

Delaware Valley Bicycle Club

March 2013



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

Letter from the Editor

Ricco Luci

Welcome back to another season of cycling. There's been a few changes made over the off season. After 2 years of outstanding volunteerism, heavy workload at 320 Market led Dave Cunicelli to step down as Newsletter Editor. Ricco Luci has stepped into the role. Please acknowledge and thank Dave should you see him. Better yet, stop by the Market and support his business.

What tone will the newsletter assume? Advocacy is a big part of DVBC. Will the newsletter be a table thumping evangelical mouth piece for bicycle advocacy? Will there be training and equipment tips? How about humorous anecdotes? What about recipes? Ride Reports? An installment romance novel perhaps? Ricco suggests Italian language lessons. Alas, I am but the editor. Without contributions from our reporters, the DVBC membership, there will be nothing to edit. Ricco is counting on you all to help out. Please forward your tidbits to the Editor's desk.

The season rolls out before us. Plans are being made, goals written down like a seed catalog wish list. The listserv is buzzing with excitement about PAWs, RAGBRAI, Bike Virginia. I plan on starting with the Icicle in March and then the Assault on the Carolinas in early April. After that, the sky is the limit. There will be days when I just ride and ride. When I get hungry, I'll eat. When I get tired, I'll rest. The miles will melt away effortlessly below my wheels. There will never be enough time to ride. There will always be a headwind, *at least here in my South Jersey base*. The hills will have gotten that little bit steeper over the winter as too many trips to Starbucks has padded my waist.

Some have already been racking up the miles. Others, not so much. Dave Cunicelli has been limited to riding his desk chair in the cubby hole back office at 320 Market. Linda McGrane has been posting regularly. She's probably well on

her way to her first 1000 miles. God bless. That cold weather riding hurts.



Skoby donned his speedo for a sub-freezing thermal ride out of 320 Market. Turn-out was pretty good. He reports that he was joined by "G. Sarducci,

H. Youngman, B. Clinton (without cigars), H.L. Dewey, F. Nightengale" What, no B Netanyahu or M Abbas?

Others have headed to warmer climes. Doc reports from FL, "Don't know what you're complaining about up there. The temperature is 78 degrees". Drew has been cycling Down Under. Bright sunny skies with temperatures near 80.

See Editor on page 10

DVBC Acknowledges Our "On the Road" Ambassadors

Here is a recap of the 2012 ride season metrics. These were presented at the Annual Banquet in December but have been updated to include rides to the end of 2012. There were over 360 rides posted for 2012 including both Newsletter listings and ad hoc. This is a 26% increase in rides from 2011 which is a substantial increase. The 27 members listed below stepped up and led rides and/or hikes. The recurring rides continue to be a strong component of our ride calendar. 60% of the total rides were recurring rides. These weekly rides are a hugely generous commitment on the part of the ride leaders and have a dedicated following of regular riders. We also enjoyed many wonderful individual rides. Our multi-club rides are going strong, thanks to Linda McGrane (who listed over 115) and Mike Fuller.

Ambassadors

Many DVBCers are joining rides with Bike Club of Philadelphia and Suburban Cyclists to explore new territories and meet cyclists from other local bike clubs. DVBC gratefully acknowledges our wonderful 2012 ride leaders.

Thank-you

| Recurring / Weekly Ride Leaders |
|---|
| Deb Chaga - <i>Wednesday Night Road Crew</i> |
| Shelley Epstein - <i>Show & Go C+ Ride</i> |
| Betsy French - <i>Tuesday Delco Spin</i> |
| Larry Green/Woody Kotch - <i>Docs' Ride</i> |
| Andy Marzano - <i>Andy's B Ride</i> |
| Linda McGrane - <i>Sunday Winter Ramble</i> <i>Evening/Weekend D Rides</i> <i>Friday Frolic</i> |

| Individual Ride Leaders | |
|-------------------------|----------------|
| Dave Alfe | Frank Jackson |
| Jenny Ashbrook | Ira Josephs |
| Doug Bower | Bob LaDrew |
| Mike Broennle | Linda McGrane |
| Sabine Cranmer | Alex Moeller |
| Deb Chaga | Lewis Neidle |
| Paul DeSanto | Emil Skobeloff |
| Peter Schmidt | Tom Smyth |
| Shelley Epstein | Matt Sycz |
| Betsy French | Brian Wade |
| Mike Fuller | Len Zanetich |
| Larry Green | Dom Zuppo |
| Mary Huis | |

And Thank You ...

