

# Delaware Valley Bicycle Club

MARCH 2010



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

## Volunteer: A New Frontier by Dominick Zuppo, DVBC President

Believe it or not, the 2010 riding season is coming. The snow will eventually melt, and the days will grow longer. So dust off your bikes and give them a good going-over before you throw a leg over the top tube.

While you're at it, I'd like you to think for a moment about giving back to the club. The DVBC has had some attrition over the last few years, which is only natural. Some members have moved away from our area, and others have limited their cycling to times that better fit their schedule. But we have had many new members rise to the occasion and become an important part of our life-force, the volunteer.

People volunteer for many reasons. Some say they want to meet new people – they're new to our community or have spent much of their non-work time caring for children or elderly parents.

Others are looking to develop new relationships. Quite honestly, even with all of the modern communication tools at our disposal, many people today are lonely. By volunteering, they have an opportunity to meet people with whom they share common interests.

Some members join the DVBC to learn new skills. While I wouldn't consider the preparation of 100 PB&J sandwiches especially difficult (unless you're allergic to bees), understanding the preparation and coordination needed to sponsor a bicycle tour can become a valuable asset if a member would like to help another organization to which they belong host a fund-raising event.

People volunteer for many reasons, but always for a purpose. The concept of giving back is strong in most volunteers' minds. With that thought in your mind, here are a few reasons to volunteer for your bicycle club:

1. Have Fun! If you love to ride your bike, consider posting a club ride. Maybe you have a new and beautiful route to the local coffee shop that you'd love to share with the rest of the gang.

2. Learn something new about yourself. You've attended a club ride and realize being a ride leader is not as hard as herding cats. Why not give it a try?

3. Make someone else's day. Your extra little effort to help a club member shop for tour supplies or distribute club brochures can make a world of a difference to them.

4. Express your passion for a cause. If you feel uncomfortable riding the streets of your community, can you think of ways to make the

journey better? The Delaware County Cycling Committee is always looking for members who can voice their concerns and suggest ways to improve bicycling to their elected officials.

5. Explore career possibilities. Do you get a pit in your stomach when you see someone cycling against traffic? Did you know there are organizations, like Neighborhood Bike Works, that need volunteers to teach new cyclists the proper

*(Continued on page 3)*



## Thousands and thousands of miles: 2009 Member Ride Reports

### Mary Huis

What another great year - did not ride as much - was just shy of 3000 miles of road riding and additionally had some great times on my MTB in the woods. I enjoyed the camaraderie of so many great riders and fun people and I enjoyed so many terrific rides on amazing routes. Thanks, DVBC!

Organized rides that I participated in: Tour de Cure (as a volunteer); Kent County Spring Fling - especially enjoyed riding my bike down for 60 of the miles; Seagull Century - did a modified metric out of Ocean City, MD and rode part of the route  
What I'm especially looking forward to in 2010: Kent County Spring Fling, Bike Virginia, serving the club as a Board member.

### *What I learned in 2010 (3rd biking year)*

1. Sometimes back pain is the result of trying to ride too upright. I had a "fitting" at BW Cyclery and the recommended lower & stretched out over the handlebars position has helped tremendously. Pain is now 85% mitigated.

2. Leg cramps don't have to mean it's the end of the ride - rubbing them out & guzzling Gatorade & reducing strain on muscles as

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## 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.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15<sup>th</sup> of each month. Please note that the views expressed in this publication are not necessarily the views of the DVBC.

Monthly board meetings are open to all. Contact the President for exact time and location.

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### Club Affiliations

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

## Important Dates for 2010

Club-Sponsored Tours  
5/16: Bonkers Metric  
9/5: Brandywine Century

Club Picnic and Banquet  
To Be Announced

Volunteers are always needed for all club activities. Contact any Board member with your ideas and input.

Each year money raised from the club's two tours is donated to organizations working to benefit the local cycling community. Over the years DVBC has donated thousands of dollars that help make cycling a more pleasant and safer pursuit for everyone in the region.

## Board of Directors and Volunteer Staff

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## RIDE GUIDELINES & CLASSIFICATIONS

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.

**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.

# DVBC March 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 listserve.  
 Please **CONTACT THE RIDE LEADER IN ADVANCE** to make sure a ride is still on.

