

Delaware Valley Bicycle Club

July 2012



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

The New York Gran Fondo

By Dave "Monsignor" Alfie



Self Portrait of the Author

Saturday 4PM Ride Check In: After battling mid-town traffic in Manhattan I pulled into a parking lot near the Penn Hotel and Pavilion, the official NYC GF site. The attendant quotes me a \$48 dollar parking fee—for one hour!. After threatening to back up and ruin their gate attendant escorts me out of the lot w/o incident or fee. I find parking on 24th St in Chelsea and for \$20 get two hours in a small garage. A delightful walk uptown. Interesting people and art galleries.

Saturday 4:30PM: Check in at the Penn Pavilion. Very orderly and efficient but with the requisite messiness of a bike shop. Sign in a 'la' race style on a white board with dry erase marker. Wife gets photo. Pick up race bag (very nice—will hold shorts, jersey, helmet, shoes) filled w/bottle of merlot (goes to the wife as I quit drinking 18 years ago) ride guide, corsa profile, bidon, chain lube and leg embrocation as well as ads for Gran Fondos around the world. Pick up jersey (nice fit) timing chip, and race numbers for jersey and bike.

Browse around. Buy official baseball cap. Pinarello is the bike sponsor and I'm proud to be an owner of an FP3 that I'll be riding. That doesn't convince the cute attendant at the Pinarello booth to give me anything free. Buy a keychain for five bucks.

Formigli is another exhibitor. I've been hot to trot for their bikes for some time now, but can't convince the wife into paying 5 figures for a two wheeler. Nonetheless the wife of the rep gives me a copy of *Peloton* magazine, a new slick bike mag that has some great pics as well as journalism (check into subscribing).

Saturday 5:30PM: Back in the car to navigate our way to my stepson's apartment in Bed Stuy Brooklyn. Back when I lived in Manhattan you would only be caught dead there. Now it's gentrifying with the rest of the boros. Despite that, my stepson's apartment is in the middle of a thriving West Indian community. Very festive atmosphere, music blaring everywhere, a mix of reggae, West Indian rap and the occasional Rhianna tune. People are friendly, take a break from dominoes and engage in conversation, admiring the bike, and shaking heads in disbelief as I lay out my plans for Sunday.

Saturday 6:30PM: Drive a few blocks with family to a neat Italian place in Bed Stuy. Brick fired pizza w/roasted garlic, eggplant, tomatoes and buffalo mozz. Son has pizza *Margherita* and wife panzarella salad. One soda for me and water for wife and son. \$72 plus tip.

Saturday 9:30PM: Music blaring outside bedroom window. Stepson says that 'it's like this every weekend throughout the summer'. Thanks for the heads up. Miraculously music stops at 10:30 PM. Remind self to text God a 'thank you'.

Sunday 3:00AM: French press Italian roast, yogurt with bananas, strawberries. Also down a wrap made of TVP turkey and cheddar. Cold slice of leftover pizza. Pack car and head off to parking lot in midtown @ about 4AM.

Sunday 4:30AM: Listening to *Pavarotti's Greatest Hits* on CD. Lost in Soho trying to find West Side Highway, despite simple excellent mapquest directions. Clubs emptying out with hipster kids, everybody looks like a *Vogue* model. "I feel old", I text to my wife—who texts words of encouragement and can't sleep because she thought she saw a mouse in the apartment.

Sunday 5:00AM: Cabbie gets me back on course to West Side Highway and I find the garage. "Sorry sir, discount coupon is invalid... it is an event day. Yeah, I'm here for the 'event' (\$45). Park, pump up the tires, and head out into the predawn darkness. Pick up other riders on the bike lane up the WS Highway, eventually in a pack of 30 or more riders. Make the George Washington Bridge in no time. It's

kind of a 'hurry up and wait' situation. Start chatting with riders around me. Three men in their sixties all on Pinarello Dogmas, conversing in Italian. One has a vest over his Jersey advertising past participation in a GF of the Dolomites—serious stuff. Taking and texting pics to friends in NJ and PA who are up at this ungodly hour checking on my progress. A cool breeze has been blowing down north along the Hudson River and riders now are kneeling on one knee as the barriers block the wind. Looks like an ad hoc church service.

