

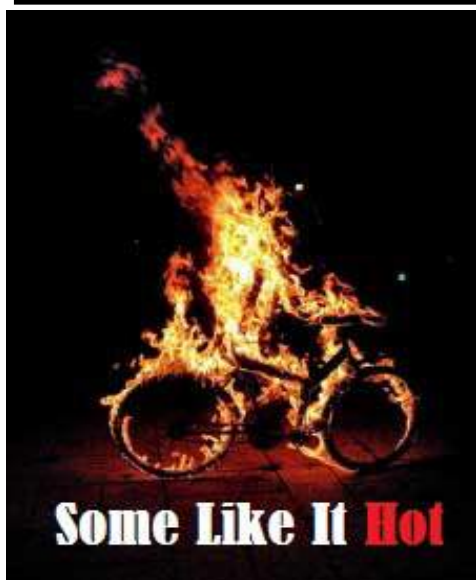
# Delaware Valley Bicycle Club



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

## We're Going Green

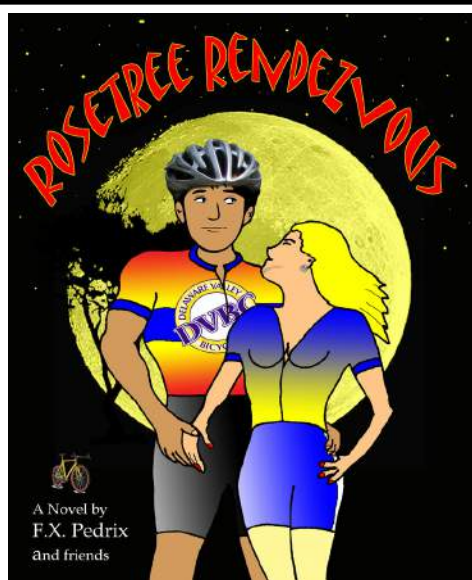
Green Advocacy is widely appealing to our membership and a good fit with the principals and philosophy of the DVBC. With this in mind we have decided to stop printing and circulating the monthly newsletter. It is expensive, wasteful and simply just does not make sense to continue. The large majority of members have opted to forgo hardcopy in favor of the DVBC website. There are many options for those of you still preferring a printed version. If the issue is access to the Internet, public libraries generally provide Web work areas. Patronize your favorite library and print off a copy. Hit up your friends and neighbors to print you a copy. We are sensitive to our membership, so If due to hardship your only option is to have a hardcopy mailed to you please get in touch with the editors office: RiccoLuci@gmail.com. Elimination of mailed newsletters will save the club roughly \$1000 annually.



I don't enjoy riding in the cold. Never have. The cold dry air scorches my lungs and throat, at times even provoking asthma. My muscles just don't seem to work efficiently. Did you ever try to fix a flat with numbed fingers? Worst of all is the discomfort of sweating and freezing at the same time. Heat on the other hand has never bothered me. Well, after the last 3 weeks I can't say that any more.

I always looked forward to summer. When it comes down to it, there is nothing I would rather do than ride, ride, ride all day. Bring on the heat baby. I never seemed to have a problem cooling. My body has so adapted that the mere sight of the color red induces sweating. So long as I stay hydrated and eat properly there is no limit to how long or far I can ride. The 117 degree temperatures during our attempted ride from Swarthmore to Rehoboth didn't even phase me. There was a

See **HOT** on Page 4



On May 19, the Sunday morning of the Bonkers Metric, true to her usual pattern, Megan O'Malley pulled into Ridley Park Lot 15 slightly tardy. Club volunteers were bustling to set up equipment, distribute food supplies, and accommodate early arriving riders when Megan's Subaru lurched to a stop. As if on cue, the busy club members halted their activities and stared. Megan emerged from her car and was instantly aware that she was the focus of attention. All she could think was that her list serve confession a few days earlier meant that she was now branded as an outcast, a person who had cheated to get something that rightfully belonged to others; she would be the object of Lance Armstrong scorn.

But suddenly there arose a smattering of applause which grew steadily in intensity until, finally, even those strangers

See **Rosetree** on Page 5

## Pedaling Across Wisconsin (with nine good toes)

By Shelley Epstein

Last winter, while holed up in our homes and longing for that special summer bike tour, Mary H (a.k.a. Cycling Gourmet) introduced the idea of the Pedal Across Wisconsin (PAW)- Capital City Circle tour. She had learned about it from some cyclists while doing the Pedal PA trip. I contacted the tour organizer, Jerry, or "Doctor J" as he is affectionately called, to inquire about the terrain, as this ride would be occurring a month earlier in the season than other multi-day tours I'd done in the past. Dr. J assured me that coming from Pennsylvania, these hills in Wisconsin would be easy.