## March 2010

<b>Sat, Mar 6 9:00 am</b> Miles:12-15 Class:All <b>Mountain Bike Ride</b>	Meet in the Woodlawn Preserve lot, on Creek Rd., just off Smith Bridge Rd. at the covered bridge. Bring \$ for a possible lunch stop. Rain or snow in the previous 48 hours will cancel (trail conditions iffy in March). Check with me or the list serve the day before the ride. We can always change to a road ride if necessary. Contact Dan Dillon at 610-494-4949 or <a href="mailto:Grey48Wolf@verizon.net">Grey48Wolf@verizon.net</a>
<b>Sun, Mar 7 9:00 am</b> Miles:38+/- Class:C <b>The Perkiomen Trail</b>	And now for something completely different - let's meet at Betzwood Parking Area at Valley Forge and ride the Perkiomen Trail. This is a hybrid or mountain bike ride because most of the trail is a 10-foot wide cinder or stone aggregate (non-paved) surface with grass shoulders. Bring \$ for food stop along the way. Rain or wet trail will cancel the ride. If you plan to join the ride, Contact Mary Huis at 610-627-0766 or <a href="mailto:familymail233@comcast.net">familymail233@comcast.net</a>
<b>Sun, Mar 14 9:30 am</b> Miles:35 Class:C+ <b>Art Museum</b>	Celebrate the first day of DST. Meet at Drexel Hill Cyclery. Parking across the street in the rear of Rite Aid. Brief stop at Lloyd Hall for a nature break and water. Bring a snack, no lunch stop. Post ride eats at Ming's (same lot). Rain cancels. Temps below 25 will change ride to a mtb outing (check list serve). Contact Dan Dillon at 610-494-4949 or <a href="mailto:Grey48Wolf@verizon.net">Grey48Wolf@verizon.net</a>
<b>Sat, Mar 20 9:30 am</b> Miles:35 Class:C+ <b>Spring Begins</b>	Hook up (didn't know DD was so hip! DZ) at Chadds Ford E.S. lot (lower level). Bring money for a food stop, either the Country Butcher or PureBread. I'll let our cycling gourmet decide - she may pick both. Contact Dan Dillon at 610-494-4949 or <a href="mailto:Grey48Wolf@verizon.net">Grey48Wolf@verizon.net</a>
<b>Sat, Mar 20 9:30 am</b> Miles:30+ Class:C <b>Spring on the Delaware Greenway</b>	Ride through 3 Delaware State Parks to the Christiana River Walk, Wilmington and return. Combination of trail and roads, hybrid or 26" tires recommended. Bring \$ for lunch stop. Meet at the Cauffiel House Parking Lot, Governor Printz Blvd S, then Rt. on Cauffiel Rd., left into parking lot. Rain or temp. below 45 cancels ride. Contact David Markman at 610-892-1942 or <a href="mailto:photodjm@aol.com">photodjm@aol.com</a>
<b>Wed, Mar 24 5:15 pm</b> Miles:14+/- Class:All <b>Aston Hill Climbing Society</b>	Come out and do hill repeaters with the AHCS. Everyone is welcome since you do the hills at your own pace. This is a good way to get an hour or so of training in to strengthen those winter weary legs. Ride begins at Planet Fitness, Pennell & Marionville Rds, Aston PA. Rain/snow/ice cancels. Contact Debbie Chaga at 610-494-3033 or <a href="mailto:dreamedeb@gmail.com">dreamedeb@gmail.com</a>
<b>Sat, Mar 27 9:00 am</b> Miles:40+/- Class:C+ <b>Brandywine Loop</b>	Let's meet at Rose Tree Park in Media and head to the Brandywine area. We'll meander around the Chadds Ford area and see if the snow has melted yet. Bring \$ for food stop. Inclement weather cancels the ride. If you plan to join the ride, Contact Mary Huis at 610-627-0766 or <a href="mailto:familymail233@comcast.net">familymail233@comcast.net</a>
<b>Sun, Mar 28 8:30 am</b> Miles:55 Class:C+ <b>3 Parks and a Trail</b>	First 3 Parks of the year will be C+ pace to get legs in shape! Meet at Rose Tree Park, ride thru RCSP and VFNP. Ride the SR Trail to Manayunk. Quick food stop, then ride the hilly route back to RT Park. Contact Tom Smythe at 610-909-8226 or <a href="mailto:smitt542@comcast.net">smitt542@comcast.net</a>

## Volunteer: A New Frontier

(Continued from page 1)  
 way to ride?