Sunday 7:00AM: A cheer goes up as the riders begin the coast down the Bridge and onto the corsa. No sooner than we hit solid ground the air feels warmer. Begin riding up 9W in the Palisades. A couple of miles in: the entire peloton stops—as there is glass strewn all across the roadway. Portage like cyclocross and feel sorry for the near half-dozen riders with flats.

Sunday app 8:30: After traveling on relatively rolling terrain in NJ we cross the border into NY state. Beautiful view along the Hudson. Pulling into the town of Haverstraw. A mix of the 1% on the outskirts and the 99% in the town. Quaint architecture, stores, bars,



Dave's Cheering Sections. His "nieces" were a big hit.

etc. About 200-300 people or more lining both sides of main street clapping those air filled noise-makers that they gave out ahead of time. Feel exhilarated and humbled by the reception. When I hit the 'point of no return' (roughly mile 27) Medio Fondo (60 miles) vs the Gran Fondo route, I saw a young couple kissing each other goodbye, she taking

(Continued on page 6)

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

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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*

July 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.

Tuesdays 6:00 pm Miles:20 +/- Class:C/C+ Tuesday Delco Spin	Come out for a spin through Swarthmore, Ridley Township, Springfield, Wallingford and Media areas of Delaware County. Since we've been riding for a few months, we'll pick up the pace a bit with an average speed of 12 to 13 miles an hour. The terrain will be vary from flat to hilly. We will regroup as necessary. Rain cancels. Leave promptly at 6 pm Meet at 320 Market Cafe, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: EFfrench@wilmingtonTrust.com
Wednesdays 9:30 am Miles:30-60 Class:C+/B- Doc's Rides	Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain Cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Thursdays 6:00 pm Miles:12-25 Class:D/C- Evening D Ride	Average speed 10 mph. Meet at Jacobs Engineering parking lot in Conshohocken. The parking lot is at Ash St. near the river, on the opposite side of the railroad tracks from the Schuylkill River Trail. We will ride at an easy pace, on flat terrain (Schuylkill River Trail). This D-paced ride is for novice riders, and/or, anyone seeking a gentle recovery ride. Please bring lights, in case we return close to dusk. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
Sun, Jul 1 9:00 am Miles:50 Class:B-/C+ Hawk Mountain	Unlike the Hawk Mountain Torture Century Ride of 2011, this ride will be 50 miles long, from the Brandywine Heights Middle School in Topton, PA to Hawk Mountain and back. I will provide cue sheets so anyone can attend this ride, I will be riding a comfortable 14 mph average pace. Needless to say there are a few rolling hills and one kick ass long uphill at about the half way point. Bring money for food and water, there is a good pizza restaurant at about mile 45 and there is water at the top of HM. The ride will start at 0900 in Topton. I can fit 5 people and 5 bikes in my truck so if you want to drive to Lansdale and ride with me to the start, let me know. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Mon, Jul 2 7:00 pm Miles:None Class:All DVBC Board Meeting	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
Tue, Jul 3 6:00 pm Miles:12-25 Class:D/C- Evening D Ride	Average speed 8-12 mph. Meet at Glenside Public Library parking lot. Easy-paced ride for novice cyclists, newcomers to Philadelphia, and/or, anyone seeking a gentle recovery ride. Mostly flat-to-rolling terrain, with perhaps a few hills here or there, but we will pedal at a slow pace, and stop to regroup as needed. Please bring lights, in case we return close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Wed, Jul 4 8:15 am Miles:50 Class:C+ Firecracker Fifty	Terrain: Hilly Celebrate the 4th on Dreamer's annual ride out to Northbrook. Decorate your bike/body with flags, streamers, or anything red, white and blue. John S. won Best Decorated Bike for the last three years so who knows what he'll do next. The competition will be fierce. We'll ride from Planet Fitness, Pennell & Weir Rds, Aston PA out to Northbrook. If we're lucky we'll time it right and get caught in the local parade on Country Club Lane on the way back home. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Wed, Jul 4 10:00 am Miles:25 +/- Class:C/C- July 4th Event	I will lead a ride out to Fort Mifflin from 320 Market in Swarthmore. We will tour the fort, with a discussion of its history, touring its building and fortifications, canons, torpedo launchers, ramparts and other features. With a little luck, we may also get a chance to raise the flag over the fort (I did last year). It was the most meaningful Independence Day I have ever celebrated. There is a cool gift shop at the fort. The pace will be one that will be easy and fun. I encourage members to bring age-appropriate family members on this ride. No one will be dropped and we will regroup as often as is necessary to ensure that everyone has a good time. Contact Emil Skobeloff at or scoby13md@verizon.net
Thu, Jul 5 9:00 am Miles:48 +/- Class:B Tour de Dave	Rose Tree Park- Greeneville- Rose Tree Park. Meet at Rose Tree Park in Media. E-Z hill stage. Overall average 14.5+ (climbs/descents/17mph in the flats) Feed Zone: Purebread Deli Climbs: Dilworthtown/MtChannin/Ctr Meeting/ Brinton's Bridge/Sweetwater/Rose Tree. Cancellations or postponements posted 24 hours in advance on list serve. Weather related issues on a wait-and-see basis. RSVPs would be helpful Contact Dave Alfe at 610-517-8898 or wilier55@yahoo.com

<p>Fri, Jul 6 9:30 am Miles:46-50 Class:C+/B- Friday Frolic with Linda</p>	<p>Wayne to Collegeville. Average speed 13-15 mph. Meet at Church of the Saviour, Wayne, PA. Lunch stop in Collegeville @ mile 25. Original route is 46 miles, but IF riders in the group are interested, there is an option to add ~4-5 miles before the lunch stop. Elevation gain is 3588 ft. Rolling terrain with some brisk climbs, but we will stop to regroup as needed. Cue sheets will be available. The on-line route map is http://ridewithgps.com/routes/879845 It is optional, but you may preregister until Thursday, July 5, 2012 at 11:59 pm. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Sat, Jul 7 6:15 am Miles:45 +/- Class:C/B Buena NJ</p>	<p>Buena NJ to Tacony Palmyra Bridge & Philadelphia. Average speed 13-16 mph. Meet at Gas Station/Dunkin Donuts on North Side of Rte 73, NJ side of Tacony Palmyra Bridge. Day Before the ACS Bike-a-thon Ride - where we cycle back from the ACS Finish Line in Buena NJ. The store will be on your left side after crossing the bridge. We'll drive down to the Buena Vista Camping Park, near Mays Landing, park our cars in the overnight (ACS) section, then cycle back. The distance of 42-45 miles is from Buena Vista to the Tacony Palmyra Bridge, only. We will have one or two rest stops. Terrain is flat, but shade is minimal, so please bring sunblock and plenty of fluids. If you are not registered for the ACS ride on Sunday, but would still like to join us on Saturday, please contact the Leader to arrange car transportation from Palmyra to Buena. Cue sheets will be available. It is optional, but you may preregister until Friday, July 6, 2012 at 11:59 pm. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Sat, Jul 7 8:30 am Miles:76 Class:B- New Hope & Ivyland Railroad</p>	<p>Cross the RR 11 times passing stations at Rushland, Wycombe, Buckingham (rolling stock photo op??), Lahaska, and New Hope. Extra miles + nasty roads = no Ivyland. Sorry. This is a very THICK "B-" ride, with 1 short (1/4 m) steep (11+%) climb, 1 LONG (3 1/2 m) gradual (2-5%) climb + a whole lotta miles. 2 quick H2O stops out and back with lunch somewhere in New Hope. Average pace 14 ish mph. Start location Flourtown day use picnic area Ft Washington State Park. Mill Rd between Stenton Ave and Bethlehem Pk. Contact Mike Fuller at 610-783-0913 or mike@captek.net</p>
<p>Sun, Jul 8 7:00 am Miles:75-100 Class:C+/B- Beat the Heat Long Ride</p>	<p>I'm in the final stages of Ironman training, and will be trying to do most of my longer rides on weekends and would welcome some company. Start at Strath Haven Middle School parking lot (Copples Lane lot). Ride will be no drop, but with minimal stopping, only to regroup and/or to refill bottles, check route, bio-breaks, etc. Contact Jenny Ashbrook at or jennifer.ashbrook@comcast.net</p>
<p>Sun, Jul 8 9:00 am Miles:34 - 50 Class:B- Breakfast Ride</p>	<p>A Non-traditional Breakfast Ride - Ride 15 mikes to a new Elmer breakfast destination, then choose 17 or 35 mile route home. Meet at Kingsway High School, Rtes. 322 & 551, Swedesboro NJ. Bring water + \$. Contact Bob LaDrew at 610-383-9327 or bonkersbov@verizon.net</p>
<p>Tue, Jul 10 6:00 pm Miles:12-25 Class:D/C- Evening D Ride</p>	<p>Average speed 8-12 mph. Meet at Glenside Public Library parking lot. Easy-paced ride for novice cyclists, newcomers to Philadelphia, and/or, anyone seeking a gentle recovery ride. Mostly flat-to-rolling terrain, with perhaps a few hills here or there, but we will pedal at a slow pace, and stop to regroup as needed. Please bring lights, in case we return close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Wed, Jul 11 6:00 pm Miles:20-25 Class:C+ Show and 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 or 4epsteins@comcast.net</p>
<p>Wed, Jul 11 6:00 pm Miles:30+/- Class:B- Wed Nite Road Crew</p>	<p>Terrain: Hilly This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 14.5 mph or more now that it's July. 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. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Please note that this ride will not be held on July 4th. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com</p>
<p>Sat, Jul 14 8:30 am Miles:55 +/- Class:B Tour de Dave</p>	<p>Bastille Day! Rose Tree Park- Centreville- Rose Tree Park. Overall average 14.5+ climbs/descents/17mph in the flats). Adding Twaddle Mill after Montchanin on the way out. Mt Cuba Loop after rest stop (we will use DelDOT detour on Creek Road this time). Old Gradyville on the return. Feed Zone: Centreville Cafe. Cancellations or postponements posted 24 hours in advance. Weather related issues on a wait-and-see basis. RSVPs would be helpful Contact Dave Alfe at 610-517-8898 or wilier55@yahoo.com</p>
<p>Sat, Jul 14 9:00 am Miles:65 Class:B- Pizza in Buena</p>	<p>Join Bonkers Boy for a flat ride to the Pavilion in Buena. Meet at Kingsway Regional High School, Rtes. 322 & 551, Swedesboro NJ. Bring water & \$. Contact Bob LaDrew at 610-383-9327 or bonkersbov@verizon.net</p>
<p>Tue, Jul 17 6:00 pm Miles:12-25 Class:D/C- Evening D Ride</p>	<p>Average speed 8-12 mph. Meet at Glenside Public Library parking lot. Easy-paced ride for novice cyclists, newcomers to Philadelphia, and/or, anyone seeking a gentle recovery ride. Mostly flat-to-rolling terrain, with perhaps a few hills here or there, but we will pedal at a slow pace, and stop to regroup as needed. Please bring lights, in case we return close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Wed, Jul 18 6:00 pm Miles:20-25 Class:C+ Show and 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 or 4epsteins@comcast.net</p>

<p>Wed, Jul 18 6:00 pm Miles:30+/- Class:B- Wed Nite Road Crew</p>	<p>Terrain: Hilly This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 14.5 mph or more now that it's July. 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. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Please note that this ride will not be held on July 4th. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com</p>
<p>Wed, Jul 18 6:00 pm Miles:12-24 Class:D/C- Evening D Ride</p>	<p>Average speed 8-12 mph. Meet at Flourtown Shopping Center. The ride leaves at 6:10 pm. Easy-paced ride to de-stress after work, suited for novice cyclists, newcomers to Philadelphia, and/or anyone seeking a gentle recovery ride. We'll cycle on mostly flat-to-rolling terrain, with an occasional hill, but always at a relaxed paced. Please bring lights, in case we are returning close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Sat, Jul 21 8:00 am Miles:70 - 75 Class:B Tour de Dave</p>	<p>l'etape reine! The Queen Stage. 320 Mkt Swarthmore-Centerville-Northbrook-320 Mkt Lots of climbing--start with July 14th and add South Wawaset, Old Gradyville, Sweetwater, Kirk Lane, Orange Street. Overall average speed 14+. Feed Zones: Centreville Cafe/Northbrook and 320Mkt @ Finish. Cancellations or postponements posted 24 hours in advance. Weather related issues on a wait-and-see basis. RSVPs would be helpful Contact Dave Alfe at 610-517-8898 or wilier55@yahoo.com</p>
<p>Tue, Jul 24 6:00 pm Miles:12-25 Class:D/C- Evening D Ride</p>	<p>Average speed 8-12 mph. Meet at Glenside Public Library parking lot. Easy-paced ride for novice cyclists, newcomers to Philadelphia, and/or anyone seeking a gentle recovery ride. Mostly flat-to-rolling terrain, with perhaps a few hills here or there, but we will pedal at a slow pace, and stop to regroup as needed. Please bring lights, in case we return close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Wed, Jul 25 6:00 pm Miles:20-25 Class:C+ Show and 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 or 4epsteins@comcast.net</p>
<p>Wed, Jul 25 6:00 pm Miles:30+/- Class:B- Wed Nite Road Crew</p>	<p>Terrain: Hilly This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 14.5 mph or more now that it's July. 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. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Please note that this ride will not be held on July 4th. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com</p>
<p>Wed, Jul 25 6:00 pm Miles:12-24 Class:D/C- Evening D Ride</p>	<p>Average speed 8-12 mph. Meet at Flourtown Shopping Center. The ride leaves at 6:10 pm. Easy-paced ride to de-stress after work, suited for novice cyclists, newcomers to Philadelphia, and/or anyone seeking a gentle recovery ride. We'll cycle on mostly flat-to-rolling terrain, with an occasional hill, but always at a relaxed paced. Please bring lights, in case we are returning close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Fri, Jul 27 9:30 am Miles:50 Class:B-/C+ Friday Frolic</p>	<p>Tabora's Orchard in Chalfont & Beyond. Average speed 13-15 mph. Meet at Upper Dublin High School. Elevation gain 2700 ft. Rolling terrain with a few steep climbs, but we'll stop to regroup as needed. Stop at Tabora's is at mile 21. On the return, there are optional Wawa stops at miles 35 and/or 41. Cue sheets will be available. The on-line route map is http://ridewithgps.com/routes/1305426 It is optional, but you may preregister until Thursday, July 26, 2012 at 11:59 pm. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com</p>
<p>Saturday, Jul 28 7:00 am Miles:75-100 Class:C+/B- Beat the Heat Long Ride</p>	<p>I'm in the final stages of Ironman training, and will be trying to do most of my longer rides on weekends and would welcome some company. Start at Strath Haven Middle School parking lot (Copples Lane lot). Ride will be no drop, but with minimal stopping, only to regroup and/or to refill bottles, check route, bio-breaks, etc. Contact Jenny Ashbrook at or jennifer.ashbrook@comcast.net</p>

BONKERS Cartoons of the DVBC....

by Bob LaDrew





Montagna dell'Orso. Climbing was a Bear.

(Continued from page 1)

the Medio he the Gran

The Corsa: A wonderful balance of flats, rollers and four timed climbs, which ran along the Hudson, pushing inland and up into Bear Mtn State Park. The majority of the route was closed to vehicular traffic and well marshaled by police and volunteers. Riders thanked them all along the way. Only saw one fallen rider being attended by EMS. Looked like he overcooked a turn on a steep descent. A female rider was being attended to due to a sprained wrist at one of the feed zones. A good deal of flat tires spotted throughout.

The Climbs: (1) Passo del Danio: Began at approximately mile 35. Only about a mile

in length but a total elevation gain of 367 feet with some sections @ 14%, passing through a residential area. Homeowners cheered us on and pushed a few struggling cyclists, one in particular who dropped his chain before the step section. Slow and steady was my mantra—it paid off. Bring it on!

(2): Montagna dell'Orso (Bear Mountain). Began at approximately mile 42. The sign read 5k (3Miles) to the rest stop before the 4 mile timed climb of Bear Mountain. That three miles was only a precursor to what was to be a long and gradual climb. Fortunately the steepest grade topped out at 10%, but still a challenging climb with a 1033 ft gain over the length of it. Descending

riders would call out 'halfway there' somewhat derisively, only adding to the pain. Nailed it!

Stopped at the top to enjoy a spectacular view, snapped a pic, chatted with another rider and headed down hill for about 7 miles.

(3): Colle Andrea Pinarello. Began at mile 60. Named after the son of the Pinarello founder who died prematurely. A killer climb especially coming just passed the halfway point almost 550ft in two miles! A deceiving little monster as just when you think you've hit the top you round a turn and boom! More climbing.

(4): Colle Formaggio. Another short intense climb 466ft in one mile. Beautiful vistas throughout and at the summit, this road wound

its way through a residential section of McMansions. Just over the summit a woman with her neighbors hosed down willing riders as the sun's heat and intensity had taken its toll on some. I was grateful for the impromptu shower.

