

Delaware Valley Bicycle Club

May 2012



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

Rich Andreas: A Real Pro

By Bob Ladrew

We caught up with Ricco Luci, the crazy guy on the bicycle, at his spring training camp in the Shenandoah Valley. Ricco is the third generation of racers in his family. His Grandfather raced on the boards at Madison Square Garden and his Father raced around Italy post-WWII. He started racing at an early age, but things really took off after the 1971 Junior Worlds in Mendrisio Switzerland. He was a regular on the podium, placing in stages of every major N American Road Race including the Coors Classic, where his performance clinched him a spot on the 1984 national team. He's been the overall winner at the Redlands Classic, Casper Classic, Tour of the Adirondacks, and Killington Stage Race. Riding for Jolly, Malvor/Botecchia, Pony/Malta, and Deltongo/Colnago Ricco raced his way across Italy competing in marquis races like the Giro, Vuelta, Tirreno-Adriatico, classica Milan-SanRemo and Lombardia as well as the Tours of Tuscany, DeSuisse, and Romandy. In 1986 his Deltongo team led by Giuseppe Saronni finished 2nd in the 1986 Giro Del Trentino.

DVBC: Ricco, early February and 30 degrees, it's a little early for a spring training camp isn't it?

R: I've been coming here for something like 30 years now. The roads are great here, flat, rolling, mountainous. My training season always started in December and I would come here for a week of fine tuning before the Redlands (CA) Classic which was always over Valentine's. The Redlands was always a big deal for us here in the states. All of the major teams were there. If you didn't have a ride yet it was the last chance to catch the eye of a director and pick up a contract. It used to be a 5 stage race, including a TT, perfect for my strengths. A good ride would usually clinch a ride for the season. One year I won a Toyota Corolla Wagon and a water cooler jug full of silver dollars. You should have seen me try to carry that jug off the awards stage. The coin paid for taxes on the car, which I then had to drive back home. Around St. Louis I was wishing I hadn't done so well.

DVBC: You grew up in a cycling family, what was that like. Were you expected to ride and race?

R: Actually, dad was all about soccer. I played all the

way through college. That and wrestling. There was of course no organized cycling in public schools so I did the soccer and wrestling thing. But cycling was always my passion. Got my 1st Schwinn for my 3rd Christmas. Used to ride to Kindergarten. I was on my bike from the time I got up until bedtime. My Grandfather used to call me *Il ragazzo pazzesco sulla bicicletta* [the crazy kid on the bicycle]. He'd call upstairs after I went to bed, "Rrreekee, you have that bicycle in bed with you? Be careful the chain doesn't get grease on those sheets".

At 9 my parents let me take an overnight 120-some bike tour from home to Ocean City, sleeping under the stars in the Pine Barrens. By 12 I was racing, by 13 winning. In '71 Dad said



Over night solo ride to O.C. - Age 9

that if I qualified, he would take me to Italy and the worlds in Switzerland. I think he was chagrined that I did qualify, but he kept his word. I got my A handed to me over there. I sucked. That really motivated me.

DVBC: How did you manage to break into racing overseas?

R: My family has relations scattered across Northern Italy from Friuli-Venezia Giulia in the East through Lomardy to the Piemonte/Aosta Valley in the West. *Il mio nonno* emigrated from Italy to the US as a boy and

later raced in Madison Sq Garden at the turn of the century. My father spent several years back in Italy kicking around and racing in the late 40s. He befriended Adrisano Rodoni. Adrisano would become the head of the Italian IOC and the UCI in the 70s and 80s. Adrisano opened the doors for me. I first met him in 1971 during my trip to the junior worlds. He invited my grandfather, father and I to a small party at his villa. We got to mingle with the immortal Gino Bartali, northern Italian pros Giovanni Battaglin and Felice Gimondi, and a few of my Italian competitors from the Worlds: Guido Bontempi, Giuseppi Saronni and Roberto Visentini. I would stay with Adrisano several times in the ensuing years, frequently racing the mountainous U23 Giro della Valle d'Aosta. I finished top 10 GC my last appearance. College, family and career would take priority the next several years, but I returned to racing in 1982. Results came pretty easily. I came to the attention of Dan Birkholz (USCF development coach) and Edward 'Eddie B' Borysewicz leading up to the 1984 Olympics. The Olympics - what a FUBAR thanks to those losers running the national program. It was a painful experience. They had a formula to determine selection, but they ignored it. They were thinking about making \$\$ by building a team which would go pro after the Olympics [7-11]. I once read a comment from Chris Horner following a de-selection from the Olympic team. His perception was that the people that select the team didn't know crap about cycling. He felt that politics and favoritism was the deciding factor. It was no different in the early 80s. My blunt honesty, lack of bombast and unwillingness to play courtier did me few favors in the corridors of cycling power. Post Olympics I wanted no part of the US racing team, the USCF, or any of the powers involved. A few letters to Adrisano put me in touch with Jolly, a team out of Venice, and I was on my way.

DVBC: What was it like racing back then?

SAVE THE DATE!

