

Delaware Valley Bicycle Club

March 2012



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

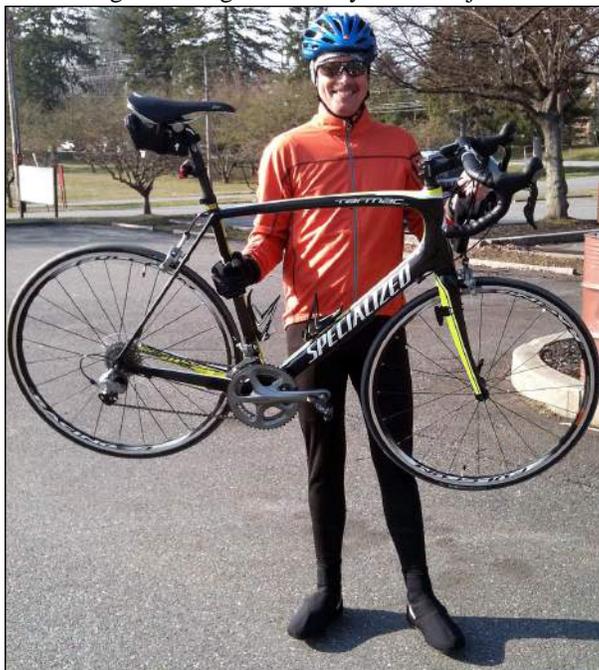
2011 Year End Recaps As Told By DVBC's 10 Coolest

Is it me or do we have more than 10 members? Sadly, those of you eating your crumpets while reading this article will never know the pride of bragging about your accomplishments. Regardless, we are here to celebrate those who responded to my pleas to recap their 2011 not to chastise those of you who are too busy to contribute. So without further ado, here are the 10 coolest members of DVBC...

Pete Schmidt

2011 was an excellent year on the bike for me—3600+ miles on the road and a year of firsts. I got my first new bike in 10 years—a stock Specialized Tarmac SL3, assembled by Harry's CycleSport Media. My first carbon frame and experience with Dura-Ace components; love them both. Zoom zoom! Now I'm just trying to live up to the bike. Another first: I joined Strava.com in July. I use their app for my iPhone and upload a map of all my rides to the free Strava website so I can archive my routes and stats and compare myself with other riders on the climbs and flats—fun. (Strava even gives you the percentage gradients on our favorite hills.) Through Strava I've made friends with a bunch of local riders who aren't members of DVBC—and renewed rivalries with old DVBC friends who use Strava, like Dave C. More DVBC members should join Strava, though—hardly anyone in our club is on it, you tech scaredy-cats! Speaking of DVBC, I enjoyed many club rides with Mary, Doc Larry, and other excellent leaders. Another DVBC highlight for me this year (besides the banquet of course) was a New York ride led by Sabine. We drove up to Fort Lee then biked along the Hudson River palisades to Nyack and had a great lunch at the Runcible Spoon café, which was

filled with bicyclists. We then returned to Fort Lee and biked over the GW Bridge to Manhattan to ride down the West Side Parkway to midtown, where we did the Central Park loop before returning to Fort Lee with 60 miles or so total. I think DVBC should do this ride each year—it's a great change of scenery and hills just a 2-



ABOVE: Pete Schmidt dares you to knock this bike out of his hands...and to join STRAVA in 2012

hr drive away. Other rides in 2011 for me included many fast ones with the Media Cycling and the West Chester cycling clubs. Hope to see all of you out on the roads in 2012. Be safe out there! --Peter Schmidt

Mike Madonna

2011- The year I stopped keeping track of everything. I used to read with envy, the DVBC year-end accounts of the members mileage total for the previous year. Some people had 6241 miles ridden or 8478 miles ridden at a 15.2 MPH average. Somewhere around

2004 I started keeping meticulous records of where, how far and how fast I rode, I even joined a website where the whole country posted this info. My best year, riding every chance I possibly could, I broke 3000 miles. That was the most I would ever get, this year early in the spring, my 3rd or 4th trek computer broke and I never replaced it. I guess riding mountain bikes a lot more had something to do with it, but even when doing 2 or 3 hour road bike rides, I wasn't that interested in how far or fast I rode. Ride highlights of the year for me were:

