

Delaware Valley Bicycle Club

September 2012



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

Laissez les Bons Temps Rouler

What I Did on My Summer Vacation By Deb Chaga

I spent my summer vacation in the Finger Lakes Region of NY with my honey and eight other DVBC members. We decided in February that we would ride the Bon Ton Roulet. The group consisted of **Doug Bower, Nancy Ness, Betsy Ffrench, Mary Huis, Cate Crosby, Shelly Epstein, Tom Gallagher, Louis Needle, Alex Moeller** and me. When we signed up in February, Doug told me to definitely sign up for the



The Bon Ton 9 Ready to Drink Some Wine!

Sherpa tent camping because he and Nancy were going to do that. Alex and I did, but the rest of the participants, except Louis, all opted instead for hotels.

The group met up on Saturday, July 21st at the fairgrounds in Cortland NY where the tour would start. I was pleasantly surprised when I saw the tent with the air mattress already pumped up, two chairs outside, and two clean towels that would be there each night. Everyone was excited as we registered and picked up our rider package which included a Bon Ton Roulet rain jacket. Uh oh, I thought, is that an omen? After settling in we all headed to the outskirts of town to Bob's B-B-Q for dinner. It was an outdoor picnic area that had all sorts of good vittles to eat. Doug had called ahead and pleaded with the owner to let up bring our own beer and was successful. Score one for Doug. Unbelievably, after Bob's we headed down the road a bit and stopped at a roadside ice cream stand and all had some. It's amazing how much we

cyclists can eat.

Day 1 started with breakfast at a school close by the fairgrounds and as I remember I think the scrambled eggs were pretty rubbery but the rest of the food was ok. We all chowed down and headed over to the start where there was a few festivities before the ride. Betsy discovered that her front tire was dry rotted so she went straight to the mechanics tent to get a new one. We got antsy and

decided to ride out before the local mayor made his speech and we were on the road from Cortland to Auburn. It was a hot muggy day. At mile 31 we hit Coon Hill Rd which scattered riders all over the place. It was long and steep in places but not unbearable. Not long after that climb we hit the local Y for the food stop in Skaneateles which the locals pronounce as "Skinny Atlas." Where they came up with that I'll never know because there's no way I'd pronounce it like that. It was a nice area and immediately after we were riding along a lake. At the finish in Auburn at a park on a lake, Tom, Alex and I were pleasantly surprised that our new friend,

Bob from the Bon Ton, was selling ice cold beers for \$2 a piece out of coolers. We immediately bought one as a recovery drink and Tom got a burger. This became our daily ritual after each ride. Dinner was at the park in a really nice facility and it was a decent meal. Afterwards we all took a walk out by the lake for photo opps. That night there were a few showers but the rain stopped in the morning before we started riding. And, the tent didn't leak. Yeah!

Day 2 started with a much better breakfast. The route would take us from Auburn to Geneva. In the ladies room just before I headed out a woman was talking about how she hated to ride on wet roads and how they cause flats. I shrugged that off thinking it wouldn't be an issue. Well, I think she jinxed me because within the first 5 miles I got a flat. That all fixed we rode on for another 25 miles or so when I got a second flat. I was not happy since I had 650 wheels on my bike and had only brought 3 tubes for the week. Thankfully there were no more flats and we

all enjoyed the beautiful hilly scenery. The finish was at Hobart Smith College and again Tom, Alex and I had our after ride recovery beer and Tom had another burger. Alex and I hit the college pool and then we all met for dinner in the cafeteria. The food was great. And they had a soft serve ice cream machine. I was a pig and went back for a second cone and everyone else had at least one if not two servings. I wanted to enroll there post haste.

Day 3 started with breakfast at the college which was quite good. We eat a lot on these tours if you haven't figured that out. The route that day would take us from Hobart Smith to Keuka College on Lake Keuka. It was another hot and humid day. At the first food stop only about 10 miles out we were already dripping with sweat and had climbed some significant hills. We took the long route and hit one hill that just climbed straight up for a good while. After a while Alex's bike started making an annoying squeaking sound that just wouldn't stop. He thought it was his front wheel and when we hit the food stop he bought a new wheel. As we headed out again the squeaking began again. Eventually we rode by an Amish Bike and Furniture shop so Alex stopped. The owner said his back spokes were loose and out of true and just needed to be tightened. I chatted with the owner a while and told him about Shirk's Bike shop out by Lancaster PA. The owner laughed and said that's where he bought his first bike since he grew up just down the road from Shirk's. Small world. We kept riding and stopped at a winery where tasted some good wines and bought some for later than night. Again we had our beer and burger at the rides end. Alex and I headed down to Lake Keuka for a refreshing swim in the cool water prior to dinner at the college.