Sunday, May 20: Bonkers Metric Tour
See Page 9 for Details & Registration

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

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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.

May 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.

<p>Wednesdays 10:00am Miles:35-60 Class:B-/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 Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net</p>
<p>Wednesdays 6:00 pm Miles:25 +/- Class:B Andy's B Ride</p>	<p>Wed evening "B" rides with hills at a 15 to 17 mph average. Meet at Rose Tree Park in Media. Contact Andy Marzano at Email: starbrdtack1@yahoo.com</p>
<p>Wednesdays 6:00 pm Miles:20-25 Class:C+ Show & Go C+ Ride</p>	<p>Please join us for a moderately fast-paced (but slower than Deb's B- pace) ride out of Rose Tree Park in Media, leaving promptly at 6pm. We will do a lot of hills, some steep, some long. No one dropped but expectations are that you have been keeping in shape and are capable of doing these hills. Average speed 12-14mph. Contact Shelley Epstein at Email: 4epsteins@comcast.net</p>
<p>Wednesdays 6:00 pm Miles:20 +/- Class:B- Wed Nite Road Crew</p>	<p>This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 14 mph in the first couple weeks and climb steadily and end up around 15.5 mph at season's end. The route will change weekly and cue sheets will not be provided. Any rider going off the front is on their own. Start time is promptly at 6:00 pm to take advantage of every minute of daylight. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com</p>
<p>Fri, May 4 12:00 am Miles:TBD Class:All BCP's Annual Spring -n2-Cycling Week</p>	<p>BCP's Annual Spring-n2-Cycling Weekend (3-day package, Friday-Sunday). Meet at Quality Inn & Suites of Danville, PA - Leader will send confirmation details to guests after they register. The ride leaves at 12:00 pm. BCP's annual Spring Weekend upstate, in the Susquehanna Valley, staying at hotel in Danville, PA. Danville is between Bloomsburg and Lewisburg. This event is an all-inclusive package: two nights at hotel, scenic group rides with leaders for a wide variety of speeds, distances, and terrains; cue sheet & map packets; dinners, breakfasts, and snacks & sandwiches to take along with you on rides; parties; post-ride massages, etc. Lovely countryside, ideal for riding -- peaceful roads, green landscapes, covered bridges and charming college towns. Plenty of fun, non-biking activities for non-cyclist family members, too. Pre-registration & payment are required. Complete event details and Registration Form are available on THIS website, at: http://phillybikeclub.org/newbcp/events/SpringFling2012/springfling.htm. (See right side of BCP home page, under "BCP Events.") Cue sheets will be available. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Sat, May 5 9:00 am Miles:62 Class:B- Lionville and Downingtown</p>	<p>Pace 13-14 mph. Again heading out the Chester Valley Trail to Lionville, then turning south through Downingtown and past West Chester before heading east on low traffic roads. Moderate pace with 2 full service rest stops. Meet at Valley Forge National Park visitors center lower parking lot. Contact Mike Fuller at 610-783-0913 or mike@captek.net</p>
<p>Sat, May 5 9:30 am Miles:15 Class:C Annual Crum Creek Cleanup</p>	<p>Please join me for the Annual Crum Creek Cleanup & bike ride. We will meet at Rose Tree Park, take a short ride to our cleanup spot at Bishop Hollow and Gradyville. After clean up we will bike to lunch in Park then optional additional ride after lunch. Dress for trash pickup in the woods, gloves and bags will be provided. Contact Alex Moeller at or agmoeller1@gmail.com</p>
<p>Sun, May 6 9:00 am Miles:45 +/- Class:C+ Chadds Ford Loop</p>	<p>Join me for a fun ride out to the Chadds Ford area. Average pace 13 to 14 mph. Ride starts at Rose Tree Park in Media. We'll have a quick snack stop at a Wawa and maybe a snackbar break halfway through the ride. This ride is for cyclists who have been riding 40 + mile rides with alot of hills. Contact Mary Huis at or mary2335@verizon.net</p>
<p>Mon, May 7 7:00 pm Miles:None Class:All 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>