- Riding (or attempting to ride) in 12 inches of snow at Brandywine and Woodlawn preserve
- Wed night Rose Tree park rides, we started early spring, as soon as the clock sprang forward an hour – some great riders this year, by midsummer the B ride had blown me out and was led by Andy Marzano, who did a super job leading.
- Getting into the specialized party at the Philly bike race (thanks Smitty) where they had fresh kegs of Victory beer.
- In July, riding my 29er up Mt Cadillac in Maine, passing road bikers on the way up.
- Riding 18 miles in a total downpour in the Ocean city triathlon

- Recently- watching Paul D ride his MTB into 3 feet of water in 2 different spots at Brandywine. Air temperature was about 38 degrees, a picture of Paul in life jacket and holding paddle available upon request.

Mary Huis 2011 End of Year Report

2011 was another great cycling year to remember. In a nutshell, I beat my goal of riding 4000 joyous miles - I hit 4325; I rode 2 centuries (Doug's Hawk Mountain torture ride in May and then I joined Lisa & Paul's fun BW 100 adventure in Sep-

(Continued on page 5)

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. 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

Board of Directors and Volunteer Staff

Dominick Zuppo, *President*
484.483.7456 or president@dvbc.org

Debbie Chaga, *Vice President*
610.494.3033 or dreamerdeb@gmail.com

Nancy Ness, *Secretary*
nessnancy@verizon.net

Mike Broennele, *Treasurer*
treasurer@dvbc.org

Larry Green
largreen@earthlink.net

Rich Andreas
the_andreas@comcast.net

Alex Moeller
agmoeller1@gmail.com

Doug Bower
doug_bower@verizon.net

Mary Huis, *Ride Coordinator*
Mary2335@verizon.net

Antonio Rocha, *Web Page & Listserve*
484.802.8374 or myweb@craftech.com

David Cunicelli, *Newsletter Editor*
davidcunicelli@gmail.com

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.

