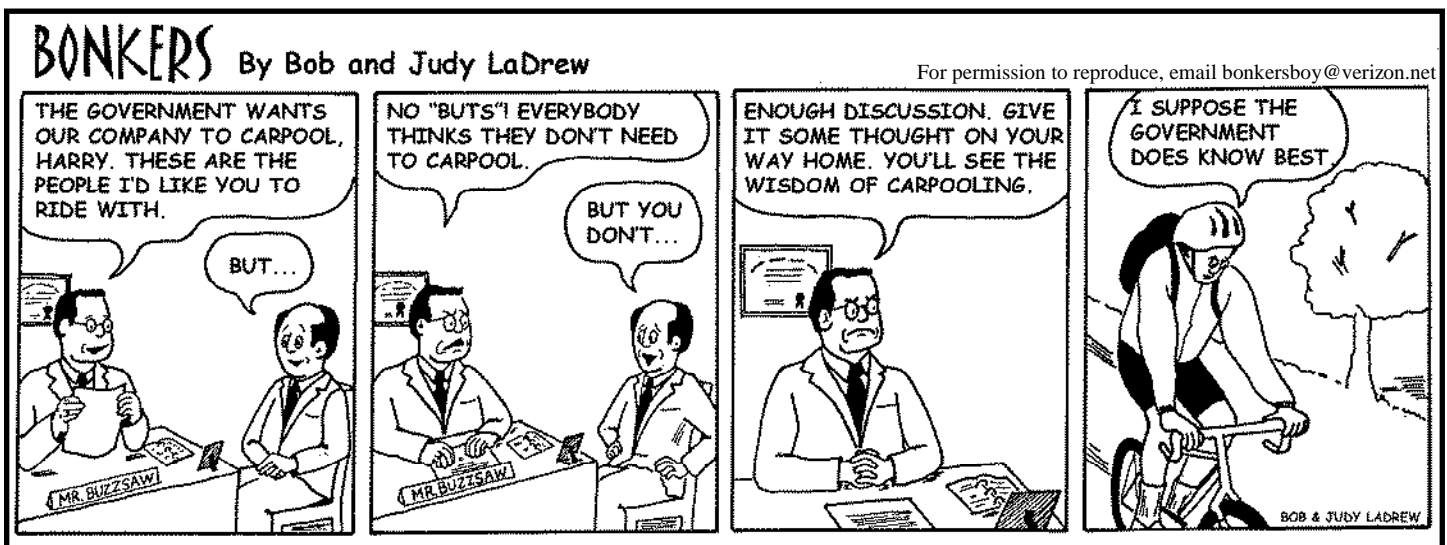
Other news on the refreshment front: **Len and Bonnie** have been getting rave reviews for their Jersey rides lately, and even provided **chilled watermelon** to their grateful group after a 50-miler on a recent **95-degree** Saturday. Other ride leaders are encouraged to emulate this behavior. Maybe **Dreamer** could set up her riders with a round of **frozen margaritas** after her Wednesday night Rose Tree rides? Well, perhaps that isn't such a great idea, considering the recent arrest of a man in Montgomery County, PA for what we might call **BUI** (Biking Under the Influence). His blood alcohol level was twice the allowable level, and even though a car hit him, he was charged as well. Fortunately, DVBCers all know better than to drink alcohol and ride (or drive). But it's a good thing during these hot summer months that nobody's monitoring our blood (or urine) for levels of **Cytomax™**, **Accelerade™**, **Gatorade™**, and the like.

**Smiling Rookie** and **Quilter** are off soon for their bike tour in the lakes region of New York. May you have smooth roads, the **WAYB**, and we expect a full report when you return.

Instead of riding on a recent weekend, **Buckeye** decided to hold a garage sale. After paying for advertisements in local newspapers and buying posters and other odds and ends, he just about broke even. Furthermore, after selling one lady a **refrigerator**, he got talked into delivering it to her house. Next time ole Buckeye might be better off going riding—it would be easier on his back than that fridge was!