To all the volunteers who donate their time, energy and expertise, our dedicated ride leaders and the organizers / helpers that promote our events. Feel like helping out? No applications required. Contact any of the Board Members.

Delaware Valley Bicycle Club

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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.

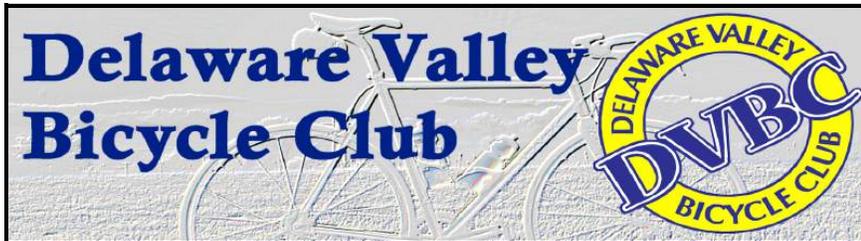
DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. The views expressed in this publication are not necessarily those of DVBC.

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 | AVG MPH | RECOMMENDED DISTANCE | DESCRIPTION |
|-------|----------|----------------------|--|
| D | 7 to 9 | 10 Miles | For new, inexperienced riders or families. Frequent stops, as few hills as possible and the group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible. |
| C | 10 to 11 | 10 to 30 Miles | For average riders with rest stops as needed. The group will wait for stragglers. |
| C+ | 12 to 13 | 30 + | For average riders with rest stops every 45-60 minutes. No obligation to wait for stragglers <i>if</i> cue sheets or maps are provided. |
| B- | 14 to 15 | 30 + | For more experienced riders with rest stops at the discretion of the ride leader. No obligation to wait for stragglers <i>if</i> cue sheets or maps are provided. |
| B+ | 16 to 18 | 30+ | For strong riders with rest stops at the discretion of the ride leader. No obligation to wait for stragglers <i>if</i> cue sheets or maps are provided. |
| A | 19+ | 30+ | For very strong riders with rest stops on rides longer than 40 Miles at the discretion of the ride leader. No obligation to wait for stragglers <i>if</i> cue sheets or maps are provided. |

