

Delaware Valley Bicycle Club



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

April 2011



SAVE THE DATE!

Sunday, May 22: Bonkers Metric Tour
18, 35, 50 and 65 miles
Details online at www.dvbc.org

Support the Swarthmore Fun Fair on May 1

The annual Swarthmore Charity Fun Fair will be held on Sunday, May 1. DVBC will again sponsor two bike tours. Club members staff the tours with ride leaders, sweeps, and registration personnel.

The \$10/person donation for the tours is for the benefit of the American Diabetes Association.

For more information, visit the Fun Fair website: www.swarthmorefair.org/walk.htm.

LEFT: The annual Strongest Finger Competition has begun in earnest, with Ken Mendel weighing in with his new Specialized Roubaix. Rumor has it that this bike is made of a new composite composed primarily of goose down.



BIKE DIRT

By F.X. PEDRIX

My lovely wife Babs and I welcomed the first day of spring riding in scenic Chester County and were happy to see many riders out on the road enjoying the sunshine. Of course we had to stop along the way at Rita's for the traditional free water ice. Babs tried the **Strawberry Margarita** and I chose **Strawberry Kiwi**.

Besides celebrating the coming of spring on March 20th, **Pria Ganesh**, age 10, was giddy about her first ever DVBC ride. She came out with her dad, **A. Ganesh**, and rode Buckeye's 50 mile Kountry Kitchen ride on their tandem. When getting back on the tandem after the stop she was overheard saying the break was a little too long for her. Oh, to be 10 again! Who knows, we may have a future racer, ride leader, or DVBC president in our midst. She sure does take after her dad though, which was evident to everyone as they flew past all day.

Rideaway is anxious as an expectant father awaiting the delivery of his new **Surly** touring bike that should be at his door any day now. Everyone riding the **ToPA** tour in July is planning on giving him something to carry since that bike could pull anything up a hill.

Just like the weather, the list serve has been heating up. Lots of conversations about which is better **Campy** or **Sram**, and what type of cables to use, and recommendations on wheels. **Mike Keating** even asked for some ladies size 39 shoes. Hey, he doesn't have a foot fetish, he was asking for a friend.

On March 14th, the Philadelphia *Inquirer* ran an article about **Frank Havnoonian** and **Drexel Hill Cyclery**. It was

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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. Money raised from rides and membership dues is donated to a variety of cycling-related organizations.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. The views expressed in this publication are not necessarily those of DVBC.

Monthly board meetings are open to all, and are usually held the 1st Monday of the month (except December) at 7 p.m., at the Swarthmore Public Library. Contact the President to confirm.

CLUB AFFILIATIONS

- *League of American Bicyclists
- *Bicycle Coalition of Greater Philadelphia
- *Adventure Cycling Association
- *Bicycle Access Council
- *East Coast Greenway
- *PA Walks and Bikes
- *Friends of Ridley Creek State Park
- *Friends of the Chester Valley Trail

Newsletter Contents © 2011 by DVBC

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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 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.

April 2011 Ride Calendar

Check the ride calendar at www.DVBC.org for late additions to this list. Occasional ad hoc rides are posted on the DVBC listserv. April showers bring May Flowers — so please **CONTACT THE RIDE LEADER IN ADVANCE** to make sure a ride is still on! For tours and rides sponsored by other clubs and organizations, check out the event calendar at www.suburbancyclists.org