**Gray Wolf** has a reputation as one of the club's best hill climbers. He's cool and collected and can hold coherent conversations on the steepest hills, while the rest of us are wishing that all our huffing and puffing could be directed behind us, to provide some kind of jet-engine-like boost. But until recently, the Wolf was the last one down every hill. Not anymore. On a long descent on a recent ride, Gray Wolf sped ahead and unveiled a super-streamlined and hyper-tucked downhill form that would be the envy of any professional. Now he's hard to keep up with going downhill as well. A rider who had to chase him downhill reported, "He's so tight to the bike his knees almost touch, and he's crouched so low all I could see of him was his backside."

Keep riding and sending your unsubstantiated gossip and hearsay to my spies and me at [fxpedrix@hotmail.com](mailto:fxpedrix@hotmail.com).





*(Israeli Adventure, continued from page 1)*

vehicle exploring off-road scenery and sites.

I was totally naïve when it came mountain biking, so for anyone in a similar position, let me delineate a few differences between riding on-road and off-road. In road biking, three or more pebbles lying in close proximity constitute a potential disaster and are worthy of a chain of hand signals down the peloton. A rock, God-forbid, or (gasp!) a six-inch pot-hole, may represent someone's hospitalization. Off road, on a mountain bike, these hazards are all ignored—in fact, the more rocks and pits in the trails (notice I've dropped the use of the word "road"), the better. Mountain bikers wear their bruises like badges of honor. And sand: what road biker in his right mind would ride through sand? Mountain bikers consider it fun, reveling in the challenge of ascending hills covered with six-inch deep loosely-packed sand. On my first (and last) two attempts to climb such hills, the sand won, grinding my momentum to a halt.

My adventure began on June 29, when I bid farewell to a childhood friend I had been visiting and met Ron, a professional cyclist who would be my guide in the northern part of the country. He met me at a kibbutz near the Mediterranean Sea, so we began with a trail ride near the beach, winding around to a ride on the beach itself. As I learned from Ron, in order to build strength and endurance, mountain bikers get on the real roads and do DVBC-type rides. As a veteran of many such DVBC rides, my

legs and heart were in great shape. My crotch, however, was unaccustomed to the constant jolts from riding over pebbles and rocks, which spurred me to adjust my techniques into those of a real

cal versions of Middle Eastern salads. I passed the heat of the afternoon in and around the lovely swimming pool at the amazing HooHa Cyclists' House, a brand new "hostel" with every modern conven-



Scenes in Jerusalem



mountain biker. A new, cushier seat also helped.

The next day we arose bright and early for a 40-mile ride around the Sea of Galilee, the only on-road part of the trip. We pedaled past beautiful scenery, with a constant view of the lake, which to my mind is what the so-called "Sea" resembled. (I came to learn that the Hebrew

words associated with bodies of water often have no relation to their size. For example, the Jordan River could be more accurately described as a babbling brook.) We passed through the town of Tiberias, and made a brief stop to eat litchi fruit right off the tree. This inch-long ovoid fruit has a thin, inedible skin covering white tasty flesh, rich in Vitamin C.

Following the ride, we enjoyed lunch at an Arab restaurant, with the lo-

ience and amenity in a relaxed, informal atmosphere. The owners are proactive in collaborating with local and regional entities to pave cycle trails, prepare off-road cycling routes and install signs for existing routes and roads.

The next day was spent touring the Golan Heights and Lebanese border by car. Lunch was at a goat farm/restaurant, where we enjoyed selections of home-made goat cheeses. On my last full day in northern Israel, Ron and I cycled around the lush Hula Valley, devoted partly to agriculture and partly to a nature reserve. Portions of our ride were on paved roads, but Ron seemed to prefer the bumpy trails. We stopped at various lookout points and, with the aid of Ron's binoculars, enjoyed amazing views of the bird life, as the valley is home to half a million migratory birds of over 120 species. We also encountered the nutria, a large amphibious rodent brought to Israel in the 1950s for its fur, but now well-established in the Hula Valley thanks to escapees.