March 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 Weekday Rides

| | |
|---|--|
| Wednesdays 10:00 am Miles:30 - 60 Class:C+ | Ride starts and ends at Rose Tree Park in Media, Pa. Usually a lunch destination. Rain cancels. Contact Woody Kotch at Email: hrkotch@gmail.com |
| Fridays 10:00 am Miles:45 +/- Class:B-/C+ Friday Frolic w/Linda | This is the generic description. Specific details - starting location, terrain, mileage, rest stops, etc. - will be posted on daily Bike Club of Phila. calendar for each Friday. Average speed 13-15 mph. We'll explore pretty, peaceful roads in suburban counties -- Montgomery, Bucks, Chester, etc. Cue sheets and on-line route map will be provided for each ride. If winter weather conditions are not conducive to cycling, this ride may be replaced by a hike/walk (on foot), or a snow activity. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com |
| Saturday, Mar 2 12:00 pm Miles:40+ Class:C+ Tour de Raz | Ride start - 320 Produce. With the help of Greg Cymbala of Cycle Fit, I recently navigated a ride to my friend, Raz's house in Wilmington from 320 Produce, through Brookhaven, exploring Neumann University, Foulk Road and Marsh Road all the way to Rt. 202 and the DuPont Country Club. It's a very scenic route with plenty of doable hills and lots of potential stops for bladder breaks and fill ups. All in all, this should be about a 45 mile ride with about 2000 feet of enjoyable climbs. Pace will be about 12.5 - 13 mph. No one will be dropped. We will regroup as necessary, Cue sheets will be provided to make this stress free. Contact Emil Skobeloff at or scoby13md@verizon.net |
| Monday, Mar 4 7:00 pm Miles:0 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. |
| Saturday, Mar 9 10:00 am Miles:30-35 Class:C Hilly Paoli Loop | Ride starts at Rose Tree Park in Media in the lot behind the visitor center. Let's get out and get those legs ready for the fabulous 2013 riding season. There will be about 3000 feet of climbing on this ride but we will take our time at a comfortable C pace (average speed for ride will be between 11 and 12 mph) and we will wait at the top of the hills. No one dropped. We will have one short snack stop midway so bring a snack. Rain cancels. Contact Mary Huis at or mary2335@verizon.net |
| Saturday, Mar 16 10:00 am Miles:30+ Class:C/C+ Riding with Ricco | Intro to Group Riding Series - Weather and Group will dictate mileage. Pace 10-16 Mph rolling, 12 average. Not your typical club ride, these rides focus on group riding skills. Pace is low to moderate; it's all about technique. Meet by the ShopRite - 143 Bridgeton Pike Mullica Hill NJ08062 - at Crescent Moon Coffee shop http://www.cmcoffee.com/ around 9:30 for a preride fuel up. Come join us. Contact Rich Andreas at 856-223-9573 or the_andreas@comcast.net |
| Sunday, Mar 17 9:30 am Miles:45 +/- Class:C+ St. Patty's Day Ride | Join me for a St. Patty's Day ride out to Northbrook. We will be thinking of spring as we enjoy the end of the winter scenery. Bring \$ for food stop. Expect hills and an average speed of 12.5 to 13.5 mph. Rain cancels. Contact Mary Huis at or mary2335@verizon.net |
| Saturday, Mar 23 10:00 am Miles:30+ Class:C/C+ Riding with Ricco | Intro to Group Riding Series - Weather and Group will dictate mileage. Pace 10-16 Mph rolling, 12 average. Not your typical club ride, these rides focus on group riding skills. Pace is low to moderate; it's all about technique. Meet by the ShopRite - 143 Bridgeton Pike Mullica Hill NJ08062 - at Crescent Moon Coffee shop http://www.cmcoffee.com/ around 9:30 for a preride fuel up. Come join us. Contact Rich Andreas at 856-223-9573or the_andreas@comcast.net |
| Sunday, Mar 24 10:30 am Miles:35 to 60 Class:C+ Hello Spring! | Who the heck knows what the weather will be - I do know it will determine the ride length. Meet at the Moylan Rose Valley Train Station at Woodward and Manchester Rds. in Rose Valley and ride classic DVBC routes to the west. Snack break in W. Chester or Northbrook or Centreville. Only 12 - 13 mph average speed according to DVBC ride classifications. Contact Ira Josephs at 610 245 3745 or josephs4058@gmail.com |
| Tuesday, Mar 26 7:00 p.m DVBC Ride Leader Training | 2013 DVBC Ride Leader Training Location: 121 Park Ave., Swarthmore, PA 19081 All prospective 2013 ride leaders are requested to attend |

Voice of the Peloton

What's on the mind of DVBCers? Our reporters have been covering the area to find out *What's Buzzin in the Peloton*

Disclaimer: The opinions expressed below are solely those of the individuals. They do not represent, nor are they endorsed by the DVBC nor the DVBC Leadership Board.

Editor's Note: Lance was a hot topic this month. Monster, victim, ethically bankrupt, poster child? I think we need to separate Lance the Man from Lance the Cyclist and Lance the Foundation. We have a pretty good idea who Lance the Cyclist is. Focused, methodical, win, WIN above all else (read Johan Bruyneel's [If we're going to ride the tour] "We Might as Well Win"). What about Lance the Man and Lance the Foundation. Our perceptions regarding these latter are thoroughly distorted by the image makers. Is he really the wholesome miracle boy, cancer survivor poster child or is he the sinister spawn of Satan. The Foundation inarguably does immeasurable good, but is that due to Lance or in spite of him. I have to question his motivation. I want to believe it is benevolence, but indications are that it's vanity. In an interview in the NY Times many years ago, around the time that the Foundation was launched, Lance stated in essence that he wanted to be known as the man that raised more money for Cancer research than any other. He wasn't about helping Cancer victims, he was all about winning the race to raise the most money. The Foundation is about helping people in crisis, charity at its purest. The self-aggrandizing Man and Cyclist are all about helping me, with a healthy dose of F-U.

