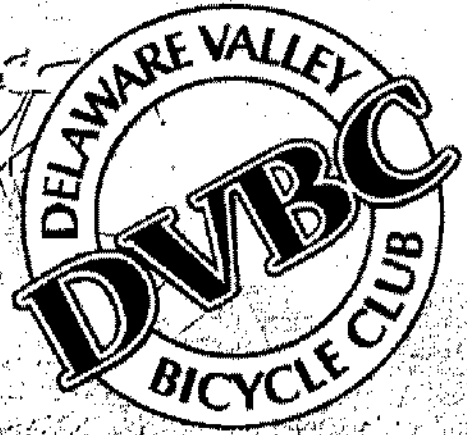


Delaware Valley Bicycle Club

September 2009

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



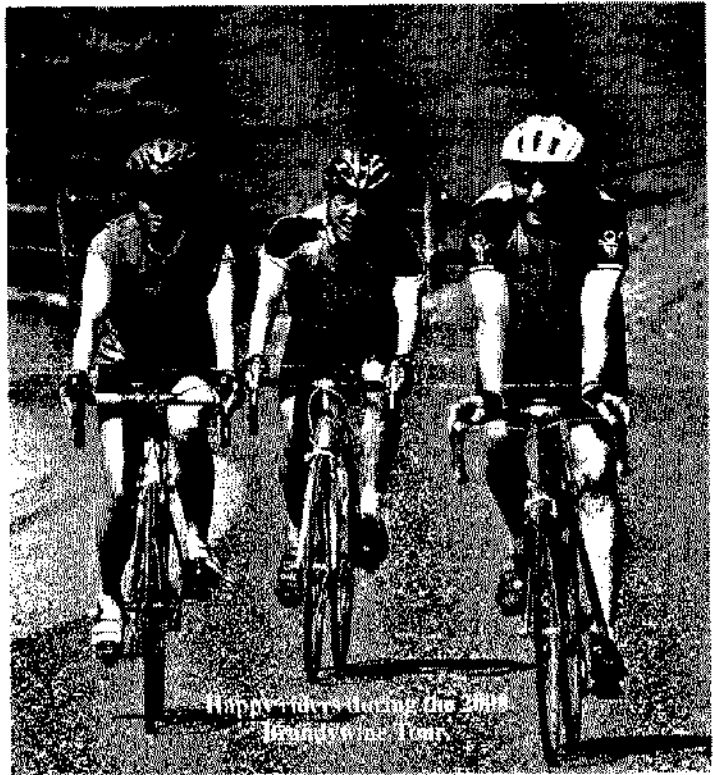
Everybody's Doing the Brandywine!

No, it's not the latest dance—it's the Brandywine Tour, one of DVBC's signature events, held each year on the Sunday before Labor Day.

This year the date is September 6. Ride from 26 to 100 miles through the most beautiful countryside in the Philadelphia region, enjoy great food stops on the road and pizza at the end. Or volunteer to help out the day of the ride, and do one of the Volunteer's Rides the day before.

As fun as these rides are for participants and volunteers alike, DVBC does not do them simply for the recreational pleasure they bring so many people. Proceeds from the Brandywine Tour and the Bonkers Tour (held each spring) are donated to area organizations that support cycling causes. Over the years DVBC has donated thousands of dollars to help make cycling a more pleasant and safer pursuit for everyone in the region.

So come out, help support a good cause, and have a great ride! See you on September 6! For registration information, see the form on page five of this newsletter, or register online at www.dvbc.org. To volunteer, email Drew Knox at president@dvbc.org.



Rocky Mountain High

By Mike Keating

Editor's Note: Last month we ran a picture of Mike Keating at the top of Independence Pass in Colorado. Here's the story of how he got there.

First, hats off to F.X. Pedrix. I don't know how he does it (or how much credit Babs gets as the woman behind the successful man – telling him he's wrong) but the man is apparently all-seeing. Based on his "Someone sell this man a new jersey"

comment about the photo in the August newsletter, he could tell I had on my scruffy old DVBC jersey as opposed to my good condition old DVBC jersey. The reason for wearing the scruffy one ties in with my cycling trip to Colorado.

During the Alps portion of my 2006 TDF trip I met Marie from Bellingham, Washington. She looked quite fit and scared the heck out of me with her "8 to 12 mph on 8% grades" comment.

Various circumstances—particularly the heat and humidity being the great equalizer as Marie doesn't experience much in Washington—resulted in our riding together on several days. A minute into one ride from Mageve I was drinking and tried to brake with just my left hand and promptly went down into a slide. Everyone overreacted to the incident which resulted in some wear and tear on shorts and

(Continued on page 10)

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, 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 Bicyclists
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

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and *Brandywine Tour Coordinator*
president@dvbc.org

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610.494.3033 or dreamerdeb@gmail.com

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Doug Bower, Bowerdou@verizon.net

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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 RIDES for SEPTEMBER 2009