*****Recurring Weekday Rides*****

<p>Sundays 2:30 pm Miles:10+/- Class:Entry Back in the Saddle</p>	<p>Calling all returning cyclists! Join me at the Swarthmore Library parking lot for a simple ride through the surrounding area. We'll start each ride with a short Q&A session. Helmets are required, and please make sure your bike is in good working order. NO RIDE EASTER SUNDAY. Inclement weather cancels the ride. Contact Dom Zuppo at 484-483-7456 Email: domzdvbc@comcast.net</p>
<p>Tuesdays 6:00 pm Miles:TBD Class:C Fat Tire Tuesdays</p>	<p>Dust off your bicycle and join me for our Tuesday rides around Swarthmore, Wallingford and Ridley Township areas of Delco. We will ride at a C pace of 11 to 12 miles a hour and ride until dark. The roads are pretty beat up from the snow and water line work, hence the fat tire bikes for April. Road bikes are fine. We will wait for stragglers. Leave promptly at 6 pm. Rain cancels. Meet at 320 Market, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: EFfrench@wilmingtonTrust.com</p>
<p>Wednesdays 10:00 am Miles:30-60 Class:C+ Docs' Ride</p>	<p>Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain or temperature below 45F cancels the ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net</p>
<p>Wednesdays 6:00 pm Miles:20+ Class:B- Mike's Ride</p>	<p>B minus level ride leaving out of Rose Tree Park in Media. Ride will be progressively longer as the days get longer. If there are faster riders, there may be an additional faster B level ride, when possible. Contact Mike Madonna at Email: mmadonna@mckeegroup.net</p>
<p>Friday, Apr 1 6:00 pm Miles:15-20 Class:C Awful Hills of Media</p>	<p>Meet at 320 Produce Market in Swarthmore. Join us for a quick ride through selected challenging hills in Media. We'll start the season with some "easy" hills and add some leg burners as the season progresses. Stress test recommended. Rain cancels. Contact Shelley Epstein at or 4epsteins@comcast.net</p>
<p>Sat, Apr 2 9:00 am Miles:38 Class:C Anna Marie</p>	<p>Meet in Lansdale on Saturday morning at 9:00AM, bring money for food. I will lead a slow but a little hilly 38 mile loop to Royersford for breakfast at the famous Anna Marie Restaurant. Contact Doug for directions to ride start. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net</p>
<p>Sat, Apr 2 9:00 am Miles:45 +/- Class:C+ Northbrook in Spring</p>	<p>Meet at Rose Tree Park in Media for a fun ride to Northbrook Marketplace. Bring \$ for food stop. Expect lovely spring scenery, great food and the wonderful camaraderie that DVBC is famous for. Rain cancels. Contact Mary Huis at or familymail233@comcast.net</p>
<p>Sunday, Apr 3 8:30 am Miles:34 + Class:C Kountry Kitchen Ride</p>	<p>Come out and stretch your legs for an early season, C pace ride to DVBC's favorite diner in South Jersey. This is a good ride opportunity for new riders not familiar with group riding over mostly flat terrain. Bring money for breakfast at the Kountry Kitchen. Rain cancels. Meet at Kingsway High School, Route 551(Kings Highway) Swedesboro, NJ, just over the Commodore Barry Bridge. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com</p>
<p>Thurs, Apr 7 6:00 pm Miles:15+/- Class:C Rose Tree Park-n-Ride</p>	<p>Here we go again! Want to start training for the ACS ride in July or our own Brandywine Tour in September? Or would you just like to get back into cycling? Then come to Rose Tree Park, Rte. 252 near Media, for an easy ride through Ridley Creek State Park and/or the surrounding area. We'll stick to the advertised pace and regroup as needed. Inclement weather cancels the ride. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net</p>
<p>Sat, Apr 9 9:00 am Miles:38 Class:C Anna Marie</p>	<p>Meet in Lansdale on Saturday morning at 9:00AM, bring money for food. I will lead a slow but a little hilly 38 mile loop to Royersford for breakfast at the famous Anna Marie Restaurant. Contact Doug for directions to ride start. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net</p>
<p>Sat, Apr 9 9:00 am Miles:56 Class:B-/C+ Flatlanders</p>	<p>Meet at the Salem Oak Diner and take a new "scenic" route, not the Peter O'Dell classic route, to the Country Rose Restaurant, the best biker's lunch stop in South Jersey. Routes and cues for those who want to ride at their own pace, take shortcuts, or do wind training. Rain cancels. Contact Drew Knox at or agknox@gmail.com</p>

