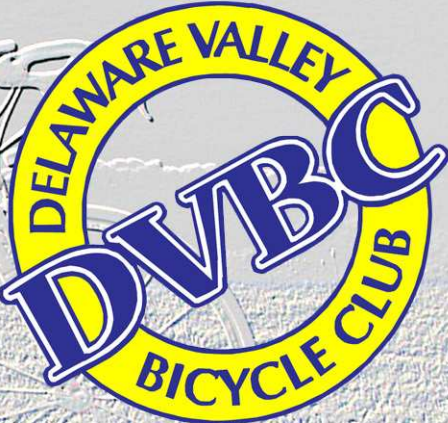



Delaware Valley Bicycle Club

**WINTER
2009-2010**

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

A Warm Winter: The Joys of Mountain Biking

By Misty

Dread those cold winter road rides? Wear all those expensive layers and still freeze your butt off? Well, some folks can handle that. In fact, some don't seem to mind it a bit. Me, I don't enjoy the chill air.

Well, last year I found a fun solution. At the urging of my husband and friends, I tried mountain biking in Brandywine Creek State Park. To my surprise, I loved it! The best part? It is warm in the woods. Trees block the wind, you go slower, and you work hard on the short climbs. Aah, it's warm.

Some other benefits include potty stops anywhere AND clean indoor toilets along the main path. Additionally, there are no cars and you are out in nature. You'll spot deer, a fox or two, and horses. The horses love to eat frosted mini-wheats out of your hand; so, if you like to get up close and personal with these magnificent creatures, bring along a baggie or two of said cereal. Cheerios will be accepted but mini-wheats are favored. We've not tried other cereals. Heck, you could also bring carrots or an apple. Oh yes, and it is warm in the woods.

Mountain biking is a nice change of pace from road biking; you get to use different muscles, including your upper body. You can even wear baggy pants instead of spandex, often preferred by the gents.

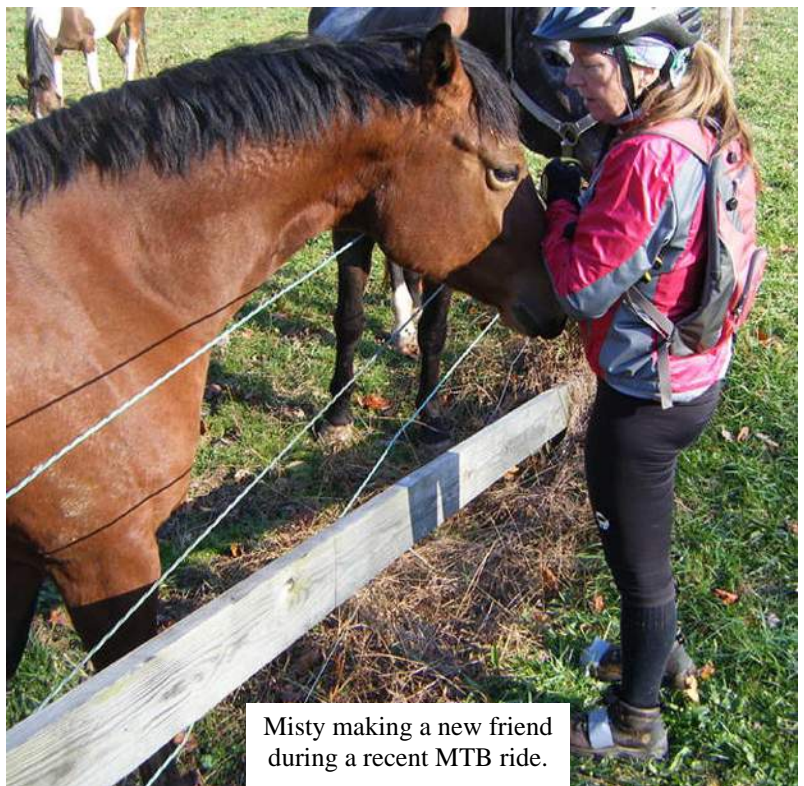
Most trails are tame. There are some short rocky sections, though most of those I walk around. We are in the park for enjoyment and exercise, we are not pro stump jumpers or big time rock hoppers. We just ride for 3 hours of winter fun. Dan even found a lunch stop on the trail that is a DVBC must. The place even has garden burgers and, there is COFFEE.