<p>Sat May 12 8:30 am Miles:TBD Class:All Bonkers Paint Ride</p>	<p>This is a great volunteer opportunity. Let's meet at Parking Lot #15, Ridley Creek State Park, to divvy up the routes and paint the tour arrows for our spring classic. Don't forget, spray paint – sprays, so don't bring your prize duds. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net</p>
<p>Sun, May 13 8:30 am Miles:TBD Class:All Bonkers Paint Ride</p>	<p>This is a great volunteer opportunity. Let's meet at Parking Lot #15, Ridley Creek State Park, to divvy up the routes and paint the tour arrows for our spring classic. Don't forget, spray paint – sprays, so don't bring your prize duds. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net</p>
<p>Fri, May 18 9:45 am Miles:49 Class:B-/C+ Friday Frolic</p>	<p>Whole Foods Triple Play. Average speed 13-15 mph. Meet at Whole Foods Market of Jenkintown - Baed-erwood Shopping Center on the Fairway, half a mile east of Old York Rd/PA-611. Scenic loop around Montgomery & Lower Bucks Counties, from Whole Foods in Jenkintown, to the Whole Foods in North Wales (brief stop at mile 18) and the big, new Whole Foods in Plymouth Meeting (rest stop at mile 31), then returning to Jenkintown. Rolling terrain with a few steep climbs, but we'll stop to regroup as needed. Elevation gain 1986 ft. More climbing during the first half of the route. Cue sheets will be available. The on-line route map is http://ridewithgps.com/routes/1028884 It is optional, but you may preregister on BCP's web calendar (http://phillybikeclub.org/newbcp/rides/calendar) until Thursday, May 17, 2012 at 11:30 pm. Preregistration is not required, but it WILL save you and the group time at the ride start. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Sat, May 19 8:30 am Miles:35 - 60 Class:C+ Bonkers Volunteer Ride</p>	<p>Our last chance to insure all is well for tomorrow's guests. Meet at Parking Lot #15, Ridley Creek State Park, and find some riding partners to check and enjoy our spring tour routes. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net</p>
<p>Sun, May 20 8:00 am Miles: Class:All Bonkers Tour</p>	<p>Delaware Valley Bicycle Club's spring tour finds the best roads in Delaware County. Travel at your own pace, with family or friends, or make new cycling friends. All ages, all abilities and all types of bikes are welcome. 18, 35, 50, or 65 scenic miles on rolling terrain with some hills near Media. Starts at Ridley Creek State Park. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net</p>
<p>Fri, May 25 6:00 pm Miles:20 +/- Class:C Awful Hills of Media</p>	<p>Get in some tough miles and conditioning before you have to go out on Friday night! For this ride, we select some of the toughest hills in Media and ride them in quick succession. To join this ride, you should be riding 2-3 days a week, 20-40 miles or 1-3 hours per ride, and are able to ride long hills and short VERY steep hills. Contact Shelley Epstein at or 4epsteins@comcast.net</p>
<p>Sun, May 27 9:00 am Miles:42 +/- Class:C/ C+ Memorial Day Week-end Spin</p>	<p>Average speed 12-14 mph - If you've been tackling the hills and want to do even more, join us for this relentlessly hilly ride from 320 Produce to Westtown School and back. Rest stop at the school. Lunch at 320 Produce at the end. Bring plenty of water for the longer route out. Contact Shelley Epstein at or 4epsteins@comcast.net</p>

BONKERS Cartoons of the DVBC....

by Bob LaDrew





Showing off the New Laundry

(Continued from page 1)

R: PRO racing in the US sucked. It was all office park criteriums and lame circuit racing. There were no opportunities to race in Europe unless you had local contacts. With the exception of the Swiss, the Italians were despised by the other Euros. The Euros would never come to Italy and the Italian teams were never invited to the Euro races. Isolation of the Italians resulted in rifle corruption. Hey, it's the home of the Mafia right. Having an Italian running the UCI just compounded the problem. There were rules against foreign riders on regional teams. To circumvent the rules, every team had a "Mario Rossi". That's like the most common Italian name, sort of a John Doe in the US. I raced as Mario, Riccò Riccardo – "Riccò, dove è Luci?" [*Ricky, where's Lucy*], even Riccò Luci. Gunsmoke and I Love Lucy were the only US shows aired on Italian TV. I once won a race in Lombardy and the announcer screams ... and it's number 103, Mario Rossi ... "Mario Rossi ... Ma chi cazzo e?" [*Who the F is that*]. Most Italians never even knew I was American. I was told to keep a low profile, ride for the team leader and keep my mouth shut. It was ridiculous. Some days, a climbing day, there was a 5 foot, 120 pound Mario on one of the teams, the next day, a sprinters day, he would have magically morphed overnight into 180 pound 6 footer.

DVBC: It must have been nice to have some Americans with you once the 7-11 team came over

R: When 7-11 came over, promoters were thrilled to have an American team in races. It was all over the papers. I frankly found the 7-11ers to be an embarrassment. They were such strutting, loud, ignorant, arrogant, obnoxious morons. Classic "Ugly Americans". Bob Roll would relate stories of the team eating placentas, living in teepees in the Colorado back country, carrying guns on training rides and shooting anyone who got in their way. More than once he raced with lace panties as a helmet cover. Exactly what the Italians expected from Gunsmoke. We seldom crossed paths and when we did I was always incognito as Mario. Not like you would recognize me in cycling kit and glasses anyway. I did kind of stick out through,

one of the few wearing a helmet, a hairnet, but a helmet none the less.

DVBC: It must have been amazing riding with the big names of the sport.

R: I was in total awe riding with these guys, thinking, man I don't belong here. I was sure that every one of them must be better than I was. But in time, you mix it up with them, take your jersey out in the wind, join a few breakaways, contest a few sprints, pop a top time in the TT, and after a while, you start to feel accepted. You're in a 10-man breakaway over the Passo Pordoi and you realize, yes, I do belong here. Then Guido or Salvatore, your own teammate, spits at you, or grabs onto your jersey, or backhands you in the face and you start to wonder. Then finally, one day, you're riding beside Phil Anderson during the Giro di Lombardia, chatting it up like friends. I made it, I'm a PRO! Then you get a loud front blow-out and he shoves you into a ditch before you lose control and take him out in a crash. That's when you know for sure ... man, I really don't belong here. Phil finished 3rd. He looked me up later and turned out to be a pretty good friend. He called me Earthquake.