Feed Zones: Six total on the route. Well maintained and stocked with cookies, bananas, powerbars, water and powerade. Plenty of port-o-lets, wait times were short given the crowd of riders.

The Home Stretch and finale: After the last climb and feed zone I gained my second wind and as the miles ticked by I started attacking the rollers back into NJ. At one point a woman was handing out beers at the end of her driveway and there were a couple of riders laying in her lawn and enjoying her gift—most likely waiting for the broom wagon. Once I hit the final 10K we began to pick up riders and rode together into Weehawken. Traffic was a bit congested, but the police were there to guide us to the finish on the pier. I spied bottles of coca-cola in tubs of ice and cracked open several before plowing into a plate of penne marinara.

My wife and stepson joined me for photos and pasta. It was then onto the ferry to the parking garage, back to Brooklyn for a hot shower and paella at Restaurant Bogata in Park Slope. When we got back from dinner the music was playing again but it didn't matter—I'd made it. Play on!

Ciao for now.



After months of planning, 5 riders set out from 320 Market Cafe by motorized vehicle to the Pittsburgh suburb of West Mifflin. The conversation on the outbound journey touched every taboo subject that everyone is always admonished to avoid; religion, politics, gay marriage, philosophy and the meaning of life. Those barriers to wisdom and common sense having been breached, the social road signs pointed to a very interesting week ahead.

As we settled in at our motel destination for the first night, plans for the following day

Pittsburgh to Media

By Emil Skobeloff

were made and routes to the Great Allegheny Passage were explored to ensure a safe ride on unfamiliar streets. When Sunday morning came, we scarfed down the first of our many free breakfast buffets that all seemed to be the same no matter where we lodged. Off we went down a 3 mile hill that would quickly awaken anyone from their Saturday night slumber, followed by a challenging, heart and lung exhausting 10%, half mile climb. And, thus, in about 15 minutes, the gauntlet had been thrown down. This was to be a 6 day ride of challenges. And notice had been quickly served.

We set out from West Mifflin onto the crushed limestone of the Great Allegheny Passage. Day 1 took us through the back yards and back roads of West Newton and Connellsville, PA. The trail quickly entered the woods lining the Youghagheny River, with its white water rapids, and the percussion of the rushing waters crashing against the rocks, and the sound of rafting adventurers punctuating the peaceful forest tunes. At the end of 64+ miles, we

crossed the beautiful bridge leading into Ohiopyle, PA, a beautiful mountain town, more suited to tourists these days, than the original inhabitants who have now largely moved on to make way for myriad tourists who converge on this picturesque town.

Day 2 started with the threat of rain that quickly became a torrential downpour which soaked our riders, covering them and their bikes in copious mud, drenching them thoroughly. At Rockwood, PA, the rain started to let up. And, by Meyersdale, our halfway point of the day, the rain abated. But, 3 riders called it a day as they were soaked through and through. After a nice lunch of western PA grinders, Sabine and I set off, climbing to the top of the Eastern Continental Divide, passing through the Big Savage Tunnel, a poorly lit 0.6 mile old rail tunnel, the Mason-Dixon Line at the Maryland state line, and the unlit, 1000 foot, Borden Tunnel, accelerating to about 25 mph on cinders, until we met our fellow riders in Frostburg, MD. We then rode into LaVale, MD to end the day. Hot showers were a long awaited blessing.

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I'm glad I wore my good shorts.

On Day 3, we road our bikes from our hotel to the C&O Canal Towpath. The first 100 meters or so were old fashioned, slippery cobblestones. But, the surface quickly degenerated into a mix of some gravel and lots and lots of dirt, grass, and as rain began to fall, a deep brown/black muck. The roughness of the trail jolted our bodies, but, mostly our butts. No one escaped the pain of sore sit bones. And, rumor has it that at least one rider wore through a brand new set of bib shorts from the friction of his saddle chafing the Lycra of his shorts. OUCH!!