Jittery Jo is laid up as I write this (a speedy recovery to you, Jo-Jo!), but perhaps she'll return before winter's end to teach you her trademark bunny hop. :) Until then, you can join me, a 50+ female (translation: you needn't be a macho daredevil), along with Mary, Debbie, Dan, Tom, and Steve R. for a fun, WARM winter of mountain biking. Yes, truly warm. Actually, you generate so much body heat, you need to dress for a temperature 30 degrees warmer than your thermometer reading to be comfortable.

So, talk to Santa. For \$600 to \$700 you can get a decent bike. Of course, you could spend more but it's unnecessary. A 26 or 29er hardtail would be ideal. Talk to your local bike shop. Come, be happy and WARM in the woods.

SAVE THE DATE!!

**Monday December 7
DVBC BANQUET
and
ANNUAL
MEMBERSHIP MEETING**
See Page 4 for details and
registration form



Misty making a new friend during a recent MTB ride.

Delaware Valley Bicycle Club

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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, held the first Monday of the month, are open to all.

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

Contents © 2009 by DVBC

Club Affiliations

League of American Cyclists
Bicycle Coalition of Greater
Philadelphia
Adventure Cycling Association

Thanks to Our Supporters!

Craftech Computer Solutions

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

Cycle Sport

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

Cycle Fit

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

Action Wheels

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

Drexel Hill Cyclery

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

320 Produce Market & Deli

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

Custom Bagels

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

Linvilla Orchards

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

Board of Directors and Volunteer Staff

Drew Knox, *President*
and *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

Doug Bower, Bowerdou@verizon.net

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

Dominick Zuppo & Jo Ann Fahey,
Ride Coordinators
484.483.7456 or rides@dvbc.org

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

Ride Guidelines

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

RIDE CLASSIFICATIONS

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

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

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

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

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

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

CANCELLATIONS

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

DVBC Winter 2009-2010 Ride Calendar



Please check the ride calendar on the DVBC website for late additions to this printed list. You will also find occasional ad hoc rides posted on the DVBC listserv through the winter.

With changing winter weather and freezing conditions, ride participants are advised to **CONTACT THE RIDE LEADER IN ADVANCE** to make sure a ride is still on.

December 2009

RECURRING RIDE

Wednesdays 10:00 am Miles:50-70 Class:B Docs' Ride	Various routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Probably a lunch stop. Foul weather and start temperature below 45 will cancel the ride. Contact Larry Green at 610-544-5799, email largreen@earthlink.net . Contact Woody Kotch at 610-566-2736 Email: hrkotch@comcast.net
Sunday, Dec 6 9:30 am Miles:35+/- Class:C+ Debbie Does Delaware	Come out for a fun ride to the 1st State for a tour of northern Delaware. We'll ride through Arden, pass the Brandywine Zoo and go through Alapocas Park. Rain/snow/ice cancels ride. Meet at Planet Fitness, Pennell & Marionville Rds, Aston PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Dec 12 10:00 am Miles:15 Class:All Misty B-day Ride	Misty wants the woods this year. Lets jump off from the Woodlawn Preserve lot (Creek Rd, just off Smithbridge at the covered bridge) for 3+ hours of mtn bike fun. Don't tell her, but I got her a new mtb outfit, she will be styling. Bring money for lunch/snack. Rain in previous 24 hours will cancel. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Dec 13 9:00 am Miles:35 Class:C+ Art Museum Loop	Meet at Drexel Hill Cyclery. Park across the street in the rear of the Rite-aid lot. Break at Lloyd Hall, bring a snack, no lunch stop. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Saturday, Dec 19 9:00 am Miles:35+ Class:C KK Ride	Meet at Kingsway H.S. (Rtes. 322 & 551) in NJ for a KK breakfast ride. Bikes with holiday decorations welcome. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Saturday, Dec 26 9:30 am Miles:15 Class:All MTB Ride	Start and end in the Woodlawn Preserve parking lot. Bring the new mtb bike Santa got you. Cash needed for trailside snack/lunch. Rain in last 24-48 hours will probably cancel ride. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Thursday, Dec 31 10:00 am Miles:40 Class:C+ New Year's Eve Ride	Let's get in one more ride before midnight strikes and 2010 begins. We'll ride to Chadds Ford for a stop at the Cattie Shack so bring \$. Ride begins at Rose Tree Park, Rt 252, Media PA. Rain/snow/ice cancels. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