6. Feel good about yourself. After volunteering at a club fund-raising tour, you'll know you did something great. Really great, especially when you see the smiles on the faces of our guests. So be proud of yourself.

7. It's time to DO SOMETHING!  
 Apathy is boring. And not very good for they gray matter between your ears.

So think about it. Maybe 2010 is the year you step outside your nine dots. It doesn't have to be something grandiose, like leading a metric ride. Start small and post a two hour ride that

starts and ends at your favorite park. Throw on your apron and help grill some burgers at the club picnic. Or when the clarion call for tour volunteers sounds, check your schedule and raise your hand. You'll be glad you did.

## Bike Dirt

By F.X. Pedrix

As I pen these words on **President's Day**, I see that yet another ride has been cancelled due to snow. My lovely wife **Babs** is out cross-country skiing, and I'm glad for the break. We're both suffering from cabin fever, and everything she reads on the list serve becomes a topic of conversation or, more likely, of controversy in our household.

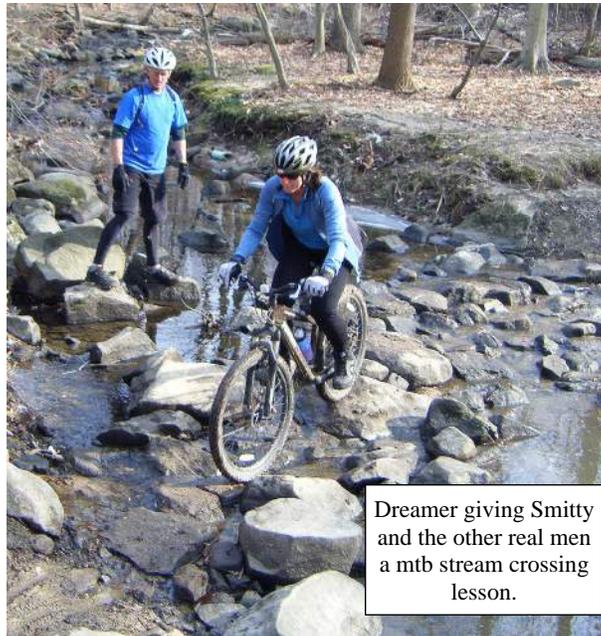
Unfortunately we missed the club banquet due to our trip to summertime in New Zealand. Awards were given to **Gary Stewart** and **Vicki Herzog** as Rookies of the Year. **Rich Andreas** received acknowledgement for his 700 Mile WEEK during Bike VA last summer. Most of us are lucky to reach that number in a month. Rich had the flu and couldn't ride during November so I guess he probably missed out on another 1000 miles or so. [Editor's Note: See *Ride Away's* phenomenal 2009 ride report elsewhere in this newsletter.]

The first-ever "Yellow Shoes" award went to **Jack Thomas**, for his nifty, speedy-looking road shoes. Word is that Jack also wears these shoes in his spinning classes, but he never seems to get ahead of anyone in there. **Juror #6** received the "Most Excuses Not to Ride" award for coming up with some real doozies during 2009. The evening closed with an amusing video and slide show of photos of club members morphing into celebrities including the **Queen of England**. Who knew **Double FF** had royal blood?

My spies tell me that the board meeting on Jan 4th was quite exciting. None of the members wanted to replace our outgoing president, **Drew Knox**, who now heads up the statewide Bike Delaware project. (Thanks Drew for all you've done, and good luck!) First order of business was to elect two new board members, **Mary Huis** and **Arjunan Ganesh**. **Dom Zuppo** was at the meeting, though no one was quite sure why—but then, in a surprise move, he asked to be voted back to the board, too. After the unanimous vote, Dom then surprised the Board even more, when he offered to serve again as president, leading to another unanimous vote. Explaining his return to the position he had held for

many years, Dom said he hoped to help the club grow by recruiting more members, and hoped to lessen his own workload by recruiting more volunteers. Seems like "The Dominator" wants a new nickname, "**The Delegator**." Expect a tap on the shoulder from Dom, asking you to volunteer, when the club's tours come around this year.