Sun, Apr 10 9:00 am Miles:50 Class:C+ Ye Olde Brandywine 50	This is one of my favorite routes. Yes it has hills and yes it has beautiful scenery and nice quiet back roads. We'll stop mid-way for a food break at a convenience store. Cue sheets will be provided. Ride begins at Chadds Ford Elementary School, Rte.1, Chadds Ford PA. Park in the lower lot. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Thurs, Apr 14 6:00 pm Miles:15 +/- Class:C Rose Tree Park-n-Ride	Here we go again! Want to start training for the ACS ride in July or our own Brandywine Tour in September? Or would you just like to get back into cycling? Then come to Rose Tree Park, Rte. 252 near Media, for an easy ride through Ridley Creek State Park and/or the surrounding area. We'll stick to the advertised pace and regroup as needed. Inclement weather cancels the ride. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Sat, Apr 16 9:00 am Miles:44 Class:C+ Marsh Creek Loop	Meet in Chadds Ford Elementary School (Route 1 and Fairville Rd) lower lot. We will pick up some chow in Wawa and haul it to park for food stop. Water and bathroom in park. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sun, Apr 17 9:00 am Miles:35 Class:C/B- Art Museum Ride	Start and end in Rite Aid lot across from Drexel Hill Cyclery on Burmont Road in Drexel Hill. Two routes, one flat, one with hills. Juror#6 will lead flat ride. No lunch stop. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Thurs, Apr 21 6:00 pm Miles:10-20 Class:C/D Ridin w/ Ricco (aka Bici con Ricci)	Casual ride well suited to improving cycling skills and acclimating to group riding on open roads. Certified cycling coach available for instruction if desired. Distance and speed dictated by the abilities of the group, but will typically be 60-90 minutes and always at a C/D range. No one will ever, ever be left behind or compelled to ride beyond their abilities. This is a perfect opportunity to hone your skills and fitness. Come and learn about and experience first hand the benefits and rewards of group riding on the flat roads of South Jersey. Ride starts just minutes from the Commodore Barry Bridge at Kingsway High School at Routes 322 & 551. Contact Rich at the_andreas@comcast.net Contact Rich Andreas at or the_andreas@comcast.net
Friday, Apr 22 6:00 pm Miles:15-20 Class:C Awful Hills of Media	Meet at 320 Produce Market in Swarthmore. Join us for a quick ride through selected challenging hills in Media. We'll start the season with some "easy" hills and add some leg burners as the season progresses. Stress test recommended. Rain cancels. Contact Shelley Epstein at or 4epsteins@comcast.net
Sat, Apr 23 9:00 am Miles:62 Class:B- Ludwig's Bakery	This moderately-paced ride begins at Pocopson Elementary School and winds around Marsh Creek State Park. Expect hills and a great lunch. Rain cancels. Contact Drew Knox at or agknox@gmail.com
Sat, Apr 23 9:15 am Miles:10-15 Class:All Brandywine MTB	Meet beside Jake's Hamburgers on Route 202 at Pa-De state line. Mountain bike needed. Beginners welcome. Ride may break into two groups. Expect 2-3 hours of fun. Rain in previous 48 hours will cancel outing. Happy ending at Jake's Wayback Restaurant. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Wed, Apr 27 6:00 pm Miles:20 +/- Class:C+ Wed Nite Road Crew	This will be my first Wed night ride back after my injury so it will not be a fast pace. Do expect hills. Start time is promptly at 6:00 pm to take advantage of every minute of daylight. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Thurs, Apr 28 6:00 pm Miles:15 +/- Class:C Rose Tree Park-n-Ride	Here we go again! Want to start training for the ACS ride in July or our own Brandywine Tour in September? Or would you just like to get back into cycling? Then come to Rose Tree Park, Rte. 252 near Media, for an easy ride through Ridley Creek State Park and/or the surrounding area. We'll stick to the advertised pace and regroup as needed. Inclement weather cancels the ride. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Sat, Apr 30 9:00 am Miles:50 +/- Class:C+ To the Brook We Go	Ride with me from Aston out to Northbrook on a lovely spring day (guaranteed). We'll take one of my routes there, stop for goodies, and head back to Aston. Expect hills and a helluva good time. Meet at Planet Fitness, Pennell & Marionville Rds, Aston PA. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

(BIKE DIRT, continued from page 1)

a wonderful write-up telling all about Frank's way of doing business which is about his love of the bike and not love of the buck. Well, we've always known what a great guy Frank is and it was a pleasure to see his story in print. Hey Frank, hope you're not going to be too busy now to fix my bike are ya?