January 2010

Sunday, Jan 3 10:00 am Miles:35 Class:C+ Winter Northbrook	Ride from Chadds Ford Elementary School, Rt 1, Chadds Ford PA (just past Hanks Place on Creek Rd) for some hot soup and cider at Northbrook. Please park in the lower lot. Rain/snow/ice cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Jan 9 9:30 am Miles:35 Class:C+ PureBread Ride	Park in the lower lot at Chadds Ford Elementary school. Bring muffin money. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net

Sunday, Jan 10 9:00 am Miles:35 Class:C+	Meet at Drexel Hill Cyclery. Park across the street in the rear of the Rite-aid lot. Break at Lloyd Hall, bring a snack, no lunch stop. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Monday, Jan 18 10:00 am Miles:15 Class:C+ MLK in the Woods	Enjoy a winter mtb ride. Bring \$ for a stop along the trail. Ride starts at the Woodlawn Preserve parking lot. Take Smithbridge Rd South from Rt 202 and make a left just before the covered bridge. Parking lot is about 1/4 on the right. Rain/snow/ice or bad trails cancels the ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Jan 23 9:30 am Miles:35 Class:C+ Dreamer's KMA	Celebrate with Dreamer as she attains KMA. We'll ride from Chadds Ford Elementary School, Rt 1, Chadds Ford PA (just past Hanks Place on Creek Rd) for some hot soup and cider at Northbrook. Please park in the lower lot. Rain/snow/ice cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
February 2010	
Saturday, Feb 6 9:45 am Miles:44 Class:C+ Northbrook Orchard Ride	Meet at Planet Fitness in Aston (Rt 452). Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Monday, Feb 15 10:00 am Miles:15 Class:C+ President's Day in the Woods	Will a past president show up for the ride? There's a good chance of that and maybe they'll even buy. Enjoy a winter mtb ride and bring \$ for a stop along the trail. Ride starts at the Woodlawn Preserve parking lot. Take Smithbridge Rd South from Rt 202 and make a left just before the covered bridge. Parking lot is about 1/4 on the right. Rain/snow/ice or bad trails cancels the ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Feb 21 9:00 am Miles:35 Class:C+ Art Museum Loop	Meet at Drexel Hill Cyclery. Park across the street in the rear of the Rite-aid lot. Break at Lloyd Hall, bring a snack, no lunch stop. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Saturday, Feb 27 9:30 am Miles:35+/- Class:C+ Aston to Chadds Ford	We'll ride to Chadds Ford for a stop at the Cattie Shack so bring \$. Ride begins at Planet Fitness, Pennell & Marionville Rds, Aston PA. Rain/snow/ice cancels. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com



DVBC Annual Banquet & General Membership Meeting

Monday, December 7, 2009

Reception / Cash Bar at 6:00 pm.

Dinner at 7:00 pm

Always a fun time for old and new members.

Name(s) _____

Phone # _____ Number attending _____

Meal choices (check one appetizer & entrée per guest)

Appetizers:

___ Spring Mix Salad

___ Minestrone Soup

Entrees:

___ Baked Salmon Béarnaise

___ Grilled Vegetable Cannelloni

(Cannelloni contains no animal products)

___ Roast Prime Rib au jus (\$5 extra)

DVBC subsidized charges for

Members & up to 2 guests:

\$10 per person
(\$15 for prime rib)

Additional guests:
\$30 per person
(\$35 for prime rib)

Total Enclosed:
\$ _____

Cash Bar
Sit-Down Dinner
Annual Awards
Election of Board Members

D'Ignazio's Towne House

(in the Tiffany Room)

117 Veterans Sq., Media, PA (610) 566-6141

Directions: www.townehouse.com.

On street parking free after 6:00 pm

*Please send registration
and payment by Nov. 20 to:*

Larry Green
315 Maple Avenue
Swarthmore, PA 19081
(610) 544-5799

(Make check payable to DVBC)



Bike Dirt

By F.X. Pedrix

Alex did all the preparation the day before his colonoscopy. When the big day arrived, in the true spirit of the bicyclist, he mounted his two-wheeler and pedaled to the clinic for his procedure. The only problem was, nobody had told him that afterward you are in no condition to ride a bicycle home. Dreamer had to go and get Alex. (Does Alex have a nickname?)

At close of a November Art Museum ride the Silver Fox was riding away and the group yelled to him, "Don't forget the MTB ride on Wednesday, if you are allowed out." To which the Fox replied, "Allowed out? I'm lucky if I'm allowed in!"