Whatever comes of this there will doubtless be collateral damage. Countless innocent Cancer victims and their families depend on the stability of the Foundation. Do we love Lance for building the Foundation, the greatest good one could ever do, or do we hate him for all the bad things the Man and Cyclist has done. Can we love someone but hate them as a person? That's where I am.

"Bottom line. He is still a disgrace and a pea of a man. Why wait til later in

the month to confess? Does anyone want to be subjected to hear what he has to say? I surely don't. Why not just have a press release now and confess. Guess getting a huge paycheck from the queen of TV is more important? It's all about him and ego, always was." LZ

"A pea of a man" ? I'm not sure what that means. I'll guess it's an insult. I'll also guess that you haven't lost a family member or friend to cancer (forgive me if I'm wrong about this). I was probably the last staunch supporter of Lance and have finally seen the light after reading Tyler's book "The Secret Race". I still respect the man for all he has done for cancer research and I loved every minute of watching him race (he beat all the other dopers). I don't understand why a baseball player gets a two month suspension for doping but a RETIRED cyclist gets a lifetime ban from all sports." TS

"The critics say I'm arrogant. A doper. Washed up. A fraud. That I couldn't let it go. They can say whatever they want. I'm not back on my bike for them." LA — 2009 Nike "Driven" commercial in the build-up to Armstrong's Tour de France comeback from retirement.

"It's all very disingenuous and self-serving. This isn't about contrition and amends. It's about saving his own ass and to hell with the ongoing collateral damage." DA

"What a great day to be out riding." "You see that interview last night? They said that Lance was not a man, he was an idea; an American myth like Honest Abe and Johnny Appleseed."

"Hmm, I can see the not being a man part, but the rest, I think of him as more of a Pinocchio kinda guy." 2guys

"Everyone was doping in some form all those years. No one else was also recovering from two potentially fatal forms of cancer (testicular and brain); no one else founded a fight-cancer with medicine, spirit, family

group, brought it to international honor and use, raising half a billion dollars along the way. Perspective, not pettiness, is in order. If this touched any of us personally, it very likely was by way of support for friend or family members with cancer." RJ

"The issue with Lance Armstrong isn't whether he has done good for cancer victims, but rather, whether he first cheated to beat his opponents, then used his fraudulent titles to help promote an organization that appears to do good but also enriches a fraudster." MZ

"The really telling thing for me was when Armstrong said that if he could turn back time he'd go to the day he decided to sue the USADA and change that. A decent person who's really contrite would have wanted to go back to change the day he decided to dope or the day he decided to destroy his whistle blowers' lives" LD

"It's a world that is rotten, all of cycling, even soccer. It's very sad, Professional sports have become a commodity that are subordinate to the free market and, therefore, to profit, It has reduced people to merchandise." Msgr. Melchor Sanchez de Toca Alameda, Pontifical Council for Culture in Rome.

We should have noticed the signs earlier....



Recipe Exchange

Rich Andreas

Editor's note: Rich was a frequent guest coach at the [Mike] Walden School of Cycling spring training camps <http://www.nytimes.com/1991/12/08/travel/biking-for-the-sheer-pain-of-it.html?pagewanted=all&src=pm> . Mike Walden was a visionary coach. He coached road and track cycling for decades at a championship level. His Schwinn Wolverine Sports Club in Royal Oak, Mich., a suburb of Detroit, produced more than 120 national champions, three world champions and 10 Olympic riders. Frankie Andreau is an alumnus. Mike was an early proponent of scientific training. In the era before spinning and sufferama cycling videos Mike had scripted trainer sessions for winter training. Rich shares one of his favorites here.