DVBC: What about doping. Many riders have come forward with allegations. Can you give any insight?

R: Doping? Most of us were making pennies. My biggest contract was around \$10K, and I had to pay for my own room. Guarda ... ho le tasche vuote [*my pockets are empty*]. The only drugs we could afford were those we grew in the back corner of the corn patch. I was always compelled to do my best which is in direct conflict with doping, which only brings out the worst. Cycling was my passion, my love, but never my life. I had a career and a family. I didn't have to win at all costs to have a successful life. I cannot fathom what satisfaction one would take from winning all the while knowing that you had cheated by doping. As for the other riders, most European countries had strict search and seizure laws. Suitcases and bags were freely searched, but for some reason, briefcases were considered more like pocketbooks and were off limits. It was weird, many of the riders carried around attaches like Wall Street brokers. There was innuendo that they were dopers, but I never saw any such evidence. Being a "fatto" was a disgrace in Italy, but confoundingly they were very permissive when it came to amphetamines. Starting about 1 hour from the finish and continuing for 20-30 minutes many riders were handed up or throwing away

these little water bottles, la bomba, an amphetamine cocktail.

DVBC: That was Europe, what about here in the States?

R: I'm sure there was some amphetamine play, but I have no first-hand information. Caffeine and Ephedrine were banned, but I think widely abused. Never saw so many folks with prescriptions for asthma medication. I took a handful of NoDoze before the Sommerville Criterium once. I was so wired I puked. Took Ephedrine for one of the Bob Cook Memorial Mt Evans Hill climbs – I was always troubled with asthma at high altitude due to the dry air. It fired me up for sure, but I finished well back, a disappointing follow-up to the prior year's 2nd place. I think we Americans were so disgraced by the '84 Olympic systematic blood doping scandal that we were hypersensitive to doping. What a mess that was. The blood boosting was not yet banned by the IOC but I don't think you can argue that it wasn't cheating. Eddy B advocated the practice and was backed by national coach Ed Burke and USCF prez Mike Fraysee. They set up a transfusion center in a seedy hotel near the Olympic village. Alexi Grewal refused to participate. He'd won the selection races, so they couldn't dump him. But those losers from Colorado, the future golden boys from 7-11 were quite willing. Come the day of the road race, Davis Phinney was supposed to be the man, but he and the rest of the team were sick, ostensibly from the transfusions, and John Howard and a clean Alexi rose to the occasion.

DVBC: You've been racing for over 40 years. What's the most significant change you've seen?

R: Hmmm. That would be my weight. I'm easily 40 pounds over my pro racing weight.

DVBC: No, I meant technological change?



Riding with the Big Boys - Somerville Criterium, Age 16

(Continued from page 5)

R: Without question, that would have to be the weed whacker. It's the greatest thing since toast.

DVBC: Ha, ha, how about cycling?

R: Oh, you mean like performance gains thanks to EPO, Human Growth Hormone, Testosterone and other new age doping techniques. Hah. Oh man, where to start, training, components... People have already weighed in on clinchers, 10-speed sprockets, integrated brakes/shifters, carbon fiber... How about cycling shorts. Back in the day we used to have wool Schnaubelt shorts with a wimpy deer skin chamois. Smear it with mix of Vaseline and Noxzema. We'd get saddle sores on our saddle sores. Didn't help that saddles were so crappy. In regards to training, scientific training was still in its infancy. We didn't have heart rate monitors, power taps, or even bike computers. We trained hard when we felt good, took it easy when we didn't "Get to know your body and listen to what it's telling you." Eddy B felt that holding a bar of copper in your right hand and a bar of iron in your left post ride was key to recovery. Basically I rode every day using my morning resting heart rate to determine my level of fatigue and guide how hard I could train today. You entered as many races as possible and hoped you were at your best for the more important ones. Some years I raced 80, 100 or more days. "Come race day



1st GC - Killington Stage Race

you must be really fresh. You have to be ready for this moment, and you must be already angry. When you do not feel like eagle for this day, you are over with". That was Eddy's favorite refrain. I have an evaluation report from the Olympic Training Center in 1982. All they cared about was lung capacity and heart-stroke volume. My lung capacity was 7.2 liters and cardiac output was around 40 liters per minute. This compared to an average of 6 and 25 respectively for mortals. I think that Miguel Indurain's lung capacity was 8.1 liters and his cardiac output

was over 52 liters per minute. "I raced with Indurain. I knew Indurain. Miguel Indurain was a friend of mine. Ricco, you're no Big Mig Indurain" - Senator LLOYD BENTSEN, 1988 Vice Presidential Debates.

DVBC: There's been talk about your health. How are you doing?