March 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

<p>Wednesdays 9:30 am Miles:30-60 Class:C+ Docs' Ride</p>	<p>Ride starts and ends at the 320 Market Cafe parking lot in Swarthmore. Usually a lunch destination. Contact Woody Kotch at Email: hkotch@gmail.com</p>
<p>Fri, Mar 2 10:00 am Miles:38 Class:C+/B- Friday Frolic</p>	<p>Bruno's to Eagleville; average speed 12-14 mph. Meet at Bruno's Diner, Germantown and Northwestern Avenues, Chestnut Hill. Explore some peaceful, picturesque roads in Montgomery County, from Chestnut Hill, almost to Evansburg State Park, turning around at Eagleville. There will be an indoor rest stop at mile 19. We'll return via Norristown Farm Park & North Wales Rd. Rolling terrain with a few brisk climbs, but we will stop to regroup as needed. Cue sheets will be available. Optional preregistration on BCP web calendar (http://phillybikeclub.org/newbcp/rides/calendar) is open until 11:30pm, Thurs., 3/1. Preregistration is not required, but will save you time with signing-in at the ride start. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Sat, Mar 3 9:00 am Miles:48 Class:C+/B- The Muffin Ride</p>	<p>Let's head to Purebread Deli in Greenville, Delaware. Meet at Rose Tree Park in Media. Average speed will be 13 to 14 mph since we are in shape from riding all winter :) This is a fantastic ride with some doozy hills and a great time trial section. Bring \$ for food stop which will be short and sweet. Rain cancels. Contact: Mary Huis at or mary2335@verizon.net</p>
<p>Sat, Mar 3 10:00 am Miles:19-24 Class:D/C- Delightful, Delicious D Ride</p>	<p>Average speed 8 - 13 mph. Meet at Formal entrance to the Azalea Garden (behind Art Museum), next to Italian Fountain. Anyone for hot coffee, tea, or cocoa, mixed with warm conversation? Let's head west/NW toward the Main Line, at an easy, relaxed pace, in search of a welcoming cafe. We will climb a few hills here & there, but slow & gentle climbing (or walking up hills) is perfectly fine on this ride. We'll stop to regroup as often as needed. Cue sheets will be provided, but the route can be adjusted as needed. Ride is cancelled in the event of rain/snow/ice/slick roads, or if the temperature at start time is less than 28 deg F. Optional preregistration on BCP web calendar (http://phillybikeclub.org/newbcp/rides/calendar) is open until 11:30pm, Friday, 3/2. Preregistration is not required, but will save you time with signing-in at the ride start. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Sun, Mar 4 9:00 am Miles:53 Class:B- Brian's Wayne Ride</p>	<p>I am resurrecting my Sunday Wayne Rides, but only on the first and third Sunday on the month. This ride starts at the Wayne Train Station, and goes out to Northbrooke and back. Mostly flat to rolling, but you can expect a few hills. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com</p>
<p>Sun, Mar 4 9:30 am Miles:5-7 Class:All Hike the Wissahickon</p>	<p>Average pace 3-4 mph. Meet at Walnut Lane Golf Course - gravel parking lot at Walnut Ln & Magdalena St, one block east of Henry Ave. Let's enjoy climbing some trails on both sides of the Wissahickon Creek, starting from the southern end of the park. There will be a flat option available for part of the hike. Well-behaved canine hikers are warmly welcome to join us. Optional group lunch after the hike. Optional preregistration on BCP web calendar (http://phillybikeclub.org/newbcp/rides/calendar) is open until 11:30pm, Sat, 3/3. Preregistration is not required, but will save you time with signing-in at the ride start. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Sun, Mar 4 1:15 pm Miles:29-30 Class:C+/B- Afternoon Winter Ramble</p>	<p>Chestnut Hill to Willow Grove. Average speed 13-15 mph. Meet at Bruno's Diner, Germantown & Northwestern Aves, Chestnut Hill. Scenic loop from Chestnut Hill to Willow Grove, via Blue Bell, Ambler, and Maple Glen. Indoor rest stop in Willow Grove at mile 19, then return via Abington, Glenside and Flourtown. Rolling terrain with a few brisk climbs, but we will stop to regroup as needed. Please make sure that your bike is ready (e.g., tires inflated) before start time, and please bring lights, just in case we are delayed. (Fortunately, daylight is getting longer.) Cue sheets will be available. Optional preregistration on BCP web calendar (http://phillybikeclub.org/newbcp/rides/calendar) is open until 11:30pm, the night before the ride. Preregistration is not required, but will save you time with signing-in at the ride start. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Mon, Mar 5 7:00 pm Miles:None Class:All DVBC Board Meeting</p>	<p>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</p>