Each of us has our own motivation for riding. As membership coordinator for a recreational bike club one year I solicited our members "Why do you ride?" The answers were as varied as the club membership, but generally fell into a handful of areas: fitness, camaraderie, the challenge. There were some ringers like "To get away from my spouse", and "it's good for my libido". Surprisingly, or not, many rode so that they could eat. It seems that many consider a favorite food a fitting reward for saddle time. Food may not be the reason you ride, but, a show of hands, how many think that a nice plate of fresh pasta, lasagna, salad and favorite cold beverage is the closest thing to heaven on earth after a long ride?

For those of you that ride to eat, and those of you who raised your hands, here's a great lasagna recipe with a twist. This recipe has the requisite pasta, cheeses and sauce. As a twist, the lasagna cooking instructions include hard trainer time while the "reward" bakes in the oven. As with all recipes preparation is key. Try to follow the preparation in its entirety. It will be a challenge, I guarantee. Suck it up, sweat through it. Focus .. think happy thoughts. Partake several times per week and by time you see us all out on the road this spring we'll be wondering who the heck that is up there riding so hard.

Ingredients:

Package of no-cook lasagna noodles.
 32 ounces non-fat ricotta
 16 ounces non-fat cottage cheese
 1 package baby spinach leaves
 16oz tofu mozzarella cheese
 32 ounces pasta sauce (ask Judy LaDrew for her awesome recipe)
 1 Tb Italian seasoning
 1 tsp garlic (powder or minced fresh)
 2 eggs
 Digital clock or clock with sweep second hand.

HIGH CADENCE. This ingredient improves pedaling technique. Cadence should be 110-140 rpm. Be careful not to rock your hips and concentrate on pulling through the dead spot at the bottom of the pedal stroke.

STRENGTH BUILDING. Low-cadence, big geared simulated climbing builds muscle strength. Short all-out sprinting efforts increase your explosive anaerobic power.

TEMPO. Tempo riding improves the upper end of your aerobic system. If you have a heart rate monitor, rule of thumb is 80% of your max heart rate. Without a monitor, it's less precise, but also roughly 80% of your perceived maximum effort

STEADY STATE. One notch above tempo. Target zone is 90% of your maximal effort.

Preparation

- Preheat oven to 325 degrees
- Mix the ricotta, cottage cheese, Italian seasoning, garlic and eggs in a large bowl.
- Layer the ingredients in a 9x13 foil pan.
- Put lasagna on top rack and
- Put your bike in your favorite stationary trainer, resistance on high.

Ever notice how time drags when you're riding the trainer, especially if you have a clock in front of you? Well, you need to watch the clock closely on this workout, the trick is that every 30-60 seconds you do something different. You'll be amazed how quickly the hour will pass. Which is not to say that you won't be glad it's over.

Get on your bike and warm up for 10 minutes, easy spin 42x15 (small ring in front, 15 cog in the rear). After 10 minutes:

- 1) **FINAL WARM-UP.** 3 @ 52x15, 30 seconds on, 30 seconds off. This segment is for a final warm-up. You'll go all out for 30 seconds and then soft pedal for 30 seconds. Repeat 3 times
- 2) **Spin easy** for 1 minute. 42x15
- 3) **10 MINUTE TEMPO.** Shift into your 52x18 or 52x19. Start at a conservative cadence, say 85 and try to maintain it for the entire 10 minutes. Every two minutes shift down to the next hardest cog. So for the whole set, 52x18, then 52x17 and so on, finishing the final two minutes in 52x14 or 52x13.
- 4) **Spin easy** for 1 minute. 42x15

5) **10 MINUTE TEMPO.** You'll be shifting gears every 30 seconds. The general sequence is simple: hard, harder, hardest, easy. The gearing is up to you, perceived effort will be your guide, it should be 80-85% of your perceived max during the 30 seconds you are in your hardest gear. I typically start in a 52x15 (hard) for 30 seconds, then shift into the 52x13 (harder) for 30 seconds, then into the 52x11 (hardest) for 30 seconds, then up to 52x18 (easy) for 30. Then start the ladder all over again, or maybe jump straight from the 52x18 straight to the 52x11 and hold it for 90 seconds. Mix it up to keep it interesting. The idea is to keep the legs burning. Slow cadence with the bigger gears and then get up on the nose of the saddle and spin out at 120-150 rpm in the 52x18.