According to rumor, Smytie's Three Parks Loop has been voted Best New Ride of 2009.

On November 12th a bunch of club members, including Crashrock, Misty,

Dreamer, Smytie, and Grey Wolf, met at Blast Fitness in Brookhaven with Grey Wolf's niece, Lulu, who was visiting from North Carolina, where she has been a pro fitness contest winner. As she met with the group Lulu outlined a winter cycling program guaranteed to have them flying up the steepest hills next spring. According to Grey Wolf, "My niece is a personal trainer and, like FX Pedrix, she can do many one-arm push-ups."

Many people have remarked upon the similarity between Lulu (pictured at right) and her uncle.

Many of you know that in past decades Buckeye used to be a pretty good long distance runner. In fact he regularly did well in local races, although in his section of Ohio there was one runner he could not beat. Buckeye tells the story about the time he called up his nemesis as race day approached and asked him which of two races he was going to attend. When the runner stated his

preference Buckeye responded, "Okay, I'll see you there." But Buckeye went to the other race and took first place. After driving home from the event Buckeye discovered that his first place ribbon had blown out the car window. Glory had been fleeting.



No-Bake Energy Bars (also known as "You Might Be Able To Keep Up With Brians")

Submitted by Cindy Monteith
Source: Phil Ethridge

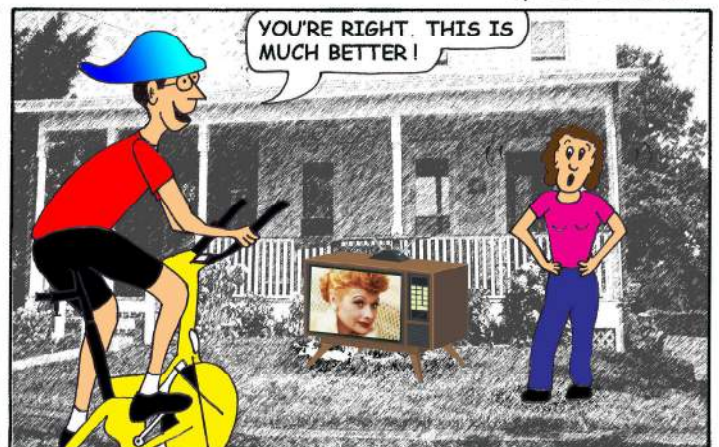
Ingredients

- 1 cup oat bran
- 2 tablespoons cocoa (or carob powder)
- 1/2 cup toasted sunflower seeds, ground using food processor
- 1/2 cup cooked brown rice, minced in food processor
- 1/2 c. skim milk (or soy protein) powder
- 1/2 cup all-natural peanut butter
- 1/2 cup raisins
- 1/2 cup honey

1. In a large bowl, combine oat bran, sunflower, milk powder, raisins and cocoa. fore putting it back in the bowl.
2. Add the brown rice, peanut butter and honey, one at a time, combining after each addition until all ingredients are thoroughly mixed. By the time you get to the honey, this takes some perseverance and serious upper body strength. The mixture is so dense, I actually tried taking it out of the bowl and kneading it like bread on a cutting board. Do NOT try this--the honey makes it too sticky and you'll just end up making a big mess be-
3. Press the mixture into any available pan to your desired thickness. I used an 8x8 Pyrex, but you should use something bigger if you want to end up with bars that are the same size and shape as the prepackaged ones. Once you get the pan into the fridge the dough is not going to spread, so press it down to the size you want the finished product to be.
4. Refrigerate until firm (about 2 hrs.), then slice. Makes about 16 servings.

BONKERZ Cartoons of the DVBC

by Bob LaDrew





Delaware Valley Bicycle Club
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 Swarthmore, PA 19081
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APPLICATION FOR DVBC MEMBERSHIP (expires one year from date renewed or joined)

Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events.
 Your membership also helps influence local government decisions concerning bicycle issues.

Annual membership: \$15 per household

Circle one: *New Member* or *Renewing Member*

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

NAME: _____
 ADDRESS: _____
 CITY: _____ STATE _____ ZIP: _____
 PHONE: _____ Birth Date: _____
 EMAIL: _____

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

I wish to contribute (circle appropriate amount):

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

AMOUNT ENCLOSED:

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

I will volunteer for (circle all interests)

Ride Leader *Tour Volunteer* *Newsletter*
 Other: _____

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

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

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

 Signature

 Signature of parent or guardian (if under 18 years)