If the weather is iffy, it's important to
CONTACT THE RIDE LEADER IN ADVANCE

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

RECURRING RIDES

| | |
|--|---|
| Tuesdays 6:00 pm Miles:20 +/- Class:C/C+ 320 Produce | We will ride through Swarthmore, Wallingford, and Ridley Township, where the terrain varies from flat to hilly. Average speed, 11 to 13 miles an hour, and we'll wait for stragglers. Bring LIGHTS. Rain cancels. Meet at 320 Produce, Swarthmore Wood Shopping Center, South Chester Road, Swarthmore, PA. Contact Betsy French at 610-324-8207 Email: BFfrench@wilmingtonTrust.com |
| Wednesdays 9:30 am Miles:50-70 Class:B/C Docs' Ride | Various routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Woody will lead the B group and I will do a C pace but at B distance. Probably a lunch stop. Inclement weather cancels ride. Contact Larry Green at 610-544-5799 Email: largo@earthlink.net Contact Woody Kotch at 610-566-2736 Email: hkotch@comcast.net |
| Wednesdays 6:00 pm Miles:20 +/- Class:C+ Rose Tree Park-n-Ride | Meet at Rose Tree Park, Rte. 252 near Media, PA. The peloton is in very good form, so I've bumped up the speed a bit. We'll head for the hills as we ride through Ridley Creek State Park and/or the surrounding area. Will regroup for stragglers. Inclement weather cancels the ride. Contact Dom Zuppo at 484-483-7456 Email: domzdvbc@att.net |
| Wednesdays 6:00 pm Miles:25 +/- Class:R- Wed Nite Road Crew | Oh no, it's September already! Let's finish the season off with more great rides. Average speed around 15.4. Start time is promptly at 6:00 pm to take advantage of daylight. If you've got lights, bring them. Rain cancels ride. Meet at Rose Tree Park, Rt. 252, Media. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com |
| Thursdays 6:00 pm Miles:20-25 Class:C/C+ Thursday Night Ride | Meet at the parking lot located at E. Marshall Rd. & Green Ave., Lansdowne, PA 19050 (Google Maps finds it). Some hills, some rollers. Will wait for stragglers and regroup as necessary. Email question? Please put "DVBC" in the subject line. Contact Gary Stewart at 267-972-4428 Email: Gary7770@hotmail.com |
| Saturday, Sep 5 8:00 am Miles:25-100 Class:All Brandywine Tour Volunteer Rides | Start at Pocopson Elementary School and select from any of the five tour routes. Ride leaders may or may not emerge on this show-and-go but fear not - you should have no trouble following the arrows or the cue sheets. Contact Drew Knox at 267-421-2657 or agknox@gmail.com |
| Sunday, Sep 6 7:30 am Miles:25-100 Class:All 33rd Annual Brandywine Tour | Enjoy a breathtaking ride along the rolling hills of historic Chester and Lancaster Counties. Fully supported by the Delaware Valley Bicycle Club, with pizza, live music, and massage at the end of the ride. For more details please visit our the Events tab. Contact Drew Knox at 267-421-2657 or agknox@gmail.com |
| Monday, Sep 7 8:00 am Miles:105 Class:B 3 Wawas To The Wind | What better way to unwind from the stress of the Brandywine Tour than spending the day riding on some other roads? Meet at Kingsway HS for a flatlander circuit through south Jersey where we'll look for signs of summer's end. Contact Drew Knox at 267-421-2657 or agknox@gmail.com |
| Saturday, Sep 12 9:00 am Miles:35+/- Class:C Bike and Garden Tour | Meet at Rose Tree Park for a delightful ride to Chadds Ford and then into downtown Media for a tour of Adam Levine's garden. Adam is an award-winning garden writer AND a DVBC member. Bring \$ for a quick food stop in Media. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net |
| Sunday, Sep 13 8:30 am Miles:55 Class:B 3 Parks and a Trail Loop | Meet at Rose Tree Park in Media, ride thru Ridley Creek SP and on towards Valley Forge NP. Ride the SR Trail to lunch in Manayunk. Then climb the hills back to Rose Tree. Contact Tom Smyth at 610-909-8226 or smitt542@comcast.net |
| Saturday, Sep 19 8:30 am Miles:65 Class:B- Country Butcher | Start and end in Rose Tree Park. Bring money for lunch. Email me with questions. Contact Dan Dillon at 610-494-4949 or Gray48Wolf@verizon.net |