6) **Spin easy** for 1 minute. 42x15

7) **10 MINUTE STEADY STATE.** 20 seconds on, 20 seconds off. 52x15 the entire 15 minutes. The "on" seconds have to be 90% + efforts. Alternate between sitting and standing. Start sitting for 20 seconds, all out sprinting. Then soft pedal for 20 seconds, then stand for 20 seconds, all out sprinting. Soft pedal, sit, soft, stand, soft .. and so on for the 10 minutes.

8) **Spin easy** for 1 minute. 42x15.

Almost done

9) **ISOMETRIC SQUAT.** Get off your bike (Remove the Lasagna from the oven to let it cool a little and set). Stand feet shoulder width apart. Clasp hands behind head, looking straight ahead. "Take a seat" squat with thighs parallel to the ground, back perpendicular. Hold it for 60-90 seconds (until legs are shaking. Think happy thoughts). Stand and stretch for 60 seconds. Repeat, holding for 60 seconds.

10) **Spin easy** - Get back on the bike and spin easy for 1 minute

11) **5 MINUTE HIGH-CADENCE SPIN.** 52x17. 30 seconds on, 20 seconds off. Get up on the nose of your saddle and spin, spin, spin for 30 seconds. Then soft pedal for 20 seconds. Repeat 6 times. Concentrate on keeping your cadence high, at least 120+, pulling through the dead spot at the bottom of the pedal stroke. No bouncing on the saddle, no peddling in squares. Some people can spin as high as 180 RPM. How high can you go?

12) **Spin easy** for 1 minute. 42x15.

13) **STRENGTH BUILDING.** Almost done. Last 3 minutes. 52x14. First 15 seconds at 80% effort, after 15 seconds increase effort to 90%, after another 15 seconds increase effort to 100%, after another 10 seconds get out of the saddle and sprint all out for 5 seconds. Soft pedal for 15 seconds. Second 0-15 80%, 16-30 90%, 30-40 100%, 41-45 out of the saddle all out sprint, 46-60 spin easy. Repeat 3 times.

YOU DID IT (You're Cooked).

14) **Spin easy** for 10 minutes to cool down.

Shower, toss a salad together, pop a beer and enjoy. Moderation is the watchword. If you like this recipe let the editor know. Rich has many more, including roast turkey which requires 2+ hours of trainer preparation.

Baby, it's cold outside!

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From the DVBC Archives

Ricco Luci

Ricco is a hopeless romantic. Love is so grand. One day you're riding your bike down the street and you meet someone. You get to know them and find them to be totally amazing, a unique special snowflake, unlike anyone you have ever known. Wonder of wonders, they feel the same way about you. *Il cerchio si chiudi.* Soon you're beloveds. ISN'T LOVE GRAND!!

We combed through the archives looking for historical footage of couples brought together by DVBC.

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Dom and Jo are a well known and loved DVBC couple. This year they added a new page to their fairy tale romance by marrying. *ISN'T LOVE GRAND!* You may be surprised to find how long they have been together. As luck would have it, Bob Ladrew had his new Canon Brownie Hawkeye camera along and caught them laughing it up on one of their

first Wednesday night Rose Tree Park D-Rides

Here's a photo of G.G. from Christmas in the early 60s. She tells us that at the sight of that shiny red bike under the tree she was instantly seized by a



"cacoethes of the wheel": a raging passion to ride. Undaunted by 3 feet of snow we see her here heading out for the annual DVBC Show and Go Christmas ride. By summer she'd already upgraded to a racing bike and found Buckeye, the love of her life. *ISN'T LOVE GRAND!*



Here's a shot of the couple after their inaugural Anne Marie's Breakfast Ride.