Speaking of past-presidents, **Jan Chadwick** was in touch in December when she asked for help moving out of DC. **Buckeye** and **Silver Fox** came to her rescue by loading and driving her stuff to Buckeye's garage just before the first big snowstorm hit. But that wasn't the end of Buckeye's traveling. Seems he just had to buy a new Honda



Dreamer giving Smitty and the other real men a mtb stream crossing lesson.

Accord, and the best deal he could get was in Richmond VA. So off he trudged with his bride **Gigi** on a Saturday when another snowstorm hit the South. He got the car but it took them both ten hours to drive home in their respective cars. Guess who was in the doghouse or should I say "**Doughouse**" for that one?

**Grey Wolf** continues to amass more converts to the world of mtbing (which, for you newbies, is shorthand for mountain biking). Since the last newsletter was published, **Yellow Shoes**, **Mike Madonna**, and **Motorola** have all bought new steeds for the woods. **Babs** is also yammering about getting one, too. **President Obama** ought to thank Grey Wolf for stirring the local economy. With the latest three bikes, it brings the count up to thirteen

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bikes purchased due to his influence. **Joe Petrucci** took the mtb'ers out to Middle Run where the group encountered "The Enchanted Forest" (per **Dreamer**) which included a technical part called the Cork-screw. **Gaspasser** joined the group and showed the young'ns how it's done on trails. One spy reported that Dreamer showed **Smitty** and Grey Wolf how to ride across a stream on the rocks during a Woodlawn Preserve mtb outing. Afterwards, the Wolf reported that Dreamer is "the man." This is one rumor I can squelch from the start: Dreamer is definitively not a man. During that same ride Eric Valencia showed up with his mtb all clean and shiny and was the best dressed person by far. Unfortunately those duds didn't help when his brakes failed.

What exactly is in the drinking water in the DVBC water bottles lately? In 2009 we had two club weddings--Buckeye and Gigi, and **Mike Toof** and **Roseanne**. In 2010 **Red Allez** will be wedding his lovely gal, **Meg**, in a fall ceremony. Congrats!

**Lulu** (Grey Wolf's niece) is supposed to check back in March to see how the gang is doing with the training program she set up. That gal has a great body from her strenuous workouts but I do hope the photo in the December newsletter didn't truly capture her face. The resemblance to Wolf, complete with mustache just didn't fit with her lovely locks.

**Movie Man** is leading indoor training rides in his home while watching, what else, movies. **Mike Keating** is training on Power Cranks while watching Xmas with the Cranks. **Shelly** is training for an mtb tour in Israel. **Smitty** and **Mike Madonna**, both training for the upcoming tri season, wish the snow would melt so they could ride their new mtbs. **Misty** has been thinking about trying a mini-triathlon but never started swim training—that is, until the other day, when she went in the drink when her sled slid into a creek.

**Plastic Boy** is recuperating from a downhill skiing accident that fractured his leg. What makes it worse is that his **Polish Princess** is back home for a while. **SoyBoy** spent time doing some extreme skiing with family in Taos, New Mexico. Not sure how he got there but I'm sure it was in a manner not to make much of a carbon footprint. **Brewski** is training for the March 6 x-country ski marathon in Winona NY and brewing

lots of carbohydrates—for nutritional purposes, of course. **Doc** headed to Florida for a while to escape the snow. Besides doing extreme x-country skiing, **Baker Man** is planning the 35 mile End to End Hike for the Wilmington Trail Club that will be held on March 27th. Anyone wishing to do the hike or volunteer to help should contact Alex at [agmoeller1@gmail.com](mailto:agmoeller1@gmail.com).

**The Cycling Gardener** has been dreaming of buds yet to bloom and plans to enter a bike made completely of flowers and plants at the Philadelphia Flower Show.

New member **Frank Martin** is continuing to ride in the foul weather to get a jump on another 10,000 miles in 2010.

Rumors abound that **Bob Martin** (remember him?) is planning on making a comeback in 2010. We can only hope!

**Smilin' Rookie** has cabin fever big time from being stuck inside with her teenage son. Look out when that snow melts—she'll be on a tear to ride as many miles as she can. And now that she's in her third riding year, maybe she needs a new nickname – Smilin' Junior? At this rate, guess what this retiree will be called next year?

**Crashrock** has yet to break anything this year but he did rip up a pair of ski pants while sledding. Glad there were no small children around.

A group will be taking part again in the **Rear in Gear 5K** on March 21st. Movie Man plans on leading a ride to and from the run.