Fri Mar 9 10:00 am Miles:39 Class:C+/B- Friday Frolic	Montgomery County Sampler from Valley Forge. Average speed 13-15 mph. Meet at Rear parking lot behind the Visitors Center of Valley Forge National Park (County Line Rd, near PA-23). Scenic loop from Valley Forge, heading north into central Montgomery County. We'll pass through Norristown Farm Park, then continue to Harleysville for an indoor lunch stop at the halfway point. On our return, we'll ride through Evansburg State Park along Skippack Creek. The last few miles back to Valley Forge will be on the Perkiomen and Schuylkill River trails. Cue sheets will be available. Optional preregistration on BCP web calendar (http://phillybikeclub.org/newbcp/rides/calendar) is open until 11:30pm, the night before the ride. Preregistration is not required, but will save you time with signing-in at the ride start. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Sun, Mar 11 9:00 am Miles:45 Class:C+ Chadds Ford Ramble	Let's enjoy a lovely jaunt out to scenic Chadds Ford. Meet at Rose Tree Park in Media. Average speed will be 12 to 14 mph. I'm not sure exactly what route we'll take but I promise it will be quite beautiful. We will have a quick Wawa stop and a snackbar stop on the road so bring a snack. Rain cancels. Contact Mary Huis at or mary2335@verizon.net
Sat, Mar 17 9:00 am Miles:55+/- Class:B Climbing Fun w/ Msgr. Dave	"The wearin' o' the polka dots" From 320 Mkt Parking lot Swarthmore to Centreville Cafe (expect 15-17mph pace in the flats)Regroup at top of climbs. Will climb Center Meeting to; and Kirk Lane in Media on the return. Contact Dave Alfe at 610-517-8898 or wilier55@yahoo.com
Sat Mar 17 10:00 am Miles:25 +/- Class:C Ira's Old Ride	Join us for the early season opener of this hilly ride from Media to the Westtown School and back. We will meet at the parking lot at the south end of State Street in Media, formerly known as "the parking lot next to Selene's" (of blessed memory). It's the parking lot at the end of all the stores, on the right, as you head south on State Street. This ride will be slow-paced, out of respect for all the pounds we've gained this winter. No one dropped. Temps under 45 degrees cancel the ride. Wear green. Drink green beer later. Contact Shelley Epstein at or 4epsteins@comcast.net
Sun, Mar 18 8:30 am Miles:55 Class:C+ 3 Parks and A Trail	Meet at Rose Tree Park. Ride thru Ridley Creek State Park on our way 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. A break away group is encouraged on the trail with a re-group at trails end.Quick stop for a snack at Wawa before riding the Bob Martin route back thru Havertown to Rose Tree Park. Contact Tom Smyth at 610-909-8226 or smitt542@comcast.net
Sun, Mar 18 9:00 am Miles:50 Class:B- Brian's Wayne Ride	I am resurrecting my Sunday Wayne Rides, but only on the first and third Sunday on the month. This ride starts at the Wayne Train Station. The route will be dependent on the weather, but expect a few hills. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.co
Fri, Mar 23 10:00 am Miles:38 Class:C+/B- Friday Frolic	Wayne to the Ockehocking Preserve & Ridley Creek. Average speed 13-15 mph. Meet at Church of the Savior in Wayne, 651 N. Wayne Ave, rear parking lot, near athletic fields. Enjoy one of Tom Madle's popular and scenic routes, leaving from Wayne. This route does have hills, but we will stop to regroup as needed. At about half-way, we'll pass the Ockehocking Preserve, a 180-acre open space reserve. After passing the Ockehocking Preserve, we'll continue to the Country Deli in Gradyville, near Ridley Creek State Park, for an indoor lunch stop. Cue sheets will be available. Optional preregistration on BCP web calendar (http://phillybikeclub.org/newbcp/rides/calendar) is open until 11:30pm, the night before the ride. Preregistration is not required, but will save you time with signing-in at the ride start. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Sun, Mar 25 9:00 am Miles:34 - 50 Class:C+ Kountry Kitchen	Join me for a DVBC Classic - Ride 17 miles with friends to breakfast at Kountry Kitchen, then bike 17 or 34 miles back to the lot. Tandems encouraged. Meet at Kingsway HS, Swedesboro NJ, Rts. 322 & 551. Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
Fri, Mar 30 10:00 am Miles:45 Class:C+/B- Friday Frolic	Wayne to Merrymead Farm. Average speed 13-15 mph. Meet at Church of the Saviour (651 N. Wayne Ave, Wayne, PA 19087). Meet in the rear parking lot, next to athletic field. This picturesque route is based on a Tom Madle Cue sheet, but we'll be using the Audubon Trail Loop, instead of Pawlings & Eagleville Roads. The route will take us through part of Valley Forge Park, then across the Schuylkill River, on our way to Merrymead Farm Market in Worcester. Our rest stop at Merrymead is at mile 23, then we return to Wayne via Blue Bell and Conshohocken. Cue sheets will be available. Optional preregistration on BCP web calendar (http://phillybikeclub.org/newbcp/rides/calendar) is open until 11:30pm, the night before the ride. Preregistration is not required, but will save you time with signing-in at the ride start. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com