The price was right and Mary took care of booking our to- and from- hotel and motel. Mary and I were to travel with Dwight S in his RAV4. Dwight is from White Clay and joined DVBC this year.

Interest was high in this ride, with six other DVBC'ers signing up: Debbie C (a.k.a. Dreamer), Alex M, Larry G (a.k.a. Doc Larry), Woody K, Len Z and Bonnie W. Len and Bonnie brought along their two friends Martha and Joe and were later joined by a new friend for life, Charlotte from Arkansas.

Having taken a hiatus from road cycling this winter, indoor trainer notwithstanding, I embarked on a quick fitness cycling regimen starting late February. This basically meant cycling as much as possible and challenging myself (and others- see Wednesday Night C Ride Reports) with steeper hills than usual earlier in the season than usual. Rain was

See **PAWS** on Page 7

## Delaware Valley Bicycle Club

P.O. Box 156  
Swarthmore, PA 19081  
[www.DVBC.org](http://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.

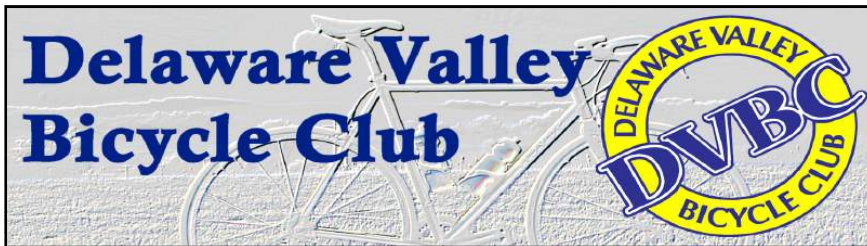
DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15<sup>th</sup> of each month. The views expressed in this publication are not necessarily those of DVBC.

**Monthly board meetings are open to all, and are usually held the 1<sup>st</sup> 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 © 2013 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.

## Delaware Valley Bicycle Club: Serving Delaware County and the Western Philadelphia suburbs August 2013 Ride Calendar

**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.**

### RECURRING RIDES

Tue 18:00 Class D Linda's D Ride	The ride will depart from Glenside Public Library parking lot. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride to pedal away the day's stresses suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll be meeting in the parking lot adjacent to the library. Please bring lights in case we are delayed on our return. This ride is scheduled for 3 out of 4 Tuesdays each month. Cue sheets will not be available. Organizer: Linda McGrane <a href="mailto:mcgrane_linda_a@yahoo.com">mcgrane_linda_a@yahoo.com</a> 267-251-7862
Tue 18:00 Class 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 and the terrain will be vary from rolling 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: <a href="mailto:EFfrench@wilmingtonTrust.com">EFfrench@wilmingtonTrust.com</a>