Chester Valley Trail Update

Mike Broennle

DVBC is a proud sponsor of the Chester Valley Trail. Currently 4+ paved miles extend between the Exton Trail Head of Church Farm Lane/Swedesford Rd and Wegmans/Target at Worthington, Rt 29 at 202. By the end of 2013 the CVT will link Exton to the Schuylkill Expressway at King of Prussia. This is a great trail for those who prefer not to share the roads with cars including those with children. Trailheads with parking available at the Exton Trail Head, Battle of the Clouds Park on Phoenixville Pike, East Whiteland Township Building, and Uptown Worthington. As a designated commuter route the trail gets plowed soon after snow falls. "Like" the Friends of the Chester Valley Trail on Facebook.




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Hi from HI

Sabine Cranmer



It's been a long time since I took a vacation that didn't feature bicycling as the central activity, so it was with some trepidation that I agreed to accompany my husband Charlie to Southern California on a business trip before continuing to Hawaii to accompany a friend to her niece's wedding on the Big Island in January. To be on the safe side, I decided to make sure I had a bicycle at my disposal in both locations. Once again I felt I ought to bring my own bike, and once again I rented. I think I made the right decision but remain impressed by people who are able to disassemble and pack up their own bikes, get them to point B relatively inexpensively and safely, reassemble the bike and ride off without having to depend upon the competence of strangers. That's not me, so my husband found us a shop where we were able to rent perfectly nice Felt carbon fiber bikes in Irvine, CA. The shop was called A Road Bike 4U.

In order to ensure that the bike would be properly set up when I arrived, I supplied certain measurements, taken from my own properly fitted bike., including: frame size, length of seat tube (center to top of saddle), length of top tube, length of stem, handlebar width from outer edge to outer edge, center of bottom bracket to top of saddle, center of saddle to center of handlebar and center of handlebar to floor. (I've only found one shop willing to listen to a request for handlebar width on a rental, Mellow Johnny's in Austin.) I brought my own pedals and lately I've been thinking I should bring my own saddle. I have been told that if I am going to be taking off and putting on pedals a lot, I should get a travel set. Apparently it is possible to strip the threads where the pedals go in, and you don't want to be doing that to your own bike.

Next was the question of where to ride. With a GPS it is usually possible to

find rides wherever you may be headed by downloading routes from such sites as *Map My Ride* and *rideWithGPS*. Sometimes we've used hotel business office services to copy cue sheets in books such as those published by Falcon. Sometimes a helpful bike shop employee will draw a map (not to scale.) Web sites for local bike clubs also often have GPS routes posted and these are very helpful. In addition clubs usually welcome guests on group rides in which it is possible to participate if you have planned ahead. If you are bringing your computer, don't forget the mount, and if you are not, don't forget to bring a cue sheet clip or folio.

It was cold in Irvine, just as in PA, when we arrived. Lots of winter layers helped to ward off the chill as we commenced our first day's ride along the Back Bay Loop to the San Diego Creek Trail, passing the Walnut Bike Trail, connecting with the Peter's Canyon Trail and riding to Balboa Island, where we were distracted from our ride by all the shops. If you sometimes feel you bike to shop as well, have your purchases shipped to save on tax and to avoid having to buy an extra suitcase for your return trip.

Day Two dawned sunny and warmer with gale warnings. The gale did not materialize but it was very windy and brisk as we headed up Santiago Road and then Silverado Canyon Road to a park. Silverado Canyon Road



is very scenic, a winding climb through woods and along a stream, with interesting houses and an interesting history, about which we learned more at the Silverado Diner, about 2 miles up from the main road, during a delicious lunch of Mexican food. First silver mining, then decline, then hippies, now a somewhat eclectic community of about 1200 people who seem to enjoy a world of their

own. Best of all the sun was bright and the sky was blue. What a welcome change from back East!

All the Lance stuff started with Oprah on the CBS morning news while we were at breakfast at Wilma Patio restaurant the next morning, eating pancakes. She was being interviewed about her upcoming interview with Lance Armstrong. After breakfast we headed out to tackle the full Santiago Canyon loop we'd intended to ride the day before, all the while checking for updates to the club's online discussion about Lance Armstrong, which has been recapitulated in a previous edition of this newsletter. It was nice to feel so connected to the folks back home. At the end of the day Eric Zwicky reported that he, too, was in Irvine or somewhere very nearby, and Larry Green mentioned wine, which led us to a wonderful restaurant called The Cannery for dinner that night.