PLAN AHEAD!! BONKERS METRIC MAY 20, 2012
DO YOUR CLUB PROUD! RIDE OR VOLUNTEER

(Continued from page 1)

tember); joined ToPA 2011 which will live in infamy as the most fun trip I ever took; went to my son's lacrosse tournament in Annapolis and squeezed in a day of riding around their great trails; rode countless miles on vacation in Ocean City, Md.; and rode the Delaware Water Gap for 3 days and saw my first black bear while on a bike ride. I rode countless club rides and once again enjoyed the company of wonderful cyclists and fun people. I enjoy working for the club as the ride coordinator, being a ride leader and assisting with the Bonkers and Brandywine Tours. I'm excited for 2012 which will include a bike trip to Ireland with my teenage son and another ToPA (hopefully). I also feel confident enough to try more centuries this year - my goal is 4 (double last years). My mileage goal for 2012 is 4500 and I know it will be the funnest goal I've ever worked to achieve in my whole life.

Len Davis

The 2011 cycling year turned out to be a little different for me then previous years. As many of you know, I picked up a used Cannondale road tandem from my favorite shopping venue-Craigslist. It all started a few years ago when we rented a creaky, partially rusty, three speed tandem on the boardwalk in Ocean City, New Jersey. My wife Debbie said she really enjoyed it, so I began looking for a used one. I know that many tandems don't get used as much as they should. My thinking was if it didn't work out I would just put it up for sale again. Well it worked out. We took it on almost all of the Kountry Kitchen rides (thanks Betsy, Doug and Debbie), and to the Schuylkill River Trail whenever we could. My

wife's favorite part of the trail ride is just as you cross over RT 202 going eastbound, she likes when we lean into the right turn, then left turn, and up the little hill to the Septa station as fast as we can. She gets pissed when there is traffic on the trail and we have to slow down. We also rode half of the Jersey Devil Century which was 52 miles. That was my wife's longest ride so far. I had to coast a lot on the last 20 or so miles so she could lift here butt off the seat.

During the summer weeks, the Wednesday night rides are a favorite of mine. Paul D or myself would lead the ride whenever our regular ride leader Debbie could not make it. Many of the riders were regulars and knew the route so they went off the front and found their own way back to RTP on the return trip. I also enjoyed trying out my headlight and tail-light as the days got shorter in the fall.

I vacationed in Florida around Thanksgiving and got in three 50 mile rides down there. I ride up and down A1A on the Atlantic Ocean from just south of Hollywood, thru Ft Lauderdale and up to Deerfield Beach. It's flat, windy, and there is a good amount of traffic, however much of it has bike lanes. We don't know how good we have it here! Occasionally I ride with a group that meets at the local mall and on Thanksgiving day I ran into them on my return trip to the condo. They are a large group of about 20-30 riders average, mostly Spanish speaking group. I try to stay in the peloton because with a tail wind, they can crank it up to close to 30mph and drop me and other slower riders. This has hap-



In August 2011, Betsy, Shelley, Jackie (Shelley's friend from Seattle), and Vicki started off on a 6-day road cycling tour of the Grand Tetons and Yellowstone National Park