Day 4 started as usual with breakfast and we began our ride from Keuka College to Watkins Glen. Alex kidded Tom that it was his turn to have bike issues since we had already had problems. Unfortunately that turned out to be the case at about mile 15 after we had been riding along at a fast

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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.

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

September 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+ 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. Bring lights front and rear as the days are getting shorter. 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 Ride	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
Wednesdays 6:00 pm Miles:20-25 Class:C+ Show and Go C+ Rid	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
Wednesdays 6:00 pm Miles:22 +/- Class:B- Wed Nite Road Crew	Terrain: Hilly Can't believe it's September already. Please bring lights if you have them since it's getting darker much earlier. This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 14.5 mph or more. 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. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com
Sat, Sep 1 8:00 am Miles:28-100 Class:All Brandywine Volunteer Ride	An opportunity for our tour volunteers and friends to enjoy the beautiful Brandywine scenery. Start at Pocopson Elementary School in Chester County and select from any of the five tour routes. Ride leaders may or may not emerge on this show-and-go but fear not, you should have no trouble following the arrows. Water availability is limited on this ride so bring extra. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Sat, Sep 1 9:00 am Miles:63 Class:B- Reservoir Challenge	Frenchtown to Merrill Creek Reservoir Challenge. Average pace 13-15 mph. Meet at Frenchtown - parking lot just below Bridge St, between river and Canal Trail. Hilly but pretty loop through Warren and Hunterdon Counties, NJ, to the scenic Merrill Creek Reservoir. Initial and final stretches of the route, along River Road, are flat. The challenging hills section, ~10 miles of climbing, is in the middle. Total elevation gain is 5100 ft, but we will stop to regroup as needed. See http://phillybikeclub.org for more details. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Sun, Sep 2 7:00 am Miles:28-100 Class:All 36th Annual Brandywine Tour	Support bicycling in the Delaware Valley. DVBC's Brandywine Tour meanders through the beautiful Brandywine River Valley, crossing 6 major creeks and traversing much of the area where Revolutionary War troops marched and fought at the Battle of the Brandywine. Choice of 28, 50, 65, 80 and 100 mile rides on rolling to hilly terrain starts at Pocopson Elementary School. Fully supported tour with cue sheets and maps, sag wagons, clearly marked routes, portable rest rooms, rest stops with great food and tour concludes with pizza. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Mon, Sep 3 8:30 am Miles:79 Class:B- Race Preview	We will look at part (not all) of the course for the new professional bike race which happens later this month. The race will start in New Hope, then do 6 laps (we do one lap) around a loop in the middle of Bucks County before finishing in Doylestown. Moderately hilly, fairly long route, but we will take an easy pace and enjoy the scenery. Food/H2O at 24, 45, 64 miles. We start from the Flourtown picnic area of Ft Washington State Park on Mill Road between Stenton Avenue and Bethlehem Pike. Contact Mike Fuller at 610-783-0913 or mike@captek.net
Wed, Sep 5 6:00 pm Miles:25 +/- Class:B Andy's B Ride	"B" ride [16-17mph avg]. Meet at main parking lot of Rose Tree Park, Rt 252, Media PA. We ride 'til dusk. Expect hills. No one gets dropped. Start time is promptly at 6:00 pm. Rain cancels ride. Contact Andy Marzano at or starbrdtrack1@yahoo.com
Sat, Sep 8 9:00 am Miles:62 +/- Class:C+ Kennett Square Metric	Join me for a lovely jaunt to my very favorite destination - The Country Butcher. I guarantee the scenery will be gorgeous, the food will be amazing and the company will be sensational. What more could you ask for? There will be lots of hills and 13 to 14 mph average speed. Ride starts at Rose Tree Park in Media. Contact Mary Huis at or mary2335@verizon.net

Mon, Sep 10 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.
Wed, Sep 12 6:00 pm Miles:25 +/- Class:B Andy's B Ride	"B" ride [16-17mph avg]. Meet at main parking lot of Rose Tree Park, Rt 252, Media PA. We ride 'til dusk. Expect hills. No one gets dropped. Start time is promptly at 6:00 pm. Rain cancels ride. Contact Andy Marzano at or starbrdtack1@yahoo.com
Sat, Sep 15 8:30 am Miles:50-75 Class:B- Ride to the Race	Ride to watch the new Thompson Bucks County Classic pro race. Pace 14 ish mph out and back. 2 H2O stops in Doylestown, 18 miles out, 18 from the end. Prepare to pack lunch and extra H2O (bottle) for the middle. The new pro bike race will do 6 laps through the middle of Bucks County. We arrive early, then move from point to point to watch the racers on the course. We will time the ride to arrive before the first lap at about 10:30 AM. The race finishes in Doylestown at about 2:45 PM. Q sheets for those who need to leave early. Map of race loop. Start location is the parking lot of Upper Dublin High School on Loch Alsh Avenue between Ft Washington Ave and Rt 309. It is the parking lot beside the baseball field. Contact Mike Fuller at 610-783-0913 or mike@captek.net
Sat, Sep 22 9:00 am Miles:45 +/- Class:C+ The Muffin Ride	Let's enjoy this first day of autumn with a wonderful ride out to Purebread Deli in Greenville, Delaware. We will whisk by the beautiful Brandywine and enjoy the lovely fall weather as we make our way to the famous muffin capital of the DVBC. Expect lots of hills and a 13 to 14 average mph. Ride starts at Rose Tree Park in Media. Rain cancels. Contact Mary Huis at or mary2335@verizon.net
Sat, Sep 29 9:00 am Miles:50 - 60 Class:C+ Somewhere Fun	Join me for a fun ride to somewhere fun. Not sure where we will go but we will have a short food stop somewhere good. Expect lots of hills and a 13 to 14 mph average speed. Meet at Rose Tree Park in Media. Rain cancels. Contact Mary Huis at or mary2335@verizon.net

Welcome New & Re-Newed Members !!!!

Jonathan Applegate, Philadelphia
Daniel & Roxanne Bare, Dover, PA
Joe Barendt, W Chester
Jeff Cooper, Brookhaven
Rick Beltz, Windermere FL
Steven Cordell, Silverdale PA
Jeffrey Braff, Philadelphia
Keith Danielson, Bryn Mawr
Steven Braff, Los Olivos, CA
Mark Deaver, Ridley Park
Eva Chirapongse, Merion Station
Donna Kleinman, Glen Mills
Kris Chirapongse, Merion Station
Lee Lamparski, Malvern

Johann Comielle, Huntingdon Valley
Dan McCabe, Aston
Paul Dominici, Elkins Park
Martin McElroy, Malvern
Liza Fell, Ambler
Michelle Platt, Collingdale
Micaela Fernandes, Philadelphia
Andrew Pocklington, Norristown
Bruce Haines, Media
Brian Seabrook, Mullica Hill, NJ
Dustin Hardin, Mifflintown
John Sommers, Stn Mtn, GA
Eric Heinz, Philadelphia
Naomi Standing, W Chester
Matt Kuntz, Wayne

Greg Stets, Springfield
Joseph Mike, Deptford NJ
Rich Vogel, Kennett Square
James Lee, Philadelphia
John Warrick, Media
Josh Long, Hatfield, PA
Bruce Wickman, Malvern
Gary Noll, Fleetwood, PA
Robert Yarbrough, Media
Barbara Rosenberg, Wayne
Manny Menendez, Berwyn
Jamie Morris, Aston
Jane Pepper, Media
Gregg Ridge, Berwyn
Sylvie & Pierre Russo, Penn Valley

BONKERS Cartoons of the DVBC....



Smokin' & Jokin'
DVBC in the Glory Days of the Kountry Kitchen

(Continued from page 1)

pace. Tom's rear derailleur totally broke off and there was no way for us to fix it. He got the SAG car to take him to a rest stop where the mechanics would be later. Tom kept passing us in the car as we headed on. Later he told us that he helped quite a few people get back on the road and he changed a couple tires since the woman driving sag didn't know how to even pump up a tire. Alex and I stopped at the Curtis Museum along the way. Glenn Curtis was a local bike race who eventually racer motorcycles and then started building airplanes. It was an interesting place. We met up with Betsy and Shelley along the way and the four of us stopped at two wineries and we did wine tastings and bought some more wine. We all met for dinner at an Italian Restaurant in Watkins Glen and after drinking a couple glasses of wine I decided to serenade Doug, Nancy, and Betsy's table with my version of Ole Solo Mia making up the words by rhyming them with cycling terms. Solo, Velo, me-o.