The next day I met Aviva, my hostess and guide for the southern portion of my tour. After sightseeing in Tel Aviv

*(Continued on page 10)*

*(Israeli Adventure, continued from page 9)* and Jerusalem, we headed to a cyclist's inn called iBike that Aviva runs with her husband, Menachem, in the town of Mitzpe Ramon in the Negev Desert. From the outside, iBike seems to be simply a storage warehouse for bikes, but upon crossing the threshold, I felt as if I had just entered an oasis. After a long, hard (did I say hard? I meant fun) day riding on the rocks, iBike offers comfortable lounge areas, refreshing showers, and incredible meals cooked up by Aviva. Put this woman in a kitchen with a few vegetables and you'll end up eating a six-course vegetarian meal...plus two pies for dessert.

Cycling in the desert is where it all came together for me, from an off-road perspective. Word had been sent by the northern gang to the southern crew that

mountain biking wasn't my thing. But with much psychological subtlety, Aviva and Menachem changed that negative mindset. Aviva didn't bother me with mechanical details about foot and body positions. Instead, she gave me a visualization. Think of water, she said. Water doesn't stop when it comes to a rock—it flows over it. She also assured me that, at our age, since we didn't need to impress anybody or try anything we didn't want to, there would be no shame in walking portions of the trail.

For my part, I also prudently decided to lose the cleats. My feet occasionally came off the pedals during the worst bumps, but I learned how to compensate for this. Losing the fear of being unable to unclip in time for a fall freed my body and mind, and my confidence levels shot up.

That night, when Menachem took me for a three-hour sunset ride in the desert, I finally got the hang of riding off-road. By the end, I was taking the little hills that surround the gullies with sheer abandon—flying over the rocks, and laughing at the pebbles.

**[NOTE TO DVBC MEMBERS AND FRIENDS: I am planning another entry-level mountain biking and touring trip to Israel for September of 2010. For more info, e-mail me at 4epsteins@comcast.net.]**

BELOW:  
*The Negev Desert in Israel, where Shelley became a mountain biker.*



## DVBC Supports Fledgling Bike Works Project in Chester

The Chester Neighborhood Bike Works got a great boost on July 19, when area residents donated more than 100 bicycles to the fledgling organization. Modeled after the successful Neighborhood Bike Works in Philadelphia, the project hopes to promote youth development in the city of Chester by offering educational, recreational, and career-building opportunities through bicycling.

Anna Baeth, the Swarthmore College senior coordinating the project, is

now putting out a call for volunteer mechanics to help fix the donated bikes, many of which had been gathering dust (and rust) for years in basements and garages. Anna attended the July DVBC Board Meeting, to get advice and enlist our support for the project.

“At this point I'd say the organization is most in need of volunteer mechanics, a bike repair stand or two, and financial support to allow some re-

placement parts (such as brakes, gears, etc.) to be purchased to suit each batch of bikes that are resurrected,” says Peter Schmidt, a DVBC board member and Swarthmore faculty member who is serving as the club's liaison with the new organization.

To volunteer time or donate bikes, bike parts, or money to the project, contact Anna Baeth at (301) 676-9484 or [anna.baeth@gmail.com](mailto:anna.baeth@gmail.com), or Peter Schmidt at [pschmid1@swarthmore.edu](mailto:pschmid1@swarthmore.edu).



## Regional Events

**Saturday, August 2, Princeton Event**, Mercer County Community College, West Windsor, NJ. ride 20, 35, 50, 65, or 100 miles. \$30 includes lunch. Princeton Free Wheelers, 609-882-4739.

**Sat. Aug. 9, Bridgeton Zoo Ride**, Pittsgrove, . Ride 25, 50, 75, or 100 miles by combining 25- and 50-mile flat loops that pass by the Bridgeton City Zoo, and a second 50-mile loop on rolling terrain to Mullica Hill. South Jersey Wheelmen

**Sat. Aug. 9, Dog Daze Century**, West Chester, PA. Ride 27, 50, 77 or 100 miles through beautiful rural Chester County, PA. The terrain is rolling with some hills. Fully-stocked rest stops and lunch are included. Brandywine Bicycle Club.