Wed 9:30 Class C+ Doc's Ride	30-60 mi. moderately hilly C+ ride. Sit down lunch and great conversation. Ride details are posted on DVBC list serve Tuesday night. Starts from 320 Market on Chester Ave in Swarthmore. Ride leaders Larry and Woody
Wed 18:00 Class D Linda's D Ride	The ride will depart from Flourtown Shopping Center at 6:00 pm. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll meet in the rear of the parking lot near the pizza restaurant. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
Wed 18:00 Class B Wed B+ Ride	Join me for a 30 +/- mile B+ ride (16-18avg) starting in Rose Tree Park in Media. There are hills but we stick together drop no one and have fun. Contact Andy Marzano at (C) 610-291-2635 Email: starbrdack1@yahoo.com Check here the day prior to ride for this weeks route:
Wed 18:00 Class B Wed Nite Road Crew	This 25 + mile ride is meant to be fun and challenging with breakaways. EXPECT LOTS OF HILLS. Average speeds with hills will be between 14.8 to 15.8 mph now that we're in mid-season form. Rain cancels this ride. Meet at Rose Tree Park, Rt 252, Media PA. On nights I can't make it Dan K or Paul D will step up to lead. Contact Debbie Chaga at <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a> .
Th 17:45 Class D Linda's D Ride	Expect 10 to 20 miles at an average speed 8-12 mph. Meet at Jacobs Engineering Parking Lot in Conshohocken. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll start by riding on the Schuylkill River Trail in March. As riders get stronger we can turn off the SRT and explore some pretty roads in the area. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
Fri 9:30 Class B- Friday Frolic with Linda	This is the generic description. Specific details will be posted on Bike Club of Phila calendar for each Friday. Expect 45 +/- hilly miles at an average speed 13-15 mph. We'll explore pretty peaceful roads in suburban counties -- Montgomery Bucks Chester etc. Starting points will vary so that we can cycle through different regions. Cue sheets and on-line route map will be provided for each ride. If weather conditions are not conducive to cycling this ride may be replaced by a hike/walk. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
Sun 13:00 Class C+ Sunday Afternoon Romp	Ride leaves from the Inner Drive Fitness parking lot (210 S Newtown Street Rd). Expect 25-30 miles moderately fast pace plenty of hills. No one dropped. Bathroom & changing facilities available pre & post ride at Inner Drive. Contact Jenny Ashbrook at <a href="mailto:jashbrook@innerdrivestudio.com">jashbrook@innerdrivestudio.com</a> .
Sat 8/10 08:30 to 17:30 Class C+ Old Fiddler's Picnic Ride	This will be a fun ride out to the 85th Annual Old Fiddler's Picnic at Hibernia County Park near Coatesville PA. We'll enjoy the great FREE music from 10:00 to 4:00 and then return back to the start. Food and craft vendors will be on site although you are welcome to pack your own goodies. Distance 45+/- . Rain cancels ride and picnic but rain date is the next day when I'll try again. Meet behind Chadds Ford Post Office, Rte 1, Chadds Ford PA (across from Hank's Place). Contact Debbie Chaga at <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a> if you plan on joining me.
Saturday, 8/17 08:00 Brandywine Tour Paint Ride	Meet at 8:00 a.m. at Pocopson School in West Chester, Pa. for the annual paint ride for the Brandywine Tour. Option to ride or drive to paint the arrows on the routes. Your help is really appreciated. Contact Dom Zuppo at <a href="mailto:domzdvbc@comcast.net">domzdvbc@comcast.net</a>
Sun 8/18 09:15 Class C+ Centreville Cafe	Start at Moylan Rose Valley Train Station at Manchester and Woodward Roads (19063). Enjoy a classic scenic and hilly DVBC route to a great cafe. About 55 to 65 miles at 13 to 14 mph average, not including stops. Could be a little faster if everyone is up to it. 20 - 30' food stop. Could be 1 or 2 more bathroom breaks if needed. Contact Ira 610 245 3745, <a href="mailto:josephs4058@gmail.com">josephs4058@gmail.com</a> .
Sat 8/31 08:00 Brandywine Tour Volunteer Ride	Meet at 8:00 a.m. for the annual Brandywine Volunteer Ride. This gives the volunteers who will be busy working the Tour tomorrow, a chance to ride the routes of their choice and check out the road markings before the tour. This is a show & go event. Contact Dom at <a href="mailto:domzdvbc@comcast.net">domzdvbc@comcast.net</a> with any questions.



MAY is NATIONAL BIKE MONTH

# SHARE the ROAD

IT'S ROAD SAFETY, NOT ROCKET SCIENCE




[wcbluer.org/ShareTheRoad](http://wcbluer.org/ShareTheRoad)



**HOT** from page 1

nice cooling headwind and the humidity was moderate.

Page ahead 3 weeks. The ride was a hard, hilly circuit to Valley Forge starting from the Peace Bridge. I could tell by the dark color of my morning urine that I was dehydrated. I started chugging fluids. By the time I clipped in I had downed nearly 60 ounces of fluids trying to rehydrate. The humidity was oppressive. By time we cleared the park the sweat was dripping off of me – it was too humid for it to evaporate. No evaporation = no cooling. I was already overheating. I drank constantly. Gulping as much as my stomach could handle. The temperature soared and so did the humidity. My energy drink started to nauseate me. I suffered on every incline. I stopped the group in Phoenixville to refill my bottles. Ahh, the water was so cold. I gulped down two 34-oz bottles. I soaked my jersey hoping for evaporative cooling. Thankfully we were onto the flat, shaded Schuylkill Trail. By time we gained Betzwood I was feeling much better, but I had no power whatsoever. I waved the group on ahead and crawled back to the start. I took a spin the next day. Everything ached. Yesterday had really torn me up. It was a week before I was feeling recovered.