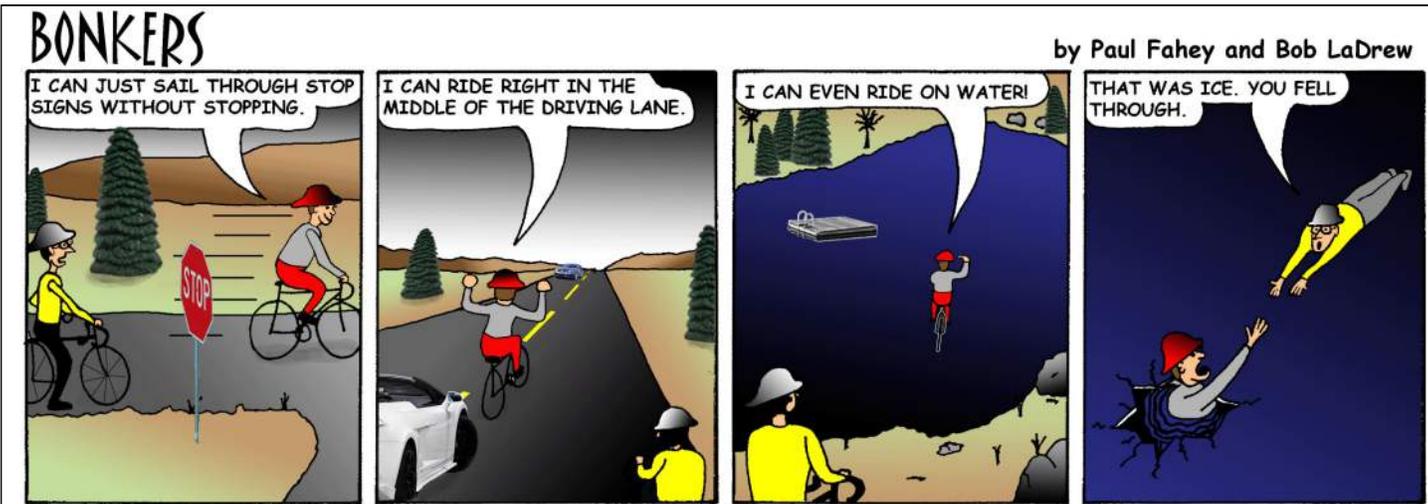
pened.

I have not been keeping track of my miles; I just ride when I get the chance and the weather is not too cold or wet. I estimate my miles at about 1750 for the year. Looking forward to riding with the club again in 2012.

Dreamer's Year End Wrap Up

When 2011 began, I was bummed, depressed, and mad at myself for breaking my collarbone in two (which required surgery to install a plate and six screws) the previous Columbus Day. My surgeon had banned me from riding and kept telling me not to do anything stupid. That became my mantra. Luckily I was able to stay somewhat active. Doc Larry gave me an old stationary bike that I used often and I did quite a bit of hiking. In February, Doug B coaxed me into coming out for a very short 8 mile training ride out of Kingsway in NJ with the ToPA group. We wound up riding 22 miles and I was in seventh heaven.

(Continued on page 6)





ABOVE: Past News Letter great, Bonkers Boy LaDrew survives an attack of Spanish Moss during his tour of the Natchez Trail.

(Continued from page 5)

After that, the group rode several times in NJ and I did some Airport Loop and other local rides with Alex after work all the while telling myself not to do anything stupid.

In April, I began my Wednesday night rides out of Rose Tree Park, which helped with my recovery immensely. When I went to the surgeon for my checkup he told me I could start road riding again and had to admit to him that I had been riding since February.

On Memorial Day weekend, the ToPA group rode Doug's Hawk Mountain century, which was difficult because the temp hit 97 and I hadn't ridden more than a 64 miler since before my crash. I wound up with 109 miles that day and was truly shocked that I got through it.

I led the Sex on the Beach Ride in June, we lucked out with good weather, and we didn't get lost and weren't attacked by Green Head Flies. Before we knew it, it was July and we were driving out to Erie to begin our ToPA trip. It was a great week although the third day from St Mary's to State College was a

bear because of the heat, humidity, and climbs. We had a wonderful time, everyone returned safe and sound, and there was only one flat all week.

On the day that hurricane Irene hit, Alex and I got on the road early in the morning and were able to get back home just before the winds and rain hit. That was exhilarating beating the storm.

Other memorable rides included the pre-Brandywine Ride with Alex when a wasp stung me near my eye and my face swelled up and we raced back to the car so I could get steroids from my doctor. Then there were the rides I did with Alex in California at Point Reyes Seashore and in San Francisco out to Sausalito and Tiburon. In November I rode my first mountain bike ride in thirteen months. All in all, 2011 was a very good year and was much better than I thought it would be from a biking

perspective. My total mileage was 3,156 miles.

Larry "Doc" Green

No centuries, no tours, many 50-70 mile Docs' rides on Wednesdays, one brief Parisian cycling experience, rides on the Bruce peninsula in Canada, one in the Finger Lakes and the many flat solo Naples, Florida rides.