**Sun. Aug. 17, Covered Bridge Metric**, Lancaster, PA. Rural ride 16, 32, or 62 miles through 7 covered bridges (on 62-mi route). 3,305 riders in 2007. Registration \$30 Lancaster Bicycle Club

**Sat. Aug. 23, Shore Fire Century**, Middletown, DE. 35, 65, or 100 miles on flat-to-gently-rolling terrain. White Clay Bicycle Club

**Sun. Aug. 24, Lake Nockamixon Century**, Warrington, PA. 25-100 miles on rolling terrain with a few hills. Registration includes marked

route, cue sheet, rest stops, SAG support, and a post-ride meal (with vegetarian option). Suburban Cyclists Unlimited.

**Sun. Aug. 31, Brandywine Tour, DVBC's Premier Event! Sign-up sheet on page 3 or register online at [www.dvbc.org](http://www.dvbc.org)**

**Mon. Sept. 1, Donut Derby**, Breinigsville (Trexlerstown), PA. This is a 35-mi fun race with two rest stops where racers can get water and eat donuts. For every donut eaten, minutes are deducted from your official finish time. Lehigh Wheelmen Association Sat.

**Sept. 6, Amish Bike Tour**, Dover, DE. Ride 15, 25, 50, 62 or 100 miles on flat terrain. 1,392 riders in 2007. 1-800-233-KENT or 302-734-1736

**Sat. Sept. 6, Tour des Farms**, Vincentown, NJ. Pedal through the Burlington County farm belt. Ride 13, 26, or 50 miles with stops at a cranberry farm, vegetable farms, orchards, nurseries, an organic farm, and a community supported agriculture farm. Shop for local produce as you ride and we will pick up your purchases and deliver them back to the starting point for you.

**Sat. Sept. 6-7, Univest Grand Prix and Cyclosporitif**, Souderton, PA. The Grand Prix (spectator event) is a UCI-sanctioned race. Cyclosporitif is a 40- or 60-mile recreational ride on rolling-hilly terrain.

**Sun. Sept. 7, ArtCycle: Tour de Bucks**, Doylestown, PA. 20, 38, 63 Miles. Benefits the James A. Michener Art Museum. Same day as the nearby Doylestown Arts Festival and the Univest Grand Prix Criterium.

**Sun. Sept. 7, New York City Century**, New York, NY. 15, 35, 55, 75, or 100 miles. 6,000 riders.

**Sun. Sept. 7, Shoo-Fly Classic**, Oley, PA. Ride 20, 40, or 62 miles – or combine the 40 and 62 for a full century. Berks County Bike Club

**Sat. Sept. 13, Scenic Schuylkill Century**, Philadelphia, PA. Ride 25, 38, 65 or 100 mi to Montgomery and Chester Counties. Features breakfast at the start, 4 rest stops, and a pizza bash at the finish. Bicycle Club of Philadelphia (BCP)

**Sun. Sept. 14, Commerce Bank Bike Philly**, Philadelphia, PA. Family-friendly tour “car-free” through historic neighborhoods, hidden corners of Fairmount Park. Longer routes include streets with auto traffic. 2,500 riders in 2007. Bicycle Coalition of Greater Philadelphia



Scenes from the Chester Neighborhood Bike Works July 19th “Bike Drive” L-R: Donated bikes at the pick up place, 320 Produce in Swarthmore; Anna Baeth, Coordinator, gives a “thumbs-up” in front of CNBW's home, the Chester YWCA; Bikes awaiting repair on YWCA 2nd floor.



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

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| <p align="center"><b>Application for DVBC Membership</b><br/>         (Expires 1 year from date joined/renewed)<br/> <b>Annual Membership: \$15.00 per household.</b></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 <b>DVBC Safety Fund</b> 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><b>Amount enclosed:</b> \$15 (membership) + _____ (safety) = _____</p> <p><b>I'll volunteer for:</b> <input type="checkbox"/> Ride Leader<br/>         (check all interests) <input type="checkbox"/> Tour Volunteer<br/> <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><br/> <b>Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081</b></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)