

Delaware Valley Bicycle Club

October 2012



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

Of Life and Bicycles -Dave Alfe

Author's Note: Despite the cascading crescendos of the cicadas outside my windows, the calendar and the Editor of this newsletter have reminded us that the month and the season will soon be changing. I promised to bail him out with providing him some copy to print. I hope you enjoy it—"Msgr" Dave Alfe

This summer saw a mixture of personal triumph and tragedy for me. Chronologically it was the completion of the NYC Gran Fondo in May that was well documented here, the second, and more important was the passing of my father in July. The third, and more of a dénouement, was my 57th birthday. However, cycling can be tied in with all three.

My birthday was marked by the reception of cycling related gifts, a nice long-sleeve jersey for the fall/winter, and a substantial amount of cycling books and a subscription to *peloton* (yes with a small 'p') magazine.

The Gran Fondo was a result of months of concentrated preparation. Training on the roads of South Jersey and the hills of the

Delaware Valley; shaking off the cold and rain at the Icicle Metric and the satisfaction of closing in my peak fitness level at the SBC Quad County Metric.

My love for cycling may not have come about, though if not for my father, who provided me (in the guise of Santa Claus) the early machines on which I rode, as well as his patience (and mom's too) to teach me to ride my first two wheeler.

I grew up in Swarthmore Wood or 'the Wood' as we called it, moving from a small apartment in the now newly gentrified Clark Park area of West Philly to 1622 Blackrock Road. It was a new neighborhood of post-war (WWII and Korea) vets, working at the various industries, GE, Westinghouse, Boeing, and the refineries. Plenty of playmates as most families averaged 3, 4 or 5 kids per household (all with 1 and ½ baths and three bedrooms per house).

My first bike was a standard issue black and white tri-cycle with red and white plastic streamers trailing out of the handgrips. Up and down the street we would ride, and before the

white picket and chain link fences went up, we would ride through everyone's back yards—much to the consternation of the adults. Independence Day would see all the bikes decked out with flags and crepe paper streamers in the spokes and wrapped around the seat tube. The 'parade' being filmed by dad on his Kodak Super 8mm movie camera.

My next set of wheels, my first two wheeler (a 20 incher) was another black number with chrome fenders and a bell. I learned to ride w/o training wheels in the Acme parking lot, now known as the 320Mkt lot. Before that it was an open field stretching from my backyard all the way to Chester Road—the remnants of the farmland that was developed into my neighborhood. In the summer the grasses would grow taller than me, and at night we'd go on safari catching lightning bugs. But then it became the Acme, soon to be followed by the second phase that included the Home-stretch Inn, Mr Lew's Deli, The Springhaven Pharmacy, a hairdresser, The Organ Spot

(Continued on page 4)

Fx Pedrix Presents....

A Novel Idea

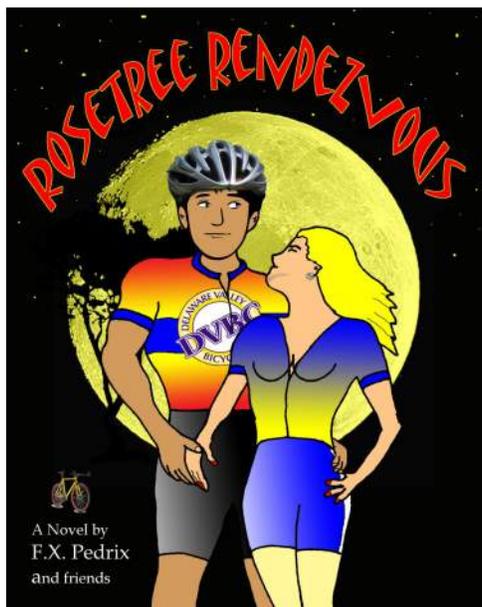
A serialized story of love, lust and fitness

-It's been a while since you, the reader, has fed the creative brain of FX. So in order to keep rubber on the road to sanity, FX has started to write a serialized drama based on what could be or rather what should be happening in the peloton of the DVBC. Your thoughts or rather indignation is always appreciated and welcomed:

ilovefxpedrix@gmail.com

Rose Tree Rendezvous

Her milky thighs glistened in the moonlight. As the bikers began the ride's final climb Derrick was glad he had drifted back to act as a sweep for the club's weekly "Midnight Ramble." The new girl, a tall, lithe, perfectly proportioned beauty with blond hair cascading from her helmet, appeared to be laboring. Her sleek yellow Team Estrogen road bike rocked rhythmically back and forth as she stood on the pedals. As the light of



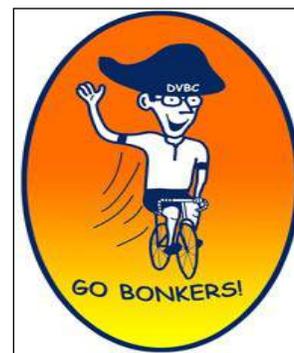
A Novel by
F.X. Pedrix
and friends

the full moon backlit her swaying form Derrick decided that the SpeedPro and Lycra fabric clinging sensuously to her spectacular body must have been engineered for this moment in time.