Hopefully that little rodent **Punxsutawney Phil** was wrong and we won't have six more weeks of winter or at least not six more weeks of snow. Keep sending in those lies, innuendos, and outright falsehoods to [FXPedrix@DVBC.org](mailto:FXPedrix@DVBC.org).

## Ask Gear Grrrl

**Q&A Empress of the DVBC, Gear Grrl will answer your bike etiquette questions**

**Dear Gear Grrl,**

I'd like to know if you think I should purposely allow a guy I'd like to get to know to beat me up the hills when we're riding? I don't want to dissuade him from asking me out or injure his ego. What's a hard riding lady to do?

Signed, *Unsure and Lonely but Ready to Date*

**Dear U&LbRtD,**

Unless this guy totally can't keep up with you, I advise you to just be yourself. Ride your own ride and if you beat him up a hill, fine, but don't brag like "Wow, did you see me just fly up that last hill?" Take some time to take it easy too and strike up a conversation. And remember, if he's just behind you on the hills, the view may just give him that extra incentive to keep up with you.

*Send your questions for Gear Grrl in care of **The Editor**. Due to the volume of mail received, individual replies (or dates with the Grrl) cannot be provided.*

## More 2009 Ride Reports

*(Continued from page 1)*

much as possible for remainder of ride can help one finish the ride

3. I don't need to try to ride a century to have a sense of accomplishment. I still like a long ride but 60 to 80 miles is now my goal.

4. A broken spoke does not necessary mean the end of a ride. I don't need every spoke on my wheel - I have plenty on my bike.

5. Two birthday cakes on one ride are awesome.

6. Sometimes you have to ride even though it's raining at start and ends up raining the entire 32 mile ride (case in point - Haunted Bike Ride)

7. The new Philadelphia bike lanes are really cool even though some improvements are needed.

**Mike Flynn**

The 2009 biking season was a good year for. I had a lot of accomplishments.

The first was riding 4,330 miles which is a record for me, 288 more miles than in 2008. I rode two Centuries. One was the Dog Daze Century, where I rode 98 miles in 6:40:17 (I was really moving), the other our own Brandywine Tour, where I rode 102 miles 7:22:44 (again I was moving!). The best ride in 09 was the 3 Parks and a Trail loop which Tom Smythe led. I have to say that Diamond Rock Road was a tough hill, but I still made it to the top. Thanks for a great ride, Tom. Other facts: the fastest I went down a hill was 41.5 mph; and I rode 12 miles in 50:00 minutes from West Chester to my house in Romansville.

**Deb Chaga**

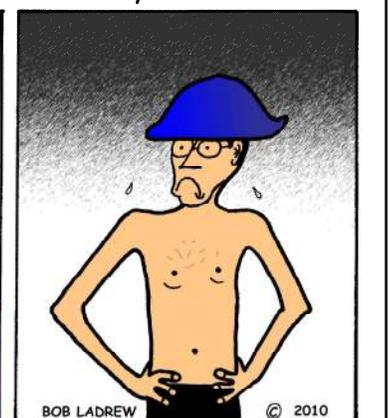
Simply put, I had a helluva lot of fun in 2009. It's true that my total mileage of 3,599 was 250 miles less than 2008, but as Bill Murray said in Meatballs, "It Just Doesn't Matter!" And that is so true. I found that I needed to balance my biking with other things and not worry about having always to ride both days of a

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## BONKERS

Cartoons of the DVBC

by Bob LaDrew



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weekend. We had to contend with many rainouts but even so I did lots of mtb rides, a few AHCS rides, got in quite a few hikes, a little canoeing and kayaking, and got to the Bethlehem Musicfest for the first time where I saw Chris Isaak sing "Wicked Game"--nice. In October I hiked the Megatransect which is a 25 mile hike up and down Bald Eagle Mountain. I climbed part of that mountain in 2006 during TOPA on my touring bike. This hike was a hundred times harder.

On Memorial Day weekend I went to the Kent County Spring Fling in Chestertown, MD with Mary Huis, Drew Knox and his buddies John and Jeffrey, Larry Green, Woody Kotch, Bob & Nancy Thomas, and Ed Sobelewski. It was a blast and the food was outstanding. In June I rode Bike Virginia for the first time along with Alex, Doug, Nancy, Rich, Lewis, Mike B., Dave H., and Peter S. I had a personal best there when I logged in my fastest hilly century. The weather was good all but the first hot, muggy day. Afterwards Alex and I headed to Skyline Drive where I saw my first bear although I don't have pictures to prove it anymore. Ask Buckeye.