| | |
|--|---|
| Sunday, Sep 20 7:55 am Miles:50 Class:B+ Facts not Fear | No faux news here..... Fact: There will be hills. No haters... and birthers allowed. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Sunday, Sep 20 8:30 am Miles:40+ Class:All Kountry Kitchen Klatch | This is an updated version of our venerable brunch ride leaving from Kingsway HS. Cue sheets will be available for folks who want to tack on extra miles after dining. Contact Drew Knox at 267-421-2657 or agknox@gmail.com |
| Saturday, Sep 26 9:00 am Miles:45-50 Class:C+ The Muffin Ride | Meet at Rose Tree Park in Media for a lovely ride to our favorite deli in Delaware for their famous pistachio, pina colada, and a host of other delish muffins. We'll enjoy the beautiful Brandywine Valley with shady roads, farm landscapes and maybe even some wildlife sightings. Bring \$ for the short food stop. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net |
| Sunday, Sep 27 7:55 am Miles:60 Class:B+ The Public Option | ...is hills. Join me for this morally imperative ride where everyone is treated civilly. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Sunday, Sep 27 8:30 am Miles:15-20 Class:C Darby Creek Tour Series | Tour the lower Darby Creek Valley on our road bikes including John Heinz Wildlife Refuge, the Swedish Cabin, Lower Cobbs Creek and points between. No cue sheets, we will wait for all stragglers. Meet at my house in Lansdowne; contact me by e-mail or phone for directions. Plenty of parking space. Contact David Bennett at 610-626-1344 or dster21@comcast.net |
| Sunday, Sep 27 9:00 am Miles:32-38 Class:B-/C Art Museum Loop | Start and end at Drexel Hill Cyclery. Plenty of parking across the street, in the rear lot of the pharmacy. Two groups, one C, the other B-. Frank J. will lead the C riders on a slightly shorter/flatter course. B- gang will do the standard Bob Martin route. We will meet up at Lloyd Hall. Bring a snack, nature break and water fill up at the Hall. No lunch stop. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net |

The Falls & The Lakes

By Deb Chaga

Niagara Falls . . . Slowly I turned, step by step . . . When people think of Niagara Falls they may think of the Three Stooges, Abbott and Costello, or honeymoons, but not necessarily biking. They should. Earlier this year I spent a week that included time in both New York State and Canada. The first stop was two days in Niagara Falls, NY. We biked from the New York side of the falls into Canada crossing the bridge with the cars since bikes are not allowed on the pedestrian path. That wasn't a problem at all. We rode along the Niagara River north on River Road up to Niagara on the Lake which is on Lake Ontario. It

was a beautifully maintained trail with gorgeous views of the river. Niagara on the Lake is a scenic little town with lots of restaurants and tourists. We ate lunch there and headed back to the Canadian side of the falls and continued south along the Niagara River all the way to the Peace Bridge in Buffalo on the Lake Erie. There we crossed back into the U.S. and met two cyclists from Buffalo who took us on a mini tour of the town and got us back on our route to Niagara Falls. Total mileage for the day 76 miles.

Our next stop was Toronto which was only about two hours away and is situated on Lake Ontario. That city is amazingly friendly to cyclists, who were everywhere. Toronto has tons of bike paths and bike routes to follow and also has a ton of bike shops and bike racks everywhere. It was very easy to navigate around the city. We rode along the lake,

had lunch and headed into the city for a great day totaling 42 miles. Toronto is a lovely, very diverse city where we ate well and met interesting people. We came upon a few Canadians who actually said the classic "eh" at the end of a sentence.

We returned to New York State and drove to the Finger Lakes region and stayed on Lake Cayuga. There are numerous wineries along the lake and we visited some during our last ride. We rode from Taughannock State Park up to Seneca Falls and back for a total of 60 miles, 13 which were spent in the rain carrying 4 bottles of wine. I should clarify that I wasn't the one carrying the wine, and I was thankful for that. The Grassroots Bluegrass Festival was held nearby and we went both nights we were in town. It was a good time eating, drinking, and listening to great music.

This was a trip I'll always remember for its great roads to ride and beautiful sites to see. Besides biking, we hiked some, and also happened upon two movie sets, one where P. Diddy was shooting an upcoming movie and another in Toronto just a block away from our B & B. We even did the typical tourist stuff at Niagara Falls including walking down into the falls with ponchos on. Try it, you'll like it!

WELCOME NEW MEMBERS!

(as of August 18)

Edgard Bertaut, Silver Spring MD

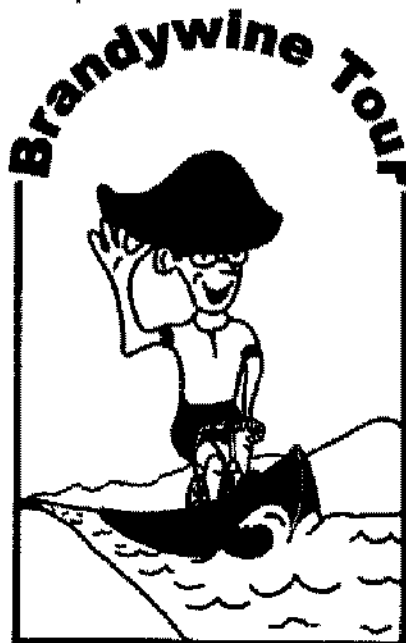
George Gorman, Springfield

Jackson Hale, Exton

Perry Sweigart, Parkside

Jim Taylor, Swarthmore

Sherry Zigon, Wallingford



DVBC BRANDYWINE TOUR

Sunday, September 6, 2009
26, 50, 65, 80 and 100-mile routes

**PIZZA & FREE MASSAGES
AT THE END OF THE TOUR**

Ride through some of the Delaware Valley's most beautiful scenery. Fully supported with food and drink stops and SAG drivers on all routes. Proceeds from this tour and other club activities support a variety of local bicycling and open-space organizations, with over \$18,000 donated by DVBC in the past five years.