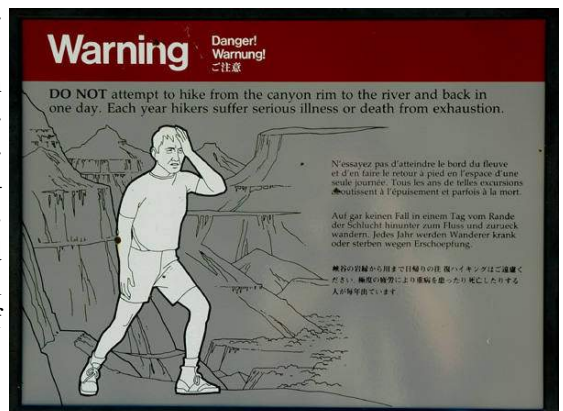
July 4<sup>th</sup> was another record hot day. I had posted a very challenging metric century, taking in as many hills as possible. I felt great. No issues with overheating or dehydration. I took an easy recovery ride the next morning, and spent the rest of the day doing yard work. Tomorrow I planned on either a metric to the Country Butcher or a solo 80-miler we had enjoyed earlier in the spring. Gary posted an excessive heat warning. No worries I'm in really good shape, had shrugged off the heat in Rehoboth. I opted for the 80-miler with an 7:30 AM start to beat the heat. Slept great. Overslept til way past my target start time. I didn't even wake up in the middle of the night to pee. How unusual. Wuh Rhoh, Maybe I hadn't hydrated properly yesterday while doing yard work. Drank a large glass of water ASAP. Had 2 large mugs of English Breakfast tea, 2 eggs, toast and a 32oz mixed fruit, flax seed, and almond smoothie for breakfast. Lots of fluids going in, but none coming out ... ominous.

The prevailing winds were forecast to be from the SE. That would mean the 1<sup>st</sup> 23 miles were into a dead headwind. If I left early I figured that the winds would be calm, likely just starting when I turned the corner to help push me home. Well, the winds were near gale force right from the start, slowing my progress significantly. The humidity was sky high, the sun fuzzy in the haze. The hard effort pushed up my core temps, accelerating my fluid loss. I was in a convection oven. There would be no replacing the water deficit from the day before, it was too late, it was just a matter of keeping fluid intake up sufficiently to offset any additional loss. At mile 17 I had already downed 64oz, my bottles now empty .... I made it to the General Store turn-around. The tailwinds I had looked forward to were now my enemy. Sure, my pace increased, but without the cooling of the headwind my body temperature soared. 3 hours into the ride and I was far off pace, at least 2 hours behind my plan. The temps were unbelievable. I pulled the plug. Where to? **THE SHORTEST ROUTE HOME!** Thank You Garmin!! The highlighted route stretched long ahead. I was unfamiliar with the roads, desolate barren pinelands in every direction. Water was getting low. Hmm, I pondered, how sick would I get if I drank the water out of that roadside stream? Forget it, there are cows standing in it over there. I popped out of the baking SJersey frying pan into Alloway. I bought a bag of Ice, a gallon of ice cold water and 2 iced tea. Lingering in the shade I sipped, feet buried in the bag of ice. I had heard that Linda McGrane called an ambulance for a heat stricken rider just last week. She probably would have called one for me had she been along. I called everyone I could think of, vainly trying to get a ride home. It was going to be a long final 20 miles home. I bought 2 bottles of water for my bottle cages. Filled my bike bottles with ice, stuffing them in my jersey pockets against my hot back. The rest of the bag of ice went under my jersey across my shoulder blades. With frequent stops lay in the occasional cool shade those last 20 miles took 2 hours. Let's see ... body temp? 102+. Whipped up an ice cold melon-berry smoothie. Fell asleep in a tub of cool water. Dreams of cycling naked through a freezing snow storm. Aren't dreams weird?



I hate the heat, I can't wait for winter. I recall a summer trip west. The Angel Fire trail, a trek from rim to river (and back) is one of the planet's iconic journeys, an achievement nearly every Grand Canyon visitor longs to notch. The trouble is, canyon temps routinely top 110° F in summer, and that hellish heat—combined with the exertion of climbing 4,380 vertical feet over 9.5 miles—results in about 200 heat-related rescues each year and a dozen fatalities. Ominously there is a large sign midway down the trail “ENTERING THE DEAD ZONE”. As in, if you don't have a gallon of water, turn back now or you will die on the way back.

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**HOT from page 4**

I learned that most of the heat fatalities on the trail are young athletic males, *likely cyclists every one*. All but 6 of the 65 heat fatalities in the past 5 years have been males under 28. “*So confident are they of their conditioning and heat tolerance that they overlook the dangers and ignore the physical warning signs.*” US Park Service Brochure

So, what was today’s lesson? Did we learn anything? Probably not, right guys? Least of all me. Guys, show of hands? We’ll make the same mistakes again. We’ll ignore the warning signs. We’re fit, were strong, we’re used to it, we’re guys . That’s what we do. *If any of you women feel excluded you’re free to join us in our machismo.*