My new touring bike arrived in July just in time to take it along on a trip with Alex up to Niagara Falls, Toronto, and the Finger Lakes in NY. This was my first time there and the falls just blew me away. We rode from the Falls to Niagara on the Lake and back down to Buffalo and up again to the Falls. In Toronto we toured the city easily since Canada is very bike friendly. Back in NY at Lake Cayuga we toured some wineries by bike and also went to the Grass Roots Music Festival. In October I went to the BCP's Gettysburg weekend with Alex and Len and Bonnie and the Perfesser and Jeffery also went. It was a great time even though it rained Friday and most of Saturday afternoon. It was cool riding in that historic area and getting to check out the battlefield. BCP does a fantastic job on this trip and I highly recommend that you try it sometime.

Other memorable rides in 2009 included the March NJ ride I led from the back of Drew's tandem because I had a cast on my hand. I also enjoyed Bonkers Boy's Witness Ride, Buckeye's Annamarie's Ride, Smiling Rookie's 92 degree

ride in late April and the next day my hot Marsh Creek ride. Of course there were all the Wednesday night RTP rides where we would beat each other up on the hills. The Manayunk rides were fun and I got into the habit of riding to and from rides which added on some extra miles. Discovering Ming's as an after ride food stop was a great treat. Smitty's 3 Parks ride was fun and the Blackrock Hill was a trip. The rainy Victory Brew ride in September was challenging but afterwards I was glad I did it and the food and BEER was worth it (thanks Alex for pushing me to do it). I was even able to do the Frozen Turkey 30 on Thanksgiving and still cook for my family. Yep, I'd say it was a good year. Looking forward to more great rides in 2010 and I really hope it's not so rainy.

#### **Mike Broennle**

I rode 2,100 miles in 2009, in five states. Did Bike VA and Source of the Delaware. Did the American Cancer Society's Bikethon with Team CHOP and the first local offering of Ride Ataxia. Volunteered and rode to the Iron Hill Twilight Criterium and Cheyney Challenge cycling races, and Bike Philly. Only rode 19% of the available days. Plan for 2010 includes Bike FL, Bike VA, and Pedal PA's Northern Crossing.

#### **Bob LaDrew**

My highlight was a ride across Pennsylvania, from Wheeling to Coatesville, in August with Bill Pashinski. Aided by a tailwind for the entire four-day, 314-mile trip, we traveled at a leisurely pace and stayed in motels each night. While the whole ride was hilly, the western portion had a pair of award-winning mountains. At the beginning of Day 2, on the ascent east of Connellsville, we'd made only ten miles after two hours of pedaling. On Day 3, as we summited a major climb on Rte. 30, we received a sitting ovation from a woman in her van. Later a lady told us she never takes her car up that mountain because it scares her. Earlier in the year I enjoyed a couple of traditional Mays Landing centuries with the usual DVBC suspects. Old friends are the best friends. I was also pleased that Judy staged a comeback and we pedaled 65 miles together on the tandem in the Belleplain Beacon with Dom, Jo Ann, Doug and Nancy. I would like to thank the club for picking up most of the tab at the winter banquet. The DVBC is the best!

#### **Mike Keating**

For the first time in five years I limited my trips to the U.S. -- Colorado and Mt. Ascutney (VT) in June, a longer Colorado trip with friends from Seattle in July, and topped off (no pun intended) by Mt. Washington in August. At MW I met ten-year-old Jonathan. I learned that he, as a nine-year-old, had done the same time (1:52) as me in 2008. Well, I wasn't going to let that happen in 2009. And it didn't -- he beat me by 13 minutes.

#### **Rich Andreas**

2010 marks 44 years of serious riding. It's fun to look back at old journals and reflect on places visited, friends, and enemies, made. "I would have won today if you hadn't been here [and finished ahead of me]." Some guys just have too much testosterone. Earlier journals were packed full with observations of resting heart rates, body weight, % body fat, sleep and eating habits and less about the people and places traveled. Latter year entries are more apt to reflect on the smell of the peach orchards in April, the color of the sunset on the mountains, or the smile on the cute blond that smoked by as I struggled up the climb to some pass. The miles have steadily piled up. Crossed the virtual round trip to the moon, 480K miles, 2 years ago. At 23.7 million miles, a round trip to Venus seems improbable. So what's next? I've always been motivated by challenges. Putting words like "Challenge" or "Conquer" in an event name is sure to pique my interest. Although less baiting, names like "Colorado's Triple Bypass" or "North Carolina's Hilly Hillacious" and "Assault on Mount Mitchell" are sure to catch my attention. As my speed has declined over the years, my strength and endurance continue to grow. These days I'm more likely to challenge a 500 mile randonné or an epic 10-day unsupported solo tour than a Federation sanctioned road race, although I do keep my license active, cuz you never know ... I just might get a phone call challenging me to line up at some start. An industrial park Criterium -- FORGET ABOUT IT!

Highlights of 2009 include:

Bike Virginia. Beautiful weather (in spite of the presence of Doug "Rain Man" Bower the club's inclement weather magnet), scenic county roads and great DVBC friends. I like, I crave,

solitude on the bike, but nights are best spent with friends. The more the better. No shortage of beer, much to the delight of Dreamer. **WHAT!! POWDERED EGGS FOR BREAKFAST AGAIN!!** Day 3; 108 miles in 5:26:03 (hotdogs with Mike Broennle at the end). On one of the steepest downhill of the week, a twisting heavily wooded road with blind turns, a woman in the front group hit a deer, of all things. The ride was stopped for an hour or so while they Med Evac'd her out. Got an E-Mail this fall from her, passed along by the organizers that she had fully recovered. Yet another example of road rage, a deer fed up with cyclists in the woods. Wrapped it up with a post event double century to push the weekly total over 700 miles.

Round Trip from Front-Royal VA to Fancy Gap, VA (last stop in VA) via Shenandoah and Blue Ridge Parkway. 1st of three unsupported solo tours of the year. 800 miles give or take. Nothing but blue sky the entire ten days. Surprising a bear with her two cubs in the middle of the empty road. Passing within arm reach of deer at roadside. A Bobcat with three little kittens, startled as I silently caught them on a slow uphill climb. Wildflowers in full bloom on each side of the road, and taking the time to stop and smell them. Pulling into every scenic overlook to soak in the view. Just riding and riding. "When I got tired, I slept, when I got hungry I ate" – thanks Forest Gump - the rest of the time I just rode and rode for the sheer joy of riding.

Running into Ed S. and Mel Stiles at a rest stop on Shenandoah's Skyline Drive. I was midway through a double century circumnavigation of the park and they were midway on the Appalachian Trail. What are the chances that our paths would intersect at our respective midpoints at that same instant? Gotta love the Skyline Drive and Blue Ridge Parkway. Only about 3-4 hours away, they feature low speed limits, generally gradual climbs, and they both prohibit commercial vehicles – no buses or 18 wheelers. Not sure if it was the economy or what, but each of the several times I was down there, during mid week I had the roads virtually to myself.

Wrapping up the fall season with a solo multi-day tour from Delaware to Staunton VA by way of Harpers Ferry and Petersburg WV. First day was warm and sunny; the next four were cold and

rainy. Pulled into Staunton to meet my wife at a B&B sick as a dog. Recuperated by the fire for a few days and then got in a few beautiful fall foliage rides on the Blue Ridge Parkway, including Mt. Vesuvius and Wintergreen Resort. With pitches as steep as 25%, these two Cat1 climbs were regularly featured in the Tour DuPont. They felt much steeper this year than in they were back then.

Clocking in at under 55 minutes for the 25 mile NC USCF District TT. Not good enough for a top 10, but a time to be proud of given the heat and hilly conditions ..... and my advanced age.

The King and Queen of Fred Engle once again held court over the most visited food stop of the Brandywine Century. This event was my first encounter with DVBC many years ago. I can't speak for the other stops, but I can't imagine that they could possibly be as well staffed as ours. The weather was beautiful, the food great (even the bees thought so) and we were thankfully upwind from the mushroom farms so did not have to field complaints about "the stink from the porto potties". After the event, the porto pots went missing. Doug Bower was immediately a suspect, someone noted that he was typically full of sh\*\*. LoL. An enterprising employee had driven by and seen them, stopping to pick them up without notifying the HQ. Doesn't absolve Doug of culpability.

Crashing in the Savage Century on a wet, leaf covered downhill, **IN FRONT OF THE TOUR DIRECTOR**. And then he recounts it in their newsletter and E-Mail to our list serv. Glad I didn't have the club jersey on, so remained anonymously just "some rider".

Just shy of 14,000 miles logged for the season, base-ment trainer rides excluded. 18 centuries. 6 double centuries, including 1 death march of 238 miles. And in spite of all this, never, never enough time to ride. After all these years, I remain *il ragazzo pazzesco sulla bicicletta*. [Translation: "The crazy guy on the bike."]

**Stephen Bertolini**

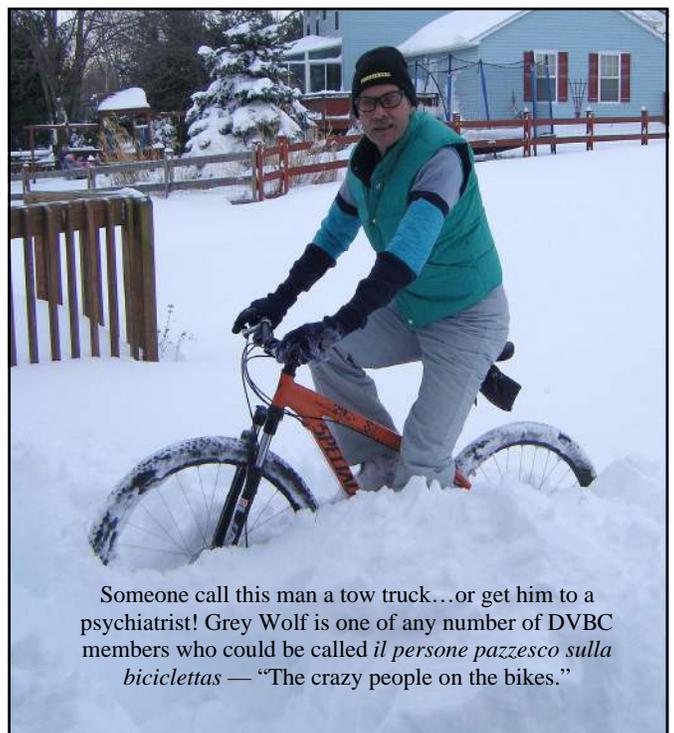
Total mileage for 2009 was 3,750. Highlights of the year were rides in the park in Wilmington.

**Frank Martin**

Total Mileage for the Year: 10,605 mostly commuting and sport touring. Rides and Distances: Seven Centuries (100 miles +). Longest ride: 129 miles; Two ¾ Centuries (75-100 miles); Eighteen Metrics (62-75 miles); Twenty ½ Centuries (50-62 miles); 171 ½ Metrics (31-50 miles) - mostly commutes; Six ¼ Centuries (25-31 miles); 31 Shorties (0-25 miles).

Sponsored Rides and Events: 100 Miles for Health, Immaculata U., Feb. 14- Apr. 19, 1,645 miles; Taxing Metric, Brandywine BC, Apr. 18, 68 miles; Pinelands Triple Loop, Shore CC, May 16, 100 miles; Bonkers Tour, DVBC, May 17, volunteer—rode the course, including the Challenge Finish, on May 20, 66 miles; French Creek Iron Tour, French and Pickering Creeks Conservation Trust, June 14, 103 miles; River to River Heritage Bicycle Tour, Pedal PA, July 25, 104 miles; Greenbranch Park Century, S. Jersey Wheelmen, August 8, 102 miles; Brandywine Tour, DVBC, September 6, volunteer—rode the course, both loops, on September 5, 129 miles; Jersey Devil Century, SJW, September 19, 103 miles; Savage Century; White Clay BC, October 10, 104 miles.

Self-generated Bike/Camping Trips: French Creek, June 1 & 2, 102 miles plus night of camping; Lums Pond, July 30 & 31, 102 miles plus night of camping; Broomall to Dalton Trip; August 16-18, 185 miles logged plus two nights of camping.



Someone call this man a tow truck...or get him to a psychiatrist! Grey Wolf is one of any number of DVBC members who could be called *il persone pazzesco sulla bicicletta* — "The crazy people on the bikes."



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

**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)