"I'm Derrick," he said as he pulled alongside.

Other than her heavy breathing there was no reply.

Check back next month when our slightly off-color author pens the answer to why she was breathing so heavy on such a slight grade...



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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

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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.

Delaware Valley Bicycle Club: *Serving Delaware County and the Western Philadelphia suburbs*

October 2012 Ride Calendar

Check the ride calendar at www.DVBC.org for late additions to this list.
Check with ride leaders if weather looks threatening.

Recurring Weekday Rides

Reminder: Any ride scheduled in the Newsletter, on the DVBC website ride calendar, or advertised via the list serve is considered an official club ride and a sign-in sheet is required. The sign-in sheets are on the website on the ride calendar page.

Wednesdays 10:00 am Miles:30-60 Class:C+ Docs' Ride	Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain cancels the ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Mon, Oct 1 7:00 pm Miles:None Class:All DVBC Board Meetin	DVBC Monthly Board Meeting held at Swarthmore Public Library at 121 Park Avenue (610)543-0436. All are welcome to attend. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Wed, Oct 3 6:30 pm Miles:0 Class:All Season's End at Iron Hill	This invite is for YOU whether you rode Wed nights or not. Come out and celebrate the 2012 cycling season at Iron Hill Brewery, State St, Media PA. EVERYONE is welcome, ALL riders, non-riders, ride leaders, volunteers, wives, husbands, SOs, x's. We can rehash those sultry summer rides and hear all the stories of the rides we missed. Wear whatever you like but c'mon out. Riders leaders will gladly accept free beer. RSVP preferably to Deb Chaga at dreamerdeb@gmail.com by Mon Oct 1st (call 610-494-3033 for those without email) so reservations can be made at Iron Hill. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Fri, Oct 5 9:15 am Miles:45-50 Class:B-/C+ Friday Frolic	Average speed 13-15 mph. Meet at various starting points -- please check the daily ride schedule on BCP's web calendar (http://phillybikeclub.org/newbcp/rides/calendar) for details of each Friday ride. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Sat, Oct 6 8:30 am Miles:55 Class:C+ 3 Parks and A Trail	Ride starts and ends at Rose Tree Park. Scenic back roads route to Valley Forge Nat. Park. Fill your H2O bottles at the Betzwood rest stop then ride the S.R. Trail all the way to Manayunk. Faster riders can go off the front on the trail with a re-group at trails end. We'll make a quick stop for a snack at Wawa before riding the Bob Martin route back thru Havertown to R.T. Park. Contact Tom Smyth at 610-909-8226 or smitt542@comcast.net
Fri, Oct 12 9:15 am Miles:45 - 50 Class:B-/C+ Friday Frolic	Average speed 13-15 mph. Meet at various starting points -- please check the daily ride schedule on BCP's web calendar (http://phillybikeclub.org/newbcp/rides/calendar) for details of each Friday ride. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Sat, Oct 13 9:00 am Miles:62 Class:C/B+ Multi-Level Rides	Multi-Level Rides from Lambertville, NJ to Round Valley Reservoir in Clinton, NJ. 4 groups - Level C thru B+, 12-18 mph, 62 miles. Meet at CVS parking lot at 1 Cherry St, Lambertville,NJ (intersection of N. Main St. and Cherry St.). See Bike Club Philly website for details. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Fr, Oct 26 9:15 am Miles:45 - 50 Class:B-/C+ Friday Frolic	Average speed 13-15 mph. Meet at various starting points -- please check the daily ride schedule on BCP's web calendar (http://phillybikeclub.org/newbcp/rides/calendar) for details of each Friday ride. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Sun, Oct 28 8:30 am Miles:35 Class:B-/C+ Art Museum Loop	Meet at Rite Aid parking lot across from Drexel Hill Cyclery on Burmont Rd, Drexel Hill. Do not park in the Rite Aid lot or your car will be towed away. Park on the street behind that lot. I'm doing the B- hilly route. Juror #6 will lead the C+ less hilly route. Both groups will meet at Lloyd Hall for a brief H2O and nature break. Rain, snow or ice cancels ride. Check the last minute update on day of ride for cancellations. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

(Continued from page 1)

(selling Hammonds and Wurlitzer's), and at the end a Girard Trust Bank. But back then it was just the Acme and it was closed Sunday's so the lot became the perfect playground for baseball, football, street hockey and cycling.

It took a couple of tries to ride w/o the training wheels, dad trotting along side exhorting me to look straight ahead and to keep pedaling. And after a few falls and some gentle guidance from both dad and mom I had it down. I was free!