**LESSONS:**

- ◆ Love the Headwind in the Summer, Hate it in the Winter.
- ◆ It’s not the **HEAT**, it’s the **HUMIDITY**. Humidity is a greater threat than heat alone. Sweat that beads up and rolls off doesn't function in the cooling process. However, this "futile sweat" does deplete the body of vital water and salt. As dehydration progresses cooling becomes more difficult. Performance drops and heat injury becomes a real threat. Deaths have occurred when the air temperature was less than 75 degrees F, but the relative humidity was above 95%.
- ◆ Begin drinking even before you get on the bike. Drink 8 ounces as you are getting out the door. During your ride, try to drink at least 8 to 12 ounces by sipping fluids every 20 minutes (make sure you sip, not gulp, to avoid stomach discomfort).
- ◆ As much as 1 to 2 quarts of fluid per hour may be lost through sweating The major affects of acclimatization to heat can be accomplished in 10 to 14 days. As you can see from the table, if you are unfit and not acclimated to the heat you will lose almost twice as much fluid, twice the sodium, twice the potassium and one-and-a-half times the chloride in your sweat compared to when you are fit and acclimated.

Table 1 - *Electrolyte Contents of Sweat and Blood and the Affects of Fitness and Heat Acclimitization, Fourth Edition, Lore of Running,"Tim Noakes M.D., pp. 214*

Electrolyte	Unacclimatized, Unfit Subject	Fit but Unacclimatized Subject	Fit and Acclimatized Subject
Fluid Loss Per Hour (Liters)	2	1.7	1
Sodium (Na+)*	3.5	2.6	1.8
Potassium (K+)*	0.2	0.15	0.1
Magnesium (Mg+)*	0.1	0.1	0.1
Chloride (Cl-)*	1.4	1.1	0.9

\*all values in grams per liter

- ◆ Know the warning signs of dehydration: unusual fatigue, lightheadedness, headache, dark urine, and dry mouth. My first symptom: my energy drink starts to upset my stomach.
- ◆ Drink by schedule, not by thirst. If you feel thirsty you are already dehydrated.
- ◆ Pouring water over your head feels great but apparently does not lower body temperature. It is far better to soak your shoulders and back and achieve some cooling as the wind dries it.
- ◆ If you follow all the rules and still get caught, pull over and rest in the shade. Keep pounding the water. As you gradually cool, “*Reflect, contemplate why you’re such a wimp. Commit to ride more, get fitter and harden yourself the F’ up.*” Eddie “B”

**Rosetree From Page 1**

who didn't know Megan joined in, including a group of males who decided that for her blond good looks alone Megan deserved acclaim. As the applause reached a crescendo, Megan stood frozen beside her car, struggling to maintain her composure. People eventually returned their attention to event preparation, but a handful of members walked over to give Megan hugs and whisper in her ear. Finally, Derrick approached, grinned at Megan and embraced her with a hug the firmness and duration of which surprised all who observed. He backed away, looked in her eyes and commanded, "Time to get to work!"

Two hours later, in the cold, damp drizzle, Megan and her fellow volunteers at the Cheyney food stop hustled to keep serving bowls stocked with P & J sandwiches, watermelon slices, trail mix and other snacks. Disappointing raw weather had diminished Bonkers Metric attendance but not the enthusiasm or appetites of committed patrons. Megan was relishing the camaraderie and, for the first time in years, feeling accepted for who she was rather than for some measurable performance.

SAG drivers occasionally circled back to the Cheyney lot to check on riders, grab a snack or just kibitz with the workers. In all the give-and-take with her fellow DVBC members Megan appreciated the fact that not one had broached the subject of her recent confession on the list serve, or probed for details regarding the doping European peloton.

In mid-afternoon one SAG driver's trademark Crown Victoria arrived and out popped Derrick to deliver a report on his observations from the southern-most loop. For the first time in years no riders had gotten lost due to clandestine blackening out of arrows.

**See Rosetree on Page 6**

**Rosetree From Page 5**

In fact, Derrick's new friend Buddy had set up a lawn chair down near Burnt Mill Road and, between gulps from his 32-ounce Budweiser bottle, was waving a "TERN THAT WAY" sign at the riders to make sure they stayed on course.

Sadly, however, just south of Chadds Ford, a cyclist failed to avoid a pot hole on Montchanin Road and tumbled to the pavement. An ambulance was summoned from Newtown and the victim, Bob Casserole from Bel Air, Maryland, appeared to have a broken collar bone as he was strapped to a gurney. Derrick arrived seconds after the crash and inquired as to what he could do to help but all he got from Mr. Casserole was something about "this #\*&\$% club" not knowing how to run a bike ride.