REGISTER ONLINE AT WWW.DVBC.ORG

TIME: 7:30-10 a.m. for all routes. All support services end at 4:30 p.m. Century riders should arrive promptly at 7:30 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 28): \$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. This saves the club printing and mailing costs, and saves trees!)

Pre-Registration Form (Must be postmarked by August 28)

Name: _____ Address: _____

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

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): 26 miles 50 miles 65 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 28, to:
Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081
Online registration also available at www.dvbc.org

UPCOMING REGIONAL EVENTS

For more information, registration details and web addresses for the rides listed below, visit the Suburban Cyclists Unlimited calendar page at www.suburbancyclists.org

Sat. Aug. 29, Round the Valley, Memorial Lake State Park, Grantville (off I-78, 20 mi east of Harrisburg), PA. Ride 17, 31, 62, or 100 mi on scenic low-traffic roads. The 100-mi ride goes around the perimeter of Lebanon County with 7,000 ft of climbing. Lebanon Valley Bicycle Club.

Sun. Aug. 30, Shoo-Fly Classic, Oley, PA. 20, 40, or 60 mi — or combine the 40 and 60 for a full century. The Oley Valley is recognized by *Bicycling Magazine* as one of the best cycling areas on the East Coast. Berks County Bicycle Club

FEATURED RIDE:

Sun. Sept. 6, Brandywine Tour, Pocopson Elementary School, near Cbadds Ford, PA. Ride 26, 50, 65, 80, or 100 miles on rolling to hilly terrain. Pizza and massage at the end of the ride. Delaware Valley Bicycle Club.

Mon. Sept. 7 (Labor Day), Labor Day Century, McSherrystown, PA (near Hanover). Ride 25, 50, 65, or 100 miles. Carmen's homemade Ice Cream, hot dogs, energy drinks, and snacks will be provided after the ride. Hanover Cyclers

Sat. Sept. 12, Civil War Century, Thurmont, MD. 25 mi flat, 50 or 62 mi rolling, 77 or 105 mi hilly, on low-traffic roads. Limited to 1600 riders - no day-of-event registration. Baltimore Bicycling Club

Sat. Sept. 12, Cycle for Kids' Sake, Burlington Township, NJ. 20, 40, 65 or 100 miles on flat to gently rolling terrain. Benefits Big Brothers Big Sisters.

Sat. Sept. 12, Delaware Amish Country 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. 12, 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. Make it a Philadelphia weekend and ride TD Bank Bike Philly on Sunday. Bicycle Club of Philadelphia (BCP)

Sat. Sept. 12, Uninvest Grand Prix and Cyclosporitif, Souderton, PA. 40 or 60 mi on rolling-to-hilly terrain.

Sun. Sept. 13, Homebound Bike Tour, CB South HS, Warrington, PA. 10, 40, or 63 mi. Benefits Aid For Friends, a 501 C-3 nonprofit organization that offers free daily home-cooked meals to the elderly in the 5-county Greater Philadelphia area.

Sun. Sept. 13, TD Bank Bike Philly, Philadelphia, PA. A 10- or 20-mi family-friendly bike tour celebrating the freedom of car-free Philadelphia streets. Extend your ride with 35- or 50-mi routes that include streets open to automobile traffic. 2,500 riders in 2007. Bicycle Coalition of Greater Philadelphia

Sat. Sept. 19, Harford County Pink Ribbon Ride, Harford Community College, Bel Air, MD. 4, 12, 25, 40, 62, or 100 miles. Benefits the Chesapeake Cancer Alliance

Sat. Sept. 19, Jersey Devil Century, Parvin State Park, Centerton, NJ. 25, 50, or 100 mi, flat. South Jersey Wheelmen (SJW)

Sat. Sept. 19, South Jersey Tour des Farms, Vincentown, NJ. Note new date! 16, 29, or 52 mi with stops at farm markets.

Sept. 25-27, Weekend in Lancaster,

Lancaster, PA. 16-61 mi per day. Hotel accommodations and some meals are included. No route markings or SAG. Baltimore Bicycling Club

Sat. Sept. 26, Belleplain Fall Century, Belleplain State Forest, Woodbine, NJ. Ride 28, 35, 50, 63, 78, 85, or 100 mi. Shore Cycle Club

Sun. Sept. 27, Bike Fresh Bike Local, Downingtown, PA. 25, 50, or 75 mile. Ride begins and ends at Victory Brewing Company and includes a post-ride meal of local foods and Victory brews.

Sun. Sept. 27, Hops to Hops MS Bike Tour, Lambertville, NJ. 40-mile ride through rolling. \$40 registration + \$150 minimum pledge. National Multiple Sclerosis Society

Sept. 30 - Oct. 4, Tour de Pines, various start locations in the Pinelands National Reserve, NJ. Each day's tour will be a 40-55-mile loop, with average speeds of 11-13 mph. Participants may elect to ride 1, 2, 3, 4, or all 5 days of the tour. A FREE unsupported event. Registration deadline September 25. Pinelands Preservation Alliance

Sat. Oct. 3, AJF50 Ride For Autism, Yardley, PA. 12 or 50 miles. \$40 registration + \$100 minimum pledge. Benefits the AJ Foundation for Children with Autism.