Day 5 was an off day with the choice of doing a century or a 30 mile route. None of us rode. We hiked the gorge up the falls which was nice. Unfortunately for me I apparently had gotten really dehydrated after riding the long loops for the last 4 days. I thought I had drank enough each day but I guess not. I hung out in the school gym and drank lots of water which helped immensely. Since it was Doug and Nancy's anniversary week they stayed at a nice hotel on the waterfront. Tom and Mary were in a B & B where they had to walk up an ungodly hill to it.

Day 6 started off for me at 4:45 with a storm and a big lightning bolt that made me sit up in the tent and scream out. Alex thought I had been hit. And of course we then had breakfast at the school and fortunately the rain stopped for the ride from Watkins Glen to Ithaca. It began with a really long uphill climb at mile 2. Not long after we got to the top it began raining and did so until we hit the food stop at mile 19. By then we were cold so we pulled out our Bon Ton Roulet rain jackets. Glad I had mine with me. The rain stopped and the sun came out and we enjoyed the rest of the ride. We rode through Trumansburg, a cute town where Alex and I had gone the day before the tour started to check out the Grass Roots Festival. It was a great time with a lot of old and young hippies walking around. Good music too. After leaving that town we headed downhill and stopped at the overlook for the Taughannock Falls. Tom didn't believe me when I told him that he missed the guy who dived off the top while Tom was in the rest room. Onlook-

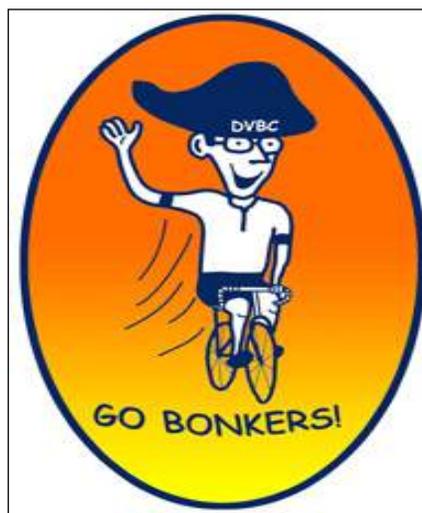
ers laughed about that one. The food stop was on Lake Cayuga which is quite beautiful. Most of the food stops we hit during the entire tour had great food and a lot of really good fresh fruit. This one had some really great cookies and cake too. We continued on and kept climbing hills and finally finished at the Robert Treman State Park. We had our beers and then headed over to the swimming hole which was at the base of some waterfalls that you could swim over to and sit under. It felt great. Alex and I were the only two that went in all the way, everyone else thought it was too cold. Dinner that night was fish and chips and chicken by a local vendor. And, all the beer from our buddy Bob was FREE. There was a DJ and we even danced a little.

Day 7 was the last day which took us from Ithaca back to Cortland. We headed out with a forecast of rain.

We only had 33 miles to go but at the water stop at mile 14 we got slammed with rain. It was coming down so hard at times that it was difficult to see. As we got close to Cortland the rain eased up and actually stopped although it began again after we got back to our cars and we had to wait in the shelter before we could drag our stuff to the cars. We packed up finally and got on our way home.

All in all, it was a great time. Talked to a lot of people, rode a lot, saw some great scenery, drank some good wine, and hung out with friends. What more can you ask for? I was glad to get back to my own bed though.

-DC



DEB's Random Member Pics



Group SOB or is it the SOB group?



The Bon Ton 9: After wine, Bikes roll just fine



Bob La Drew takes the SOB ride very seriously!



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

Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events.
 Your membership also helps influence local government decisions concerning bicycle issues.

Annual membership: \$15 per household

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

Please print clearly and use your 9-digit zip code, if known:

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP: _____

PHONE: _____ Birth Date: _____

EMAIL: _____

The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley.

I wish to contribute (circle appropriate amount):

\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ _____

AMOUNT ENCLOSED:

\$15 membership + _____ Safety Fund = \$ _____

I will volunteer for (circle all interests)

Ride Leader Tour Volunteer Newsletter

Other: _____

Please send your check or money order to: Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081

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

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

 Signature

 Signature of parent or guardian (if under 18 years)