We paused for a snack just west of Paw Paw, MD, a beautiful, scenic, but, very impoverished area along the Potomac River. There, we met a lovely English couple. Off we went, ready to challenge the Paw Paw Tunnel, an unlit passage that was carved through the western PA mountains. The tunnel still retained the canal on its northern portion and the walkway, carved with chisels on the south side. As such, we were advised not to ride it, even with headlights. So we walked the tunnel, David Bennett and I taking turns singing folk songs in English and Yiddish. You can guess who sang the Yiddish folk song. Little did I know the story of the miners who died in the carving of the tunnel, or, the fact that many were buried in the walls of the tunnel. The walk was eerie, even before we learned of the history of ghosts that was portended by the cold mist that chilled us as we nervously walked the scalloped walkways through the tunnel. If

ever anyone doubted the existence of the ghosts, or the fact that they don't like Yiddish folk songs, I found out pretty quickly, as my right leg went through a broken plank of a boardwalk on the eastern exit from the tunnel, wedging my right thigh a few inches above the knee in a wooden tourni-



quet. It took an hour and a half and Sabine's heroic 3-mile dash to borrow a tire jack and lug wrench from the English couple who had remained at our former, Paw Paw lunch spot. Had it not been for this good fortune, and her heroics, I might still be wedged there even now. From there, a mad dash east through a torrential downpour and endless muck and mud, culminated in a well deserved end to our day in Hancock, MD, with a bath for our bikes, and a drive to our hotel in Berkeley Springs, WV.

Day 4 held out the promise of a return to civilization. Jess Lowy and I took an unintended detour through Fort Frederick, a magnificent, Confederate fortress near the Potomac River. We made our way back to our fellow riders, waiting impatiently for us, pedaling feverishly through grass, dirt and mud on the C&O Canal Towpath. Fortunately, that last portion of the towpath was in much better shape than the first 60 miles. And, photo ops along the route yielded beautiful stills and wonderful, short videos.

As our quintet made its way onto the roadways of Williamsport, MD, we explored Hagerstown, MD, where David pointed out his stepfather's old home. We sought out a nice corner cafe, The Desert Rose, for lunch. An old Gibson guitar was strategically left by the owners to encourage musicians to share their tunes. David and I took turns playing and singing until our lunch arrived. What a contrast to the phrenetic pace and tension of the previous day.

At that point, four of us decided we needed a short SAG break, while Sabine demonstrated her prodigious cycling form, climbing effortlessly through Hagerstown to the top of South Mountain, joined about a mile or so from its zenith by Ricco and a few hundred meters from the top by me. Then, Ricco, Sabine and I began our steep descent from the peak, negotiating miles of winding S-curves and well-paved straightaways at speeds between 30 and 40 mph with brakes being applied liberally, eyes pinned to the asphalt, looking for any imperfection that might bring us down with no warning.

We regrouped at the base of the descent and road together over rolling hills the last 10+ miles into Gettysburg, PA, traversing the battlefields where so many young men lost their lives in the Civil War. It served as a sobering contrast to the frivolity of the tour. We ended the day at our motel on the property of General Lee's Headquarters.

A wonderful dinner, filled with toasts and teary eyed nostalgia signaled the growing bond that was developing among all of us. The food was outstanding. And,

the warmth, mirth and good cheer will never be forgotten.

Day 5 was a lovely, relaxing, pastoral ride east from Gettysburg, mostly following bicycle route S, with a lunch stop in West York for some authentic Mexican fare, served up by a Mexican family. From there, we rode through York, across the Susquehanna River and the gorgeous, rolling hills of Western Lancaster County to our day's end in Strasburg. We finally found a suitable Thai restaurant for the Queen Mother (Sabine). The food was succulent and Sabine even got to enjoy an alligator dish that left her smiling.

Our final day's ride began with a constant threat of rain that never really materialized. Ricco and Sabine sat out the morning, listening to Sabine's esoteric musical CD's in the SAG wagon, while David and I pedaled the rolling hills from Lancaster, over Strasburg Road and its picturesque beauty, following the Brandywine River to the outskirts of West Chester. Lunch at Iron Hill Brewery was a sure sign that we were nearly home. Satiated

by various hamburger varieties, Sabine, Ricco and I mounted our trusty two-wheeled steeds and negotiated familiar routes through, West Chester, Westtown, Glen Mills, Gradyville, RCSP and our terminus at Sabine's



Ridley Creek Road, hillside schloss.

Many miles and memories were behind us. Five near strangers, now friends, had shared unspeakable natural beauty discovered, ad-



ventures and stresses overcome, attachments created by deep, human secrets and confessions divulged over wine, beer and ale. None of us will ever be able to greet one another again without the genuine affection of hugs and handshakes exchanged, and knowing glances shared. This was special. And, it far surpassed the thrill of the ride itself.



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)