At 6:30 pm the last rider, Barney Sellnow, from Islip, Long Island, arrived back at the Ridley Park finish line. He was eager to discuss the nuances of his ride with the DVBC workers who had considerably awaited his late arrival but the tired volunteers efficiently packed Sellnow and his gear into his 2013 Mercedes S-Class sedan and aimed him toward New York. Aside from those belonging to club members, the only car remaining in the lot bore Maryland tags.

On Friday afternoon eleven summonses were delivered by special courier to the respective homes of the eleven Board members of the Delaware Valley Bicycle Club. The club and its Board members were named as co-defendants, along with PennDOT, in a suit in which Robert T. Casserole sought \$475,000 in damages for negligence resulting in life-threatening injuries sustained in the course of a bicycle ride.

**Recipe Exchange**

Yummy, Yummy Yummy. That's Club member testimonials to last month's recipes. The berry smoothie in particular. Well the wild berries out back of the news office are finally ripe. Ricco has been busy in the food lab and has created another to die for smoothie— Mixed Berry Almond. Whip it up when you get back from your workout. When you're finished, take a shower and think about dinner. We grilled some salmon yesterday and came up with a great recipe for the leftovers, Curried Salmon Salad Pitas.

**Mixed Berry Almond Smoothie****Ingredients**

1½ cups milk  
½ cup ricotta cheese  
1 cup mixed blackberry / raspberry  
1 tablespoon almond butter  
1 tablespoon wheat germ  
¼ teaspoon cinnamon

**Directions**

Place 1 cup of milk and all of the other ingredients in a blender and whizz until smooth and creamy, slowly adding the remaining milk until desired consistency.

**Curry Salmon Salad in Pita**

This tasty, stuffed pita provides all the necessary nutrients for exercise recovery. Salmon provides essential omega 3 fatty acids to reduce inflammation and promote muscle recovery. Curry powder is also a natural anti-inflammatory, so add more spice if you like.

**Ingredients**

12 ounces left-over grilled salmon  
2 tablespoons canola oil mayonnaise  
2 tablespoons nonfat plain yogurt  
1/3 cup diced red apple  
1/4 cup red seedless grapes, chopped  
3 tablespoons diced red onion  
1 tablespoon chopped fresh parsley  
1 teaspoon curry powder  
1/4 teaspoon salt  
Pinch black pepper  
Spinach leaves  
Tomato slices  
100% whole-wheat pita rounds

**Directions**

Place salmon in a medium bowl. Add mayonnaise, yogurt, apples, grapes, red onion, parsley, curry powder, salt and pepper. Mix well.

Trim pita to make opening. Fill pita pocket with 1/2 cup salmon salad, spinach leaves and tomato slices.



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# SHARE the ROAD

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Since 1963



[wcluber.org/ShareTheRoad](http://wcluber.org/ShareTheRoad)

**PAWS from Page 1**

no excuse to not ride; I spun at Inner Drive. By June, I was ready.

With two nights to go before an early Friday morning departure on our road trip, I threw the Big Wrench into my plans. Quietly walking into my bedroom in the dark, I walked right into my suitcase, or rather, my little toe walked right into my suitcase. With great force, no less. I knew immediately that this was no ordinary collision of toe with suitcase, as in the previous two nights. The pain was extraordinary and not diminishing.

After writhing in pain for 30 minutes or so, (and having taken Arnica midway into that time frame), I went to sleep thinking that I would wake up either feeling better or worse- and if the latter, I'd figure out my Plan B in the morning.

Well, morning arrived- 24 hours before departure- and I was worse. I couldn't bear any weight on the foot and I was sure my little toe now existed in 25 fragments being held in place by the skin covering it. I managed to get my shoe on- forget the socks- and hobbled to work, but not before emailing Mary and putting her on alert. Fortunately this was my left foot and I could drive.

Once at work, I did what every veterinarian I know would do: I X-rayed my foot. The good news was that my toe had only one tiny fracture. The bad news was that it hurt like hell! I did a therapeutic laser treatment on my foot and took more Arnica, then suffered through my morning surgeries, cancelling my evening clinic appointments to enable me some private time to writhe in pain and self-pity. Meanwhile, I scheduled an appointment with the local acute care clinic to get an objective opinion on how to proceed. The doctor felt that I should attempt the tour, given this was "only" my little toe. I placed a call to Ken at PAW, on call for his dad Dr. J, and he graciously said I could ride in the SAG vehicle until such time as I felt ready to get on the bike. Things were looking better...