R: What you kidding, I'm Superman. At least I thought so until I was 45. UP until then I felt, and got results, like when I was in my 20s. Around that same time my contemporaries in the peloton started getting issues. I always had a love/hate relationship with Davis Phinney. He was quoted in Velonews after I edged him in a few sprints "I saw him [me] and thought, man I can't get rid of this guy!" When I learned that Davis had Parkinson's disease I thought, wow, rough, but that's what you get for doping. Same thing when I heard about Sean Yates. You dope, you pay the consequences. I have Graves disease and they keep me super hypothyroid to protect my eyes. Endocrinologist is amazed I can even get out of bed, let alone ride a bike. So feeling lousy on the bike is to be expected. Never really slowed me down much, just took longer to recover. I'd been feeling particularly lousy the past 2-3 years: stiffness, soreness, difficulty getting power to the peddles. Old age and Graves I figured. I started getting tremors in my hand right before TOPA 2011 and Mike Broennle put me in touch with a Neurologist at UPenn. Turns out I have something in common with Davis and Sean. Me!! The only dope I ever put into my body was caffeine and antihistamines. Maybe it has nothing to do with the doping. Maybe it's true what they say: exercise is good for you, but the level at which we did it was unhealthy. Life is so ironic, Il chercio si chiudi [life is a circle]. In 1982, CBS News Anchor Larry Kane approached me, and many others, with an idea for organizing a charity ride for MS, an incurable progressive motion disorder. His brother was suffering from the disease. Years later, here I am with an incurable progressive motion disorder. I'm keeping a positive attitude. Riding every day like it's my last. Man I put in over 1000 miles in January including 3 full centuries and 8 metrics. Lavoro duro, non ho tempo da perdere [work hard, I have no time to lose] I tell you, I'm pushing 60 yet I still uncorked a sub 55-minute time in the District 40K ITT.

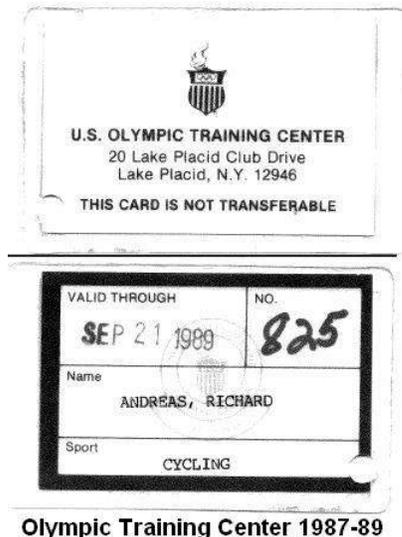
DVBC: Now that racing is behind you, what's next, RAAM, touring, coaching?

R: RAAM, no way. Still do an ITT now and then. Mass start races are just too dangerous at the amateur level. I have always toured, generally ala LaDrew - credit card, shorts, T-shirt and sandals in a plastic grocery bag. Wilmington to Asheville NC via Harpers Ferry and Shenandoah/Blue Ridge is a favorite tour. Last year I got a Surly long haul for loaded touring and did 3 multiday tours including our TOPA. Lots of unriden roads out there waiting for me and I intend to get to them all. Besides riding I'd like to turn other people onto cycling. Kids would be great, but I'm at a loss how exactly to

do that. I did launch weekly Bici con Ricci [riding with Rich] rides in conjunction with a local bike shop. 1st and 3rd Thursdays of the month were flat rides, 2nd and 4th Tuesdays were climbing oriented. All rides were C/D pace and targeted to new riders. It was more of an introduction to group riding focusing on technique and road etiquette. Most rides started with a drill, I liked fix a flat. Everyone had to take off a tire, deflate it, remove the tube, put the tube back in, inflate and put it back on the bike. Last place was awarded a Crank Brothers Speed Bicycle Tire Lever Tool - everybody should have one. We worked hard on our pace line skills. It was beautiful. They may have been inexperienced riders, but once they understood the mechanics of it, we rolled down the road 2 abreast as neatly as any pro team. As the turnout kept growing every week I assume it was well received. Hope to continue this year.

Most Memorable Moments

Big fish small lake, small fish big ocean. 1971 Jr Worlds Mendrisio Switzerland. This



Olympic Training Center 1987-89

was my 1st international competition. Finished in the main group, no big deal, that's where everyone finished.

Tree Trunks. The pukes from 7-11 came to town to contest the Corestates. There were only 70-some starters, mostly American amateurs taking out Pro licenses for the day. Only qualification you needed for a Pro license was \$500 in your wallet. 7-11 was the only US based Pro team. My buddy Alexi was down with Hepatitis. I was on a strong composite team, sponsored by Nashbar, Pedros, and Powerbar. There were about 25 of us left after the 7th lap with 40-some miles left. We headed through Manayunk to the wall, probably each of us thinking, this is it, I can win this thing. Eric Heiden was still there. Heiden had just returned from the Giro where he had won the InterGiro. I keep looking at him,

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OMG his thighs were like 35", bigger than my waist. Lord, please don't let him be there at the finish. No worries, he'd struggled and dropped every time we hit the wall. Surprise, surprise, Tom Schuler and Heiden jump at the bottom of the wall, only the Danes Jens Veggerby and Jasper Skibby could latch on. The race was over. I finished in the chase group with Kiefel, Phinney, Jeff Rutter, Chris Carmichael, Andy Hampsten, Danny Chew and ...