Oct. 3-4, MS150 City to Shore, Cherry Hill, NJ, to Ocean City, NJ, and return. National Multiple Sclerosis Society

Oct. 3-4, MS Bike to the Bay, Dover, DE, to Rehoboth Beach, DE, and return. National Multiple Sclerosis Society

Sun. Oct. 4, Gap Gallop, Bethlehem Township, PA. 50 mi rolling, 65 or 100 mi hilly. The Gap Gallop's great scenery, varied terrain and lightly traveled roads make it one of the most enjoyable centuries in the Northeast. Lehigh Wheelmen Association.

Two Exhibits Feature the Bicycle as Art

At the intersection of art, cycling, recycling, goodwill, and party, Neighborhood Bike Works's 7th annual Bike Part Art Show, on September 18, is a silent art auction and craft boutique which features fun and functional work inspired by and made from bikes, including paintings, sculptures, light fixtures, photographs, housewares, and much more!

The show celebrates the growing momentum of bicycling in Philadelphia with live music, food, drink, a raffle (win a Fuji track bike!), and by giving all the proceeds to run the free youth cycling programs at Neighborhood Bike Works. Select works will be on display starting August 28.

7th annual Bike Part Art Show

September 18, 7-10 pm

Studio 34 Yoga Healing Arts

4522 Baltimore Avenue, Philadelphia

\$5 suggested donation at the door

For more information, visit

www.neighborhoodbikeworks.org/

BikeArt

Now through October 13, 2009, The Galleries at Moore, 20th and Race Streets in Philadelphia, presents **Bicycle: people + ideas in motion**. This exhibition celebrates Philadelphia's passion and commitment to the bicycle and explores the art and design of the bicycle—from functional object to a canvas for good causes, personal expression and civic mindedness.

Philadelphia's connection to the bicycle runs deep. In 1876 during the Centennial International Exhibition Albert Pope

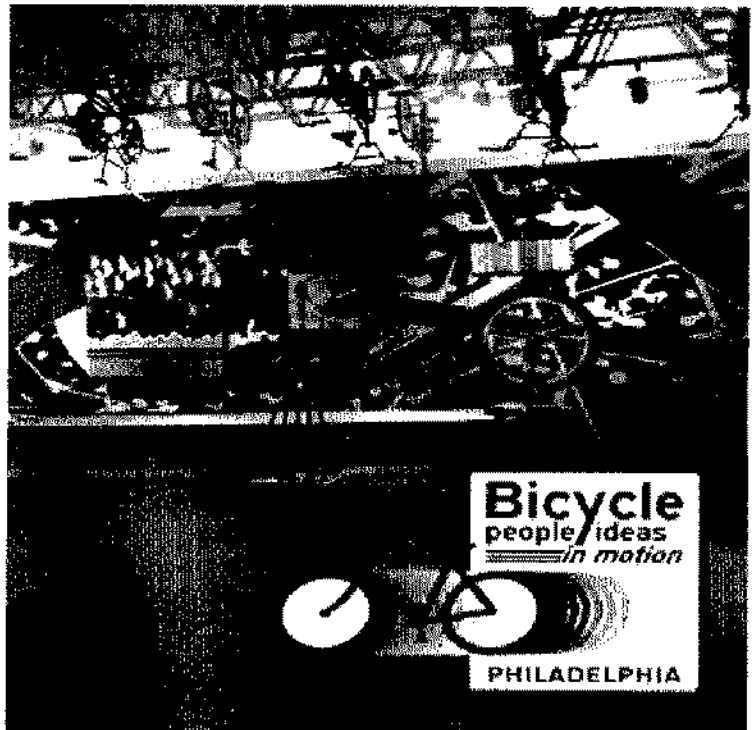
the owner of Pope Manufacturing Company, saw the first modern bicycle ever to be displayed in the United States. He started importing them and later building them. Pope's bicycle was the first modern bicycle built in the United States. In just a few years, the contraption bowled along every city's streets.

Today in Philadelphia, the bicycle is used in a daily commute to school or work and in the summer as a prime outdoor activity along the Schuylkill River and Kelly Drive. Whether as a mode of transport, healthy hobby, or a world-class sport Philadelphians ride by the thousands on the road, on the track, on paths, and pretty much anywhere two wheels can go.

In addition to vintage bikes from Philadelphia collections, including one of Albert Pope's Colombia bikes from the late 1800s, the core exhibition will feature a variety of bikes found in Philadelphia's urban landscape: "fixies," folding bikes, road and touring bikes, commuters, cargo bikes, and more.