A few years later, 'Santa' delivered a shiny red and chrome 26" from Sears. Headlights, taillights and huge whitewalls. Baskets on the back to stow the glove and bat, schoolbooks, or to pick up hoagies from DiMatteo's across the street from Notre Dame de Lourdes Church on Fairview Road.

Lots of memories from that bike. My friend Mike who lived on Conway Court and I would go on these 'get lost' rides. Literally ride away from home and hope to find our way back. A favorite local stop was the Clef-

trock Springs on Avondale road, now just a shell of a building that sits between the Leiper Estate (back then abandoned) and that single home that was once actually an art gallery, before you go under 320 and hit the ascent that takes you up to 320. They used to bottle and sell spring water at Clefrock and there was a running spring if memory serves me, where you could take a drink right from the pipe. Another spot was 'the falls' the waterfall nearby on Yale Ave. The bridge over Crum Creek back then was a rickety trestle type. We'd park our bikes and if the water was down cross the falls on the rocks. Some of the 'cool kids' would bring out a pack of smokes—never interested me—and the occasional Playboy Magazine—that got my attention.

We'd ride our bikes to our sandlot ball games at Blackrock Park. The Athletic Association used to sponsor a 4th of July Parade with prizes for the best decorated bike. That's where I saw my first 'English Racer'. Unfortunately the kid riding it took a header when his front brakes locked up—as the park was at the bottom of a

steep hill as well as the park entrance paved with chips and gravel—and he was quite worse for wear.

1622 has been up for sale for some time, and when I looked at the pics on the real estate site, nothing was changed after we left it—kitchen, basement, bathrooms. The metal awnings are the ones my dad installed. I lead rides from the 320 lot. Every once and a while I swing right out of the lot and head down Blackrock for old times sake ride past the old house—or stop for a minute—make a left down Schiavello left again on Conway back to Park Lane...and the memories come flooding back...

To borrow from Joni Mitchell "bike wheels turned to car wheels" and life took a different course altogether. However, the bike was always there—sometimes in the forefront other times in the shadows waiting—maybe a story for another time.

Safe and pleasant journeys.
-DA

2012 Brandywine Tour



Despite the rain, the Brandywine Tour was a rousing success. Thanks to all who rode and to those who volunteered for a great day.



President Ex Officio Ira shares his Patch collection from Tours gone by. How many have you ridden?

Bike Dirt

--By FX Pedrix

When he retired a couple of years ago we could hardly believe the **Zee Man** was old enough to go out to pasture. He exudes youth these days as he leads club rides at 15-17 mph and shows the good humored patience to wait for those of us who, though younger, ride more slowly. So imagine our shock when we learned recently that the Zee Man is about to become not a grandfather but a GREAT grandfather! "Great" is precisely the word we would have chosen to describe the Zee Man.

And, speaking of recent retirees,



it was fun visiting with **Bike Whisperer** at last month's Brandywine Tour. He has had a seamless transition into retirement and, when not driving his Amish neighbors from place to place, can be

found in his bike shop, err, garage, restoring used and worn out bicycles to their original condition (or better). Bob asks all of you to save your used components for him so he can match them up with a frame. He proudly displayed a photo not of grandchildren but of rows of bikes lined up neatly in his garage. Bob says that the only confusion in his life now lies in trying to figure out what day of the week it is.

Conspicuously absent, and missed, at the recent Brandywine Tour was the club's "**Legend**."

Late last month our former president, and current president of Bike Delaware, **Drew Knox**, participated in a select field of riders in the Diamond State's "Governor's Ride" from Newark to Dover. Perhaps because of the influence of one of its members, the group had a police escort that swung out into each intersection to stop traffic. Governor **Jack Markell** is a huge friend of cycling in that state. Knox was prominently seen in TV coverage wearing a DVBC jersey and **Dreamer** reports that sales of club jerseys have spiked since then.

After an outpouring of requests from the membership, I have agreed to

undertake the writing of a serial novel based largely upon actual events in our club. Starting in the current edition, and continuing each month thereafter, "Rosetree Rendezvous" is fiction based loosely upon real happenings in the DVBC. Because of the nature of our club's social life I have had to, as you will see, tone down the intensity of the narrative. You don't have to be around this club long to realize that truth can be stranger than fiction. Warning: Gentlemen, after reading the first installment you should take a cold shower and try to think about the Iggles for the next four weeks.

R.I.P. **The Mad Russian**. Also RIP the **Polish Prince's** femur. It was a good femur, but replaceable. And RIP **Bonkers Boy's** orange bike, which was irreplaceable.



BONKERS Cartoons of the DVBC...

by Bob LaDrew



BOB LADREW ©2012



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APPLICATION FOR DVBC MEMBERSHIP (See page 3 of this newsletter for new membership policy.)

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)