Mario Rossi. 1986 Giro Del Trentino. 1986 edition was a team competition, the "Italy Cup". Got approached by Del Tongo - Colnago. Alberto Saronni had been injured and his brother Giuseppe wanted me to replace him. Mario Rossi rides again! I finished 6th out of 8 for the team, helping us into 2nd behind Carrera.

Sweet Swag from team sponsors: Palet of Hawaiian Punch fruit juicy red - my kids loved that. Silk suits from Bianco Brioni with dress shoes from Botticelli - we were supposed to wear them whenever we were off the bike. Cases and cases of FigNewtons. Free top end bikes, shoes, and cycling clothing. I still wear my winter Jolly jersey.

Where's the Power Bar? Riding for team Spago-Finlandia at Corestates. Spago was an upscale California restaurant owned by Wolfgang Puck - never understood why he sponsored a team. He came to Philly to watch us race. Fixed us up some special snacks for the race. I grabbed a musette .. bite size quiche, fig and avocado sandwich, salmon pizza. WTF, where's the Powerbar??

Mr 95. Ranked #95 in UCI April 1986.

Roman Cobbles. Tour de Suisse - I loved this race. Finished it 5 times. The Passo San Gottardo. The climb from the south side was a cobbled 9 mile ascent to 7,000 feet. Imagine Hannibal riding an elephant up there.

Cry Baby. March 17, 1989. I had just won a big race. Sobbing through the awards ceremony. The announcer "I see you're overcome with emotion at winning such a big race" .. "Yes" I reply. "It is moving, but actually, it's my daughters 5th birthday today and I'm missing it".

Tour Dupont 1 - wearing the most aggressive rider jersey on a transition stage into Galax, VA.

Pain in the A#1. Kent Bostick hosted the Festival of Speed, a TT festival, in Moriarty NM every fall. I started near the end, and posted a butt aching time of 48:21, moving into 1st. Less than 3 minutes later, John Frey finishes with a time of 47:35.37, a record that still stands today. Riding so hard just to come up 2nd just made my A hurt even more.

Where's your bra? 1990. Riding for American Commerce Bank (aka Commerce Bank of Beverley Hills - Jed Clampett's bank). They had a women's squad as well, with Olga's Bras as secondary sponsor. Even the men's team had Olga's logo festooned on the front. We came to Philly and left braless and Kurt Stockton with the Pro trophy

New Laundry. National Champ, Omnium, best all-around rider, at the Masters Cycling National Championship. Yeah, the Omnium title isn't recognized by either the USCF or the UCI FICA, but it meant everything to me and qualified me for the worlds in Bourg d'Oisans.

It's only a Number - When USCF computerized the made a mix up and issued the same racing license number to both Eddy Gragus and I. We were never able to clear things up. I usually used my UCI International license instead. Records will show that Eddy finished both 12th and 13th at one of the Corestates races and that I once won the Philly Pro Championships. GO RICCO!

Pro at 40. Finishing 12th at the Trenton Corestates race. Came around the final corner in 2nd. "Yes, I've got this!", "No I don't". Hincapie, Svorada and 8 others streak by in the last 100 meters like I had it in park. At least I held of Gragus. This was the highest I'd ever finished at a Corestates race. Seemed like a good time to retire. I didn't want to miss any more of my daughter's birthdays either.

What Air? Bob Cook, Mt Evans, Memorial Hill Climb. This 40K race is a mass start TT, beginning near Idaho Springs Colorado. It climbs up to the 14,000 foot summit of Mt Evans, the highest paved road in North America. Finished 2nd behind Alexi Grewal. Crowded at the finish by reporters. One asks me, "How do you feel, it seems like you're hardly even breathing hard." My witty response, "Why bother breathing, there's no air up here!" Never made it into the press, guess it wasn't insightful.

Barrel Full of Monkeys. Crashing on TV during Tour Dupont prologue riding up Monkey Hill. Lost control on the cobbles, riding straight into a bale of hay.

Pain in the A#2. Crashing on TV during while crossing RR track during Dupont ITT. Nobody ever told me to cross perpendicular to the track. What a dope. Several shots subsequent on TV with my bloody cheek peeking out.

Dan Birkholz - Dan was the USCF Development Coach in the late 80's. He helped me in my post Lymphoma comeback. He and most of the Jr development team were tragically killed in 1991 as their plane crashed while landing in Colorado Springs. F'in microbursts.

Gazinga - Rebecca Twig and Inga Thompson. Great riders, and ...yum. Say no more.