The art of the hand-built bike will focus on Philadelphia's own Bilensky Cycle Works. Sections of the exhibition are devoted to highlighting annual Philadelphia events

such as the Philadelphia International Cycling Championship Race, Kensington Kinetic Sculpture Derby, Bicycle Polo and Urban Cyclocross, as well as community-based organizations like Neighborhood Bike Works and the Bike Part Art Show and the Pedal Co-op. While primarily focused on the Philadelphia-based bicycle community, artists and designers from Philadelphia and beyond who find inspiration to create new forms, functions and materials from bicycles and bicycle parts will also be featured in related exhibitions including: Ryan Humphrey, Lee Stoetzel, The Dufala Brothers, Aaron Igler/LURE

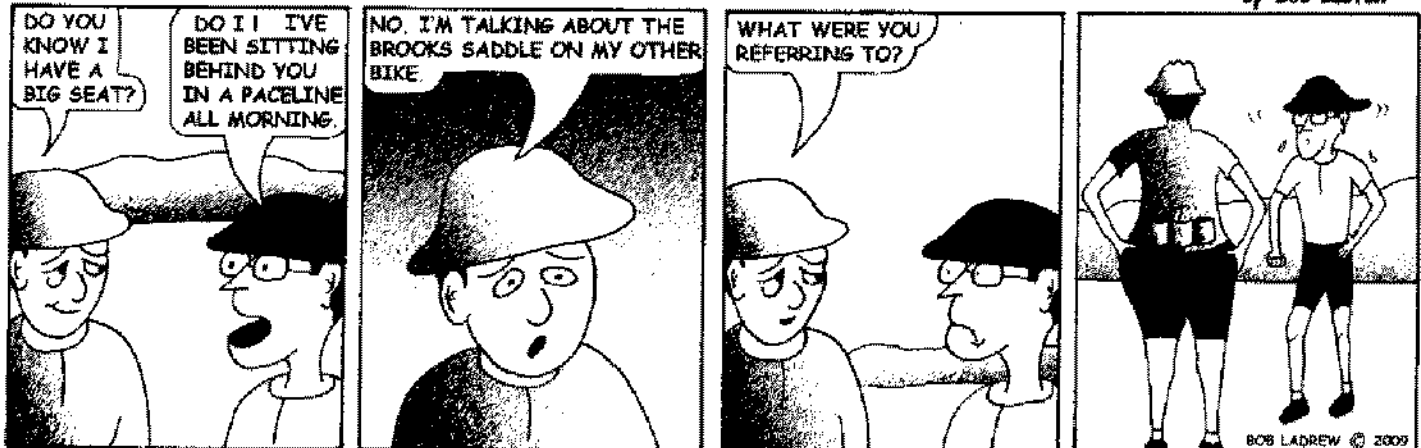


and Dan Murphy, among others.

For more information, call 215.965.4027 or visit the website, www.thegalleriesatmoore.org.

BONKERZ Cartoons of the DWBC

by Bob LaDrew





Bike Dirt

by F.X. Pedrix

F.X. Pedrix@dvbc.org



This is going to be difficult, but I need to do something a little out of character for me. That is, I need to **apologize** to the club's email list serve subscribers, who became victims last month when I hastily left for a week's vacation and turned on an automated out-of-office email response. Those of you who have been in the club for a few years can guess what happened. Every time an email came to my unattended computer from **Plastic Boy's** mainframe, my out-of-office response was kicked back to the list serve. In what became an endless cycle, emails were bouncing back and forth between my computer and the list serve. This would have been okay if you hundreds of club members were not also swamped by the resulting emails. Fortunately, one of my pseudonyms was associated with the letters, along with a fake New York mailing address, and my cover was not blown.

The **Dominator** went Olde English on us last month as he submitted a Wednesday night ride wrap-up: "**Jo Ann, Mel, Shelley, Sue, and Vicki, the Countesses of the Climb**, joined with **Gary, Gregg, Jack, John, Perry, Tony**, and yours

truly, the **Patricians of Pedaling**, as we headed out from Ye Old Rose Tree Park. The hills and dales were ahead, but I had my doubts we'd visit them.

Novitiates Gary and Perry appeared willing, but could they handle the pace set by my usual weekday warriors? In the words of the Great Bard, I sized up the mettle of these men, and I did NOT find them wanting. The

Lord of Locksley has been calling, so with some words of encouragement (I think) from some local natives in their horseless carriage, we attacked

Smilin' Rookie shows her great lung capacity, as she scarfs down a piece of her birthday cake with nary a pause for a breath. Jim Irwin looks on, protecting his slice. More cake eaters below.



said route, this time from the west. Since the assemblage was in good form, we glided to Sweetwater and the return trip to home and hearth... These bravehearts covered 20.8 miles in 1 hour and 36 minutes at an average 13 miles per hour. Hear hear!"

SCU's ever-popular Lake Nockamixon century was canceled last month. **Movie Man** spoke with one active SCU member who told him that after the last LNR the local municipalities they ride through and

the local cops were making it so difficult to comply with their demands they decided to cancel the ride. **Movie Man** responded that he was surprised it

had taken the local Gestapo so long to place restrictions on bicycle clubs that lead rides through their towns. He said, "I am just waiting for Delaware and Chester Counties to catch on. After all, everyone knows the roads are only built for cars and since bicycle riders do not pay gas tax they do not have the right to ride on the roads and slow down law abiding drivers."



Ride Away saw many DVBC members while participating in the Dog Daze ride last month. He added that he was looking for Dreamer, but

one cake at the lake and another waiting at ride's end. The birthday honoree was **Smiling Rookie**. All in attendance agreed that **Alex** sure can

it takes to become best buddy with a dog. You have to walk with him a lot, and not just short strolls around the block. I started taking him on intense 7-8-mile marches in the forest. Ozi was probably doing even more, 9-10 miles chasing everything he could sniff around. To even the playing field I would load my backpack with 40 pounds of rocks."

Big Puppy (no relation to Ozi) was so determined not to miss **Bonkers Boy's Witness Ride** last month that, when he punctured on the 10-mile commute to the ride, he just put his head down and sprinted the last two miles on his back rim.

You never know what subject is going to fire up DVBC members. Quite a ruckus ensued when **Dreamer** emailed a question about helmets to the list serve last month: "I've got a small head and usually buy a small I'm thinking of getting



The latest in the DVBC line of ready-to-wear-and-ride fashion. See page 11 for ordering info.

guessed that "she's still tied up with **Phil Ligget**—you know how passionate it is when you're just starting a relationship." And, speaking of Ride Away, he and his lovely wife **Marji** have been declared the **King and Queen of Fred Engle** (their Brandywine Tour food stop), just like **Grey Wolf** and **Misty** are the **Emperor and Empress of Noble**.

A Colorado law recently signed by Democratic Gov. Bill Ritter not only requires motorists to give riders at least a 3-foot-wide berth, it also makes it illegal to throw things at riders, says Dan Grunig, executive director of Bicycle Colorado. Previously, he says, police could only cite a motorist if they actually hit the rider. To which **Motorola** responds: "Do we really need a law that says it's illegal to throw things at a cyclist? Can't existing assault laws be applied?"

On August 8 Grey Wolf hosted what he termed "a two-cake ride," with

bake.

Simply by riding their bikes, the **Dominator** and **Tony Four** may have saved a life one evening last month. I'll let **D'ster's** message explain: "My dear wife **Cynthia** was driving home on Gradyville Road this evening when she slowed down upon seeing two riders on the road, one of whom was wearing a DVBC jersey. Because of this, she missed hitting a flock of deer (Editor's note: Apparently that "flock" of deer was flying low.) that were crossing the road. She wanted me to thank whoever it was by posting this announcement."

After recently acquiring the sobriquet **Anaerobic Junkie** for his exploits on the Appalachian Trail, the **Polish Prince** traveled to his homeland last month for a vacation. There he made a new friend in the form of **Man's Best Friend, Ozi**. The Prince says, "I figured out what



the Rift because it's not super expensive. My helmet has some cracks in the foam part in the back and I'm thinking it might be time to get a new one. What's the rule about replacing helmets anyway? I think I bought this one back in 2005.

For days members like **3 First Names**, **Movie Man**, **Buckeye**, **Smytie** and the **Peffessor** were sending out scientific and emotional arguments about the safety of bike helmets. One thing I learned is that, if you are going to express an opinion on the list serve it had better reflect sound scientific thinking or **Movie Man** will rip you apart.

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jersey along with very minor road rash. When Marie decided 2009 would be the year she and her cycling significant other, Ken would finally do Colorado with me, I had to wear that jersey for nostalgia.

I flew out on a Wednesday in June and rented a Grand Caravan so that we could have 3 passengers and all 3 bikes inside. By renting in town rather than the airport we saved almost \$300 dollars for the 5-day rental.

I got to my brother's house in Bergen Park (20 minutes west of Denver) about 4:00. A leisurely bike assembly (I took my old 1990 Raleigh Technium with the PowerCrank, all 28.5 pounds of it (8.5 pounds heavier than my Harry TI bike)) and I was off to my traditional day 1 ride, Lookout Mountain.

This is one of the shorter Colorado climbs and tops out a little over 8,000 feet. It is packed with switchbacks and is a very popular climb. The descent is a great mixture of gentle curves where you can fly and hairpin turns that challenge your bike handling skills. For long stretches the switchbacks force the cars to go slower than you. Every so often a great view of Golden (base of the climb and home of Coors, of course), each one larger as you descend. I did OK but Tom Danielson's Pillars to Post record was not really threatened.

Unlike my June trip I drove to the ride rather than ride there from my brother's. There would be plenty of riding to come so no need to blow up on day one.

Thursday I would do Juniper Pass. This is a 14.7 mile climb that rises to 11,230 feet. The start is at the bottom of my brother's development (location, location, ...). While averaging only around 4 to 5 %, this climb is a favorite because the first few miles are a great warm-up of 2 to 3 %. Later a stretch of 7 miles at around 7 percent kicks in. Having done all or part of this climb several times in the past I turned around after reaching

10,000 feet. I didn't want to bum out on day two.

That night I picked up Marie and Ken—and their monster bike case with both bikes inside—at the airport. Ken assembled the bikes and we discussed tomorrow's Mt. Evans itinerary. Mt. Evans is the highest paved road in North America topping out at 14,130 feet. The road to Mt. Evans is a turn off from the climb to Juniper Pass from the west (Idaho Springs). The more convenient option from my brother's is to simply start at his neighborhood and climb Juniper pass from the east then descend 2.5 miles to the turn off at Echo Lake. Because the traditional route (the annual bike race) is from Idaho Springs and is uphill all the way, we would drive the 20 minutes to "the springs" and ride from there (14,130 feet; 27.8 miles; and grade from 4.5% to max of 10%).

The weather was ideal. Sunny but not too warm with a mild breeze. About 60% of the way to Echo Lake I had dropped behind. Because Marie and Ken were stopping periodically to take photos, we were regrouping by default. Unfortunately I developed cleat trouble (I use a homemade slim under my left cleat) and Ken had the multi-tool with him. After waiting a bit hoping to catch a ride from a passing motorist I descended back to the start and drove up to Echo Lake.

Ken and Marie finished their food break and I tightened my cleats so we started (\$3 fee for hikes) up the Mt. Evans road. I faded at about 11,000 feet and stopped while they continued to the top. Unusually good weather at the summit, particularly for this late (after 2:00) in the day (conventional wisdom is to get off the summit by noon). The summit included a herd of mountain goats and a foreigner with his support team who had set up a trainer. So

much for live high, train low!

Back at Echo Lake Ken and Marie opted to complete the descent back to Idaho Springs and I sagged for them in the van.

Saturday we would do Trail Ridge east (12,183 feet; 18.2 miles @ 4.8% - max of 8%) in Rocky Mountain National Park. The idea here is to do it early before traffic picks up. We got a lazy start and had decided to drive the scenic route so we had plenty of traffic in the park. Moreover this was a free admission weekend (so I'm sure traffic was much heavier than usual). As usual I fell behind and regrouped when they stopped for photos. The consecutive days of climbing were taking their toll so I turned around at about 11,000 feet - we still had one more day to go. I descended and drove the van to the summit figuring I could at least sag for them.

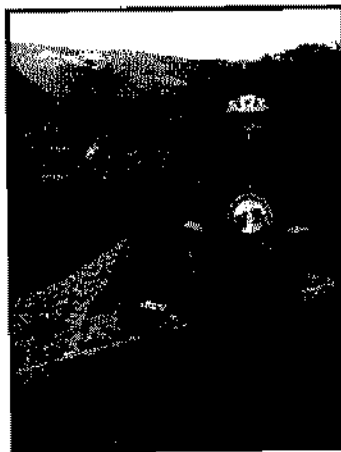
The upper portions of the road offer perhaps the most scenic view of view in Colorado. The summit is not equipped to handle the volume of vehicles there on Saturday. The parking lots were overflowing so I had to perform a treacherous U-turn.

Because of a tight schedule (my brother and I were meeting some ND buddies that night) we took the quicker route back through Boulder.

Sunday would be our final climb - Independence Pass from Aspen (12,095 feet; 15.9 miles @ 4.7% - max 8%). Aspen is about a 3-hour drive. One the way we went through the Eisenhower Tunnel and Glenwood Canyons on I-70 (noteworthy enough to be featured on the History Channel's *Modern Marvels*).

Again a beautiful day at the start. This climb features extended stretches of steep cliffs more reminiscent of many of the Alps and Pyrenees climbs I've done. Definitely a rugged flavor compared to the pastoral

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LEFT: Once a fashion plate, always a fashion plate—When Smytic hurt his finger, he insisted that the blue stitches match his blue handlebar tape.
 RIGHT: Smiling group at Lloyd Hall, midway on a mid-August Art Museum ride.

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flavor of the other days. With nothing but rest days ahead for me I persevered to the top welcoming each and every photo op that provided a breather. Towards the top some ominous clouds were approaching. About 5 minutes into the descent we were pelted by heavy, cold rain with strong winds. Marie and Ken were better dressed than I but we were all probably at risk of hypothermia had the storm not passed after about 10 minutes. Once it did, pleasant weather promptly returned.

On the drive back through Aspen as I pondered the elitist nature of the town I decided to strike a blow for the common man. I rolled down the window, waved my arm defiantly and shouted “Hey Aspen – you’ve got three sweaty, middle-class people driving through your town!” On the way back we had dinner in Breckenridge. After getting back and packing up the bikes we agreed that the monster climbs of Hawaii will be in our future. Stay tuned.



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EXPIRES 7/10



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| <p>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.</p> | |
| <p>Annual membership: \$15 per household Circle one: <i>New Member</i> or <i>Renewing Member</i></p> <hr/> <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: _____ Birth Date: _____</p> <p>EMAIL: _____</p> | <p>The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley.</p> <p>I wish to contribute (circle appropriate amount):</p> <p>\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ _____</p> <p>AMOUNT ENCLOSED: \$15 membership + _____ Safety Fund = \$ _____</p> <p>I will volunteer for (circle all interests)</p> <p><i>Ride Leader</i> <i>Tour Volunteer</i> <i>Newsletter</i></p> <p>Other: _____</p> |
| <p>Please send your check or money order to: Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081</p> | |
| <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.</p> <p>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.</p> | |
| <p>_____ Signature</p> | <p>_____ Signature of parent or guardian (if under 18 years)</p> |