One crash- the infamous fire hydrant attack and resultant loss of about a week of riding.

Off the bike for about 2 weeks post-op in May.

Total miles-4501.5.

Priceless.

Emil Skobelloff

Miles: 2300

Longest: 85 miles

Best day: July 10- 66miles at average speed if 19 mph

For 2012 I hope to start riding outdoors again in March. I'd like to achieve 2500 miles.

Michael Magoolaghan

2011 accomplishments:

- Rode 70+ miles twice in one week, the second time during the Livestrong ride

- Longest ride: 74 miles in the Brandywine tour in September
 - Favorite ride: 72 miles from Lewes, DE to Bethany Beach and back in June
 2012 goals:

- Finish a century
- Ride through Sonoma, CA with my brother-in-law
- Keep up with my two hyper-athletic Dutch friends on rides

Joe Nawn

3160 total miles

81 miles max one day

Two day MS 150 City-Shore

Best ride day 1 of 2011 MS 150 24/Sep-11 - 18.27 mph

2012 cycling Goal - 2500 miles

David Cunicelli

Approximately 4700 miles. I wanted 6000 but through various breaks, problems, new business ventures and life in general, I missed the mark. Regardless, I had a great year. In June, I rode the Garrett County Gran Fondo in Garrett County Maryland. It is an epic climbing event but without question the best ride I have ever done. The route, the riders, the organizers and the scores of happy and helpful volunteers made the climbs feel a little smaller.

Ever the techno geek, I joined Strava where I am continually impressed with how many quality riders there are around here, not the least of whom is DVBC's own Pete Schmidt. Get a GPS bike computer or gps enabled smart phone, join Strava and see for yourself.

My last big ride for the year and local favorite was our own Brandywine Century. I made the mistake of hooking up with some older and very friendly South Jersey guys thinking I would drop them when it got hillier. Well these flat road speedsters dropped me like a ton of bricks at about mile 65. Cycling, like children, will always keep you humble. Needless to say, getting stomped by a guy who had to hurry back and take his grandson to college hit the spot. Anyway, it still turned out to be my best Brandywine in forever limping home and still finishing a shade under 6 hrs. Those old guys were as nice as could be when I saw them eating pizza, comfy like they had been sitting around the pool all day. Man I hope in 20 plus years, I can deal some punishment to a middle aged over equipped over confident knucklehead on the roads of Chester County.

A January 16th Tale

-Emil Skobeloff

Monday, January 16th was just another brisk, beautiful and sunny winter's morning. The temperature at 1PM, when I met Steve Fischer, was hanging around 28 degrees. No matter, I had carefully accumulated cold weather gear with the intent of riding through the winter on days when ice and snow were not an issue. I had my Giro Ionos with helmet liner, a Gore Balaclava, heavy duty Winter Silks silk turtleneck, my favorite City-to Shore bike jersey, a wind proof light jacket and a thermal light weight outer jacket. I was wearing my bib shorts and a set of thermal bib tights. I doubled my gloves and socks. 2 hours earlier I ate a good, but, not heavy breakfast and drank about 20 ounces of electrolyte fluid.

So, after waiting until 1:05 in case Larry Green might show up, Steve and I headed out to Avondale Road, past the Wallingford train station, Wallingford Road, through Media, and out Orange Street to RCSP. I was careful to negotiate safely across the patches of ice on Sycamore Mills Road through the park. We were careful to keep from getting hit by speeding motorists crossing Middletown Road. And, off we went, south on Sycamore Mills Road to Valley Road and Sweetwater.

That's where I felt that funny sensation the first time. Instead of that good pounding in my chest that comes from exertion, I felt an absence of movement for several seconds and a numb, derealization that I couldn't explain. I never felt anything like that before. I wasn't sure what it was. But, in as much as it went away as quickly as it came, I chose to ignore it. Steve and I pedaled on across Creek Road to Tanguy Rd. That's where I felt it again. Same thing. Absence of movement in my chest and a generalized sense of derealization. I took some sips of my sports drink and felt the pounding come back. It was that good out of breath that says you put out a good effort on a stretch. I felt strong and ready to head over to Street Road and Rt 352 for the return leg of the trip.

I first encountered Duffers' Hill two years ago, when I got lost on the Bonkers Ride. It was now a customary part of every ride I did out that way. You know,

a yard stick for how my riding abilities were progressing. It also marked the end of the hilly portion of my day. Steve and I spun past the restaurant, Gradyville, Sycamore Mills, Penn State, and the Juvenile Detention Facility. I told Steve to stay close going past the Granite Run Mall and Rt 1 because of all the traffic turning in and out. I've done this so many times, I can't recall. But, I've developed a comfort with this section and how to negotiate it. We encountered no cars turning in and out of those entrances and on/off ramps. I was relieved.

Heading back past Elwyn I figured we had it made. I was marveling at how comfortable I felt. I could feel the sting of the cold, 34 degree ambient air on my eyes, lips and nostrils. Otherwise, I was feeling just like any other ride. I chided my self for not having done this before with any consistency.

That's when the lights went out, so I'm told. My Garmin told me I was doing about 25 mph on the wide shoulder of Rt 352. Steve was riding behind me. He tells me he saw me slump over, take 2 pedal strokes and coast a bit and crash. I have no recollection of any of that. I also don't remember being blue, lifeless, not breathing or moving. I also don't remember Steve pulling me out of the traffic lane that I had coasted into. He scrambled to pulled my body, still clipped into my bike from the right hand traffic lane before speeding cars would mash my lifeless body, like road kill, sending me to meet my maker. As you know, I'm about 225 lbs. Steve is at least 50-60 lbs less. I can only wonder what level of adrenalin gave him the strength to pull my bike and me, about 245 pounds of dead weight, out of harm's way. I am grateful to him for his heroics and for the three drivers who formed a barricade with their cars to protect me until the medics arrived.

Somewhere in what must have seemed like an eternity to Steve and the others, I began to breathe again. My blue face turned pink. But, I was still oblivious to my surroundings. I have patches of recollections of the inside of the medic unit, the intense pain in my back and an inability to take a breath because of it. Arriving at Crozer Medial Center, they cut off all my clothes. As I calculate it around \$600

worth of carefully acquired gear was tossed in the trash. I didn't care that I was buck naked, with perfect strangers around the bed. I just wanted some blankets to warm my body from the shivering that hurt with each tremor jostling my 6 rib fractures and my injured shoulder. The scrapes on my knee and elbow were relatively painless. I didn't notice the laceration to my left eyebrow.

X-rays and CT scans were all negative except for the 4 fractures on my right ribs under my arm and the 2 fractures in my ribs just to the right of my 6th and 7th vertebrae. Those were the ones that made it so hard to breathe. Morphine was a welcome oasis from the intensity of the agony.

One important footnote. My helmet. I didn't see it until 2 days later when Steve brought it to my house. It was destroyed. Fractures of the outer shell. Fractures of the inner styrofoam. Whole sections of rear vent wings sheared off or gouged. And, oh yeah, the blood that had been coming from the left eyebrow laceration. I spoke with Mike Broennle. He has asked me not to trade in the helmet. I think that people who want to see it, should. I think everyone should have pictures to show adults and kids who thoughtlessly and cavalierly ride without a helmet. This helmet saved my life.

But, so did Steve, my hero. And to all who helped me, the drivers who formed the barricade, the medics, the ER doctor whose name I still don't know, the Trauma Team, the nurses, the techs of various specialties and crafts. To all of you, I'm glad to be alive.

My cardiologists still need to figure out what happened. Until then, I am banished to my Cycle-Ops trainer. But, I hope to see you all out on the roads and trails by spring, perhaps with some new electrical device implanted in my chest, or maybe just some medication to keep my heart working right. But, as I told my wife, I'd rather be alive on my bike, than just existing on my couch at home.

See you out there soon.

Emil



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

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)