DVBC Death Ride - a 108 mile Kingsway to Sea Isle and back led by Bob Leon. I was trying to get in some long easy miles in a stress free group ride. A club member arrives, name omitted for his protection, decked out in full Motorola kit, sans helmet. There was animated discussion whether he could ride or not. Yes. We clear Buena Vista and a group of 10 or so of us roll

off the front as we near Rte 666 in a paceline approaching 25 MPH. Mr. No Helmet is riding behind me, "come on hot sh*t, pick it up .." My blood was already up but that really torqued me. I gradually accelerate to full TT 30+ MPH on the flat, sheltered road. I peak back and his tongue is hanging out, catching in the spokes. Good, how do you like that you suckhole. After 5 miles or so I pull off and drift to the back. I reach down for my bottle and here comes Mr. No Helmet, dropping back like a rocket. He swerves over in front of me clipping my wheel. One of us is going down, he has no helmet (dangerous at any speed, potentially deadly at 30) so I yield and end up dumping it in some soft sand. Vaulting over the bars, headfirst into a tree. I break several fingers, my hand, my wrist and my collar bone, plus serious facial abrasions and bloody nose. It was a long 30-some mile ride back home, past the gawking faces of the main body of riders, including Bob La Drew and Drew Knox. It was the single worst accident I ever had on the bike. Imagine I was quite a sight for Leon and Co.

Bob Leon, LaDrew and The Drew. They represent everything that is good about cycling and the reason I joined DVBC. I was out riding one day. A car beeps in passing, and pulls over a bit ahead. The driver gets out and flags me down. "Hi, our club is sponsoring a Century ride next weekend. I thought you might want to join us." Bob Leon. We talk for a while. I was a hot shot pro, I never rode with the riff raff (too dangerous). But something about this guy compelled me to do it. Showed up with 5 of my buddies in full GS Mengoni racing kit and we ripped through the Brandywine in under 4 hours. Only way to be safe with a group of squirrely, swerve all over the road cyclists is to RIDE AWAY!. Hang out, get to know, and instantly like Bob back at Chadds Ford Elementary School.



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went from a long way out. It was a tough wind in the final. It was a close sprint.

FIRST UNION CLASSIC, Trenton, NJ.

1. Jan Svorada (Cz), Mapei-Bricobi; 90 mi in 2:50:14 (31.721 mph); 2. George Hincapie (USA), U.S. Postal Service; 3. Mike McCarthy (USA), Saturn; 4. Mark McCormack (USA), Saturn; 5. Tomas Konecny (Cz), ZVVZ-Giant; 6. Massimiliano Mori (I), Saeco-Cannondale; 7. Graeme Miller (NZ), Independent; 8. Antonio Cruz (USA), Independent; 9. Marco Girolatti (I), Mobilvetta-Northwave; 10. Todd Littlehales (USA), Navigators; 11. Roberto Gaggioli (I), OilMe; 12. Rich Andreas (USA), Cane Creek-Cane Creek; 13. Eddy Gragus (USA), OilMe; 14. Chad Gerlach (USA), OilMe; 15. Jason Van Marle (USA), Independent; 16. Kirk Willett (USA), Mercury; 17. Anton

Last Pro Race - Happy 40th Birthday

Fx Asked ...You answered

By Fx Pedrix

May 2012

In the April Newsletter we asked what is your favorite post ride activity. Here are the results. And, I must say that my lovely wife Babs and I had a chuckle or two reading through the responses. After reading a few you'll see that there is a recurrent trend from most respondents.

Sabine Cramer likes a recovery drink and a shower! Eric Zwicky just said shower. Marian Venturini's favorite is Eating and Showering (preferably Not at the same time). And of course there is Buckeye Doug Bower who said he prefers Sex, then a nap:) . Buckeye's other half Gigi Nancy Ness hasn't weighed in yet although I'd bet she'd like at least an ice cold Pepsi and a shower. Not sure if she wants Buckeye if he doesn't take a shower.

Our good friend **Ricco Lucci** told me that "The highlight of any hard ride is the shower. If it was a cold 30 degree day, HOTTTTT shower. If it was 90 degrees, CCOOLLDD shower. If it was only 70 degrees, then skip the shower, head straight for Turkey Sandwich, IPA and libido, and then the shower."

Gary Stewart agreed with Ricco stating "Exactly, there should have been a turkey sandwich chased with a nice IPA in there somewhere!"

And **Doc Larry Green** said he recommends to "go check your blood sugar as I do after a ride and again 60 minutes later. Snack accordingly."

David Cunicelli responded that "first, I complain about how hard the ride was. Then I brag about how hard the ride was..."Honey, can you believe that I did..." My wife nods in blank disinterested semi acknowledgment..."That's Nice." Then I upload my ride, realize that it was not as hard as my legs told me. Finally, I dream of doing it all over again. Ride. Complain. Brag. Realize. Dream. Repeat."

Msgr Dave Alfie said "Food and friends. (Old World Hoagie/or cooking up some pasta or making a pizza). Long hot shower. Composing the Ride Report. Ciao!" You've got to love how Dave so elegantly writes about riding and eating.

Mary "Smiling Gourmet" Huis told me "I have 2 favorites - my first, of course, is eating (I do have an eating reputation to maintain, after all) ; my second (after I've eaten) if I have time is getting in my favorite recliner with my favorite blankie and with the TV on low volume, taking a wonderful post-ride snooze. Wonderfully relaxing and most enjoyable.

The response from **Deb "Dreamer" Chaga** was that she likes to grab a cold beverage, jump in the shower, take a nice nap (either with her honey or if he's not with her, while listening to golf). Then later, a nice dinner, sometimes consisting of a steak, a baked potato, a salad and two beers.

Steve "the Hero" Fischer said "Run w/ Andy (yeah,right)." **NY Andy** didn't tell

me want he most favors after a ride so you'll just have to ask him the next time you see him. Who knows, maybe he wants to run with Steve.

Bonkers Boy Bob LaDrew told me "My favorite post-ride activity is cleaning and tuning my bike immediately upon finishing the ride. It must be because throughout the ride I keep thinking I am going to do that. Then I finish the ride and am too tired so I hang up the bike and don't think about it again until next time I am on the bike and hear that infernal squeaking and look down and see that caked mud. So I spend another thirty miles thinking about cleaning and tuning my bike. I love to clean and tune my bike." After that response I was prompted to write back and told him that it seems to me that his favorite post ride activity is putting off cleaning and tuning his bike and one of his favorite activities on the bike is thinking about cleaning and tuning his bike. I have been known to do the same thing. His response back to me was, "I am insulted." Touchy, touchy.

Looking forward to your responses to this month's question. Can't guarantee that I won't insult you

FX PEDRIX NEEDS YOU....

FX has been threatened with a loss of column space. Unless you the reader prove to the upper level suits and bean counters that our readership has a pulse and at least a moderate IQ, FX will be silenced and relegated to the dust bin of DVBC newsletter history.

So each month, Fx will pose you and you a question of questionable taste. FX will read your answers and then post them here the following month in this venerable monthly to be read by you, our target audience. Help Prove FX is Relevant.

What is your most memorable ride?

Don't be shy. Be honest. Be bold.

Send all comments, correspondence and complaints to:

Ilovefxpedrix@gmail.com

Synopsis of DVBC Board Meetings

The April DVBC Board was held on April 2nd. Nancy, Doug, Alex, Rich, Mike, Tom, Larry and Linda attended. Absent were Mary, Deb and Dom.

Membership Report: 442 members; 67 members have renewed - all memberships end in April 2012.

Newsletter Report: 148 newsletters were mailed plus additional 10 to organizations. The rest were electronic to members. Open Board action item - are we going to charge more for DVBC membership with mailed Newsletters.

Ride Coordinator Report: Open action - place new Ride Leader Manual on website.

Website Report: Doug and Mike have action to review and update website content.

Community Action Report: 1.) Swarthmore Borough received a \$25K grant for Pedestrian Cycle Program; 2.) The annual Swarthmore Fun Fair is April 29th. Larry is the contact person; 3.) Tour de Cure needs volunteers June 2nd from Abington High School; 4.) Crum Creek Clean-up May 5th; Alex is contact person; 5.) PA Bike Conference April 7th; 6.) National Bike Summit held in March and Dave Bennett and Mike Broenne attended; 7.) The Bicycle Coalition is having workshops in the suburbs to introduce people to advocacy.

Club Advertising: A tri-fold pamphlet is being distributed and includes Bonkers Tour Info.

Club Tours: Bonkers Tour May 20th. Paint rides are the weekend prior. Mike will send Doug the list of members who said they would volunteer when they joined/renewed their membership.

DVBC Bonkers Metric

Sunday May 20, 2012 (rain or shine)



Delaware Valley Bicycle Club's spring tour finds the best roads in Delaware County, with rolling terrain and some hills. Travel at your own pace, with family or friends, or make new cycling friends. All ages, abilities and types of bikes welcome. Food stop, maps/cue sheets, sag wagon provided.

Start: 8-9 AM for 65 & 50 miles; 9-10 AM for 35 & 18 miles

Where: Ridley Creek St. Park (near Media, PA). Parking Lot # 15

Contact: Doug Bower at doug_bower@verizon.net or email rides@dvbc.org

For online registration, directions, and information, visit www.dvbc.org

BONKERS METRIC TOUR 2012 Registration Form

Name(s): _____ Age(s) _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email address: _____

Distance:(please check one): 18 miles: _____ 35 miles _____ 50 miles _____ 65 miles _____

Pre-Registration \$18.00 _____ Pre-Registration with PDF Membership \$27.00 _____

Day of Registration \$25.00 _____ Day of Registration and PDF Membership \$34.00 _____

PDF members have full membership privileges but receive the PDF version of the club newsletter, saving the club mailing and printing costs.

Waiver/Release (PLEASE READ and SIGN)

In consideration of the acceptance of my application for entry into the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees). form and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.

It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

_____ (signature) _____ (signature)
 (For riders under 18 years of age, parent or guardian must sign)

For pre-registrations, PLEASE SEND THIS FORM WITH A CHECK OR MONEY ORDER BY MAY 14 to
 Delaware Valley Bicycle Club
 P.O. BOX 156
 Swarthmore, PA 19081



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)