Friday morning arrived, and along with it, pouring rain. We departed on our trek, staying overnight in a Microtel hotel in Elkhart, IL, best known as the RV capital of the world. (seriously) On Saturday morning, just before hitching our bikes back onto the RAV4, I decided to try on my cycling shoes and give the bike a spin around the parking lot. Well, call it Divine Intervention or just plain good fortune, but my shoes were roomy and comfortable and I was actually pain-free when I pedaled! I can't recall what the weather was doing at that point, but it felt like the sun was shining and this was going to be a great week!

We arrived in Madison at the Sheraton and joined others in the warm up ride around the city. Beautiful cycling trails ran through the University of WI at Madison, affording us a short tour of the expansive campus. The trails brought us past some lovely neighborhoods and a lake shore. In case you are wondering, my toe was fine- except when I had to stop and unclip and put my foot- the injured one- on the ground. And since the maps and directions were a bit confusing causing us to make frequent stops, (we had not yet learned what the PAW road markings looked like which would have made navigating a lot easier!), my toe took quite a beating that first day. The subsequent days run together somewhat, but in a good way. The terrain was almost perfect. We did about 2000 feet of climbing every day, averaging about 60+ miles/day, range 52-73. (For comparison, Wednesday night rides typically have 2000 feet of climbing over 25 miles.) The worst hills seemed like *portions* of our worst hills. We had one "Old Gradyville" slope on the first day, but it was a much shorter hill. At times, we felt as if we were ascending Sycamore Mills, but only the first third of it. And just when we'd feel fatigued from climbing a series of hills, we'd hit a flat stretch that extended for ten miles or so.

From the perspective of my little toe, the roads were incredible. We could travel for an hour or longer before coming to a stop! And during this time, we may have seen one car or truck. Dr. J, the constant comedian, told us that they take bets on how many cars they'll see in certain legs of the tour. And I have to mention that Wisconsin may have really spoiled us as far as polite drivers go. These drivers- both cars and trucks alike- would wait patiently behind us until it was appropriate to pass, and then would go out of their way to drive on the opposite side of the road, often with the driver's side of the vehicle on the shoulder or grass! We probably heard three horn honks all week, two of which were of the "polite warning" variety. (The third from a car of teenagers, big surprise.) The only vehicular negative was the tremendous speed at which many of the vehicles passed us, even while they gave us a fifteen-foot clearance.

The road surfaces varied in quality, with many falling under the "rough road" category. We encountered long stretches with weather-induced seams in the road that we came to call the crotchbusters, especially those last two days of the tour. But the roads pretty much met our expectations for rural roads in a state with harsh winters and warm summers.

The scenery was generally picturesque: farmland alternating with parks and lakes. Lots of cows, as you can imagine coming from the Dairy Capitol of the Country. My last day, I decided that I was going to have my picture taken next to a cow. The only problem was that there were no farmers around to ask about this. Determined, I stood by a fence while Dwight snapped some photos of me with a small herd of Guernseys in the background. This was special as almost all other cows had been Holsteins up to this point.

I can't say enough about how well managed the PAW company was. The hotels were more than adequate, with our second and third nights at the Round Barn Hotel being spent in rooms that were spacious enough to hold aerobics classes. Deb's and Alex's room was specially equipped with a projector that beamed stars onto their ceiling. Mary and I had a refrigerator. All the rooms had blow dryers and shampoo, which are my perennial minimum requirements.

The food exceeded my expectations. They supplied three great dinners during the week, and breakfast was covered in various levels of quality every day. Lunch was usually spent in one of the many small towns we traversed. The center city of these towns, while typically consisting of one Main Street, had a propensity to harbor a single upscale restaurant that served everything ranging from sandwiches with sprouts to home-made ice cream. Of course, PAW supplied one food stop a day, and these were a bounty of goods. Ken's wife Nikki made scrumptious granola bars (and Ken and Nikki celebrated their anniversary during our tour!). The tables were decked with all manner of fruits, sweets, varieties of pretzel snacks, and PBJ. And of course Gatorade, lemonade and water were readily available. The only oddity of the rest stops was that they tended to occur during the early part of the day's excursion, including at ten or fifteen miles from the start. Dr. J explained this as being a function of the location of the parks and other suitable

**See PAWS on page 8**





**Delaware Valley Bicycle Club**  
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**Swarthmore, PA 19081**  
**www.dvbc.org**

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**PAWS from page 7**

facilities along the way. In any case, plastic bags were readily available for stocking up for the rest of the ride and we took advantage of this.

At the end of each day’s cycling, PAW provided a fabulous happy hour. This included beer, soft drinks, snacks, and on some days, wine. This was a great opportunity to mingle with the other riders- there were about 110 of us total! Demographically, the average age was 60, I think excluding the brave (and very fit) 12-year-old girl who cycled with her dad- and not on a tandem!