Now that the weather is breaking for the better more rides are being led and the riders are coming out. **Bonkers Boy** has been out on several KK rides and **Bonnie and Len** were also spied on one of those KKs. **Shelly Epstein** has held a couple ad hoc hilly rides on Friday evenings. And **Mike M** has already started a Wednesday night ride out of RTP. During his latest ride his bro, **Steve**, had two flats after he hit one heck of a hole which meant the crew headed back up Sycamore Mills in the dark. Good thing they have lights. **Dave the Monsignor Alfe** has led some fast paced rides down to Greenville DE or was it Tuscany? His ride reports make me think I'm in Italy.

Another spy reported that **Buckeye** is looking svelte and is riding strong since he lost losing 30 lbs and is riding more. He's still wearing those old man sunglasses though so **Gigi** doesn't have to worry about him getting mauled by buxom blondes out on the road.

The **Cycling Gourmet** has been doing a bang up job as the DVBC Ride Coordinator. Keep sending

rides to her and she will post them as fast as you can hit that send button. Check out the April calendar because there are some good ones posted with quite a variety in different areas. The **Perfessor** is leading two that are not to be missed.

I've heard rumors that **Grey Wolf** may hold a tire repair session although Dreamer said she'll only show if beer is provided and the Cycling Gourmet wants pizza. That's the norm for DVBC, we ride to eat and eat to ride.

On Buckeye's Annamarie ride, Buckeye, **Gigi**, **Len D.**, **Dominator**, **Jittery Jo**, and Dreamer all stuffed themselves with giant oatmeal raisin or banana nut pancakes, omelets, or oatmeal. But poor **Eye of the Needle** (Lewis) couldn't stomach anything and left hungry. Don't know what's up but he may need a doctor fast because that's not like him since he's always the first one to clean off his plate and go back for seconds. At **Bike VA** last summer he was the first person into the lunch stop one day and had to wait an hour before it opened.

Babs and I plan on being at the **Kennett Flash** on the evening of April 30th to see the **Large Flower Heads**. This is a great band who does tunes from the 60's. Come on out and join us and wear your tie dyed duds. It's a BYOB which is very cool.

Don't forget to send all your gossip about everything going on and off the bike to me at FX Pedrix at DVBC.org. I can't be everywhere so I need all the spies I can get digging up dirt.

Gear Grrl

DVBC's Q&A Queen

answers your trickiest bicycling etiquette questions



Most of the winter I was away and while skiing in the Alps I injured my knee. Since I'm now rehabbing I thought of all those of you out there in the same boat as me that might benefit with some training tips.

First of all, whenever you're rehabbing from an injury, go slow. You've got to realize you cannot and should not try jump back in to any sport quickly and with the same intensity from prior to your injury. Be sure to stretch and not use any or too much weight too soon.

Listen to your doctor or physical therapist. Work on flexibility and range of motion first. Then slowly add to each workout but never keep going if you have real pain. If you're not able to ride, try some other type of workouts. It's always good to cross train and work on your core if you can since that will make you stronger. Start out with short, flat rides and build on the distance and when ready add some hills. After a workout if you're in pain use ice to reduce swelling. Gradually you'll feel better and be back on track.

BONKERS Cartoons of the DVBC

by Bob LaDrew



BOB LADREW ©2011



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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** or **RENEWING** Member
Newsletter Preference: **Printed copy** (via US Mail) or
PDF (via E-mail—saves trees and \$\$)

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)