While I was in CA I decided to take advantage of the services of Saul Blau at Power2thePedals, a VO2 performance lab. I was interested in obtaining data which my online coach could use to set power ranges for my training program. I spent about two hours with Saul. He'd done metabolic testing for quite a number of elite cyclists and athletes, including Lance Armstrong, and was full of stories about the sport, some of the participants, and using metabolic test results to get better results in training. I asked him if he knew Rich Andreas. "Richie Andreas? Oh Yeah, I remember him. Redlands Classic. Amazing" My test results earned me higher ranges to target in my workouts. Thanks, Saul! No more wasting my time slouching at the threshold of the pain locker.

The next day I said goodbye to Charlie and left for the Big Island. Although I was aware of plenty to do and explore, in the interests of keeping things simple, I limited my agenda to logging some winter miles and attending the wedding. I was aware of two rides which I thought would keep me busy for the week: the bike route for the Ironman, and a route called Coast to Crater. After I arrived I found out about two additional rides: one in Kona and the other to the top of the island and down on Saddle Road. Leaving the airport in Kona on my way to Cycle Station to pick up my next rental bike, I found myself on the main road which goes around the is-

land and which is on the Hawaii Ironman course. From the car, it looked pretty grim. Lava stretched up to greener pastures or down to the sea on either side of the road, there were no trees and a steady stream of cars in both directions. The only saving grace was that the road was in excellent condition with very few stop signs or lights and a wide shoulder. At the shop I was told never to lean, only to lay down the bike, because the wind would surely knock it over and the lava would puncture the carbon fiber frame and damage the parts. Point taken. Count on wind. I still had an image in my mind from the air of a tiny dot of land, a volcano, in the middle of an unbounded ocean and suddenly felt very vulnerable



That night I watched the first half of Oprah's interview with Lance. The next morning the analysis made the front page of the local news

I turned my attention to planning some rides. From the January issue of Travel & Leisure: "The happiest experience I've had on

the Big Island -- it may be unique to Hawaii, if to the world - was riding my bike from Hilo to the top of the Saddle Road, about 6000 feet up, camping there, and then riding it to 10,000 feet on Mauna Kea, getting a lift to 13,000 feet, and after a tour of the observatories, setting off in light snow and sleet and riding all the way to sea level on the sunny Kohala coast, and --

the piece de resistance -- getting an outdoor massage at sunset in the Four Seasons Hualalai." Instead I opted to try a 44 mile loop I downloaded from MapMyRide. It was very simple, a square with a little tail at the start, but I took the first turn too soon, the GPS thought I was inbound even though I was outbound, and after riding up and down side a-b of the square for thirty minutes, I turned around. There was a deceptively long and steep climb but the wind was not too bad.

Events surrounding the wedding began to predominate. The Lance Interviews were over and cycling became less of a priority as socializing, exploring and relaxing began to take up more of my time. I went snorkeling and saw about thirty five kinds of fish within half an hour, sharing their habitat with children playing in tidal

pools and surfers playing in waves. I began to feel I could pronounce some of the unfamiliar names I kept seeing on signs, and saying "aloha" and "malako" didn't seem as unnatural as it had when I arrived. I went on some more rides and discovered that the main road is a wonderful training course, a smooth, 225 miles long loop with great views, plenty of room for sharing the road and destinations along the way. There wasn't time to visit the farmer's market in Hilo, which is a popular weekly draw, or a surfing competition in high wind conditions, which would have been exciting, or even to see the lava flow from a new eruption in the south. I saw, but did not consume, a Blue Hawaiian.

All too soon it was time to return from Paradise. I bought my first Livestrong bracelet when I returned my rental bike. Since Lance has a home on the coast just up the road from the shop, he has some die-hard local fans. One of them, an ultra-triathlete, commented "Liars Win" with a smile as we discussed recent events. I thought that about summed it up