Trip highlights included a stop at the New Glarus Brewery. In lieu of beer-tasting, we bought jerseys that had Holsteins on front. These were not inexpensive but one tends to pay too much for treasured travel mementos.

On Wednesday of the tour, we missed a turn that was literally sitting right under us. The day had started out very overcast enabling us to forego our sunscreen. As we rode through some detours with the SAG driver conveniently directing us, we stopped to apply our sunscreen when the sun made an appearance and decided to stay. I randomly said, “Hey, let’s all pull onto Church Road to put on sunscreen.” As we were putting on the finishing touches, another cyclist turned onto Church Road. We informed him that we were only stopping here quickly and that the route continued along that main road. We then joined him on what turned out to be about eight extra miles of cycling. You see, it turned out that the detour actually DID take us onto Church Road! Thanks to Dwight’s Garmin and his navigating skills, we were able to fashion our own detour to get us back on track.

Thursday took us through Kettle Moraine where we were told lunch could be purchased at the General Store, which also had a bike shop. We were quite skeptical of the quality of food we would be able to purchase here, but oh were we surprised! It turns out this shop had INCREDIBLE sandwiches in all sorts of healthful varieties, as well as super healthy smoothies. This was one of those sprouts-available places, to give you an idea of the menu. It also had a little shop with “granola-style” shopping, and I purchased two lightweight purses with pictures of Holsteins on them as gifts. I later learned that one of my clients, who had previously offered us the accurate advice that the speed limit signs on Route 80 were only “guidelines,” had managed the restaurant at this General Store!

The bike shop portion of this General Store also proved to be invaluable. Dwight’s shiny new bike with about 1000 miles on it had suffered a bottom bracket failure. On our first pass through Kettle Moraine on Thursday, the mechanic at the bike shop was unable to fix the problem, but said that Dwight could continue to ride on the bike as the worst that would happen was that the bracket would totally fail and he would have to hitch a ride with the SAG. Dwight researched his problem that night.

The next morning, a layover day with optional routes, we set out on what would prove to be our final day of the tour, ending a day early. (More on that later.) Regarding the noise that a malfunctioning bottom bracket is capable of making, let’s just say that I had to politely request that Dwight ride at least ten feet ahead of me to preserve my hearing. (Dwight later related that this was a trip highlight for him!)

Armed with his new information concerning repair of his bottom bracket, Dwight on his increasingly noisy bike and I set out for the Kettle Moraine Whitewater Lake Scenic Recreational Area ride, which took us back to the General Store for lunch. A different mechanic decided to tackle Dwight’s problem, and he was able to patch up the bottom bracket, enabling Dwight to complete the final 45 miles or so of the tour with a genuinely big smile on his face. (Dwight later had the part replaced by his bike shop.)

That last day of the tour required some strategizing. The entire week, we had dodged one threat of rain and thunderstorms or another, encountering maybe a total of five minutes of light raindrops while riding. But the final day, Saturday, was set to be a rainy one. With this concern in mind, on Friday, our layover day, some of our group decided to do the Saturday route, cycling back to our starting hotel in Madison where our cars were parked. Mary went as our RAV4 representative, returning with the SUV. It turned out that this was a prudent strategy, as we awoke on Saturday morning to heavy rains that persisted all day. We said our goodbyes and headed eastward.

The PAW-Capital City Circle tour was fabulous. The perfect mix of hills and flats, nothing that those of us conditioned in the Pennsylvania climbs couldn’t handle. We all had minor variations on our total mileage, with mine coming to 407 miles over seven days. Clearly, cycling heals everything that ails you! I think I speak for our entire group when I say that I would highly recommend this tour for anyone.

**Heat Kills**

**Don't Be A  
HOTHEAD**



**SPROCKET  
TAP**



**Still Rocking - This Sprocket Goes to 11**







Don't Be A  
HOTHEAD

**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: \_\_\_\_\_

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

I wish to Donate to the Fund (circle appropriate amount):  
\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ \_\_\_\_\_

**AMOUNT ENCLOSED:**

\$15 membership + \_\_\_\_\_ Donation = \$ \_\_\_\_\_

**I would like to volunteer for (circle all interests)**

*Ride Leader Tour Volunteer Newsletter Web*

*Other:* \_\_\_\_\_

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

**IN CONSIDERATION** of being permitted to participate in any way in Delaware Valley Bicycle Club sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

- 1. ACKNOWLEDGE**, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
- 2. FULLY UNDERSTAND** that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.
- 3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. And, I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

**I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of Parent or Guardian (if under 18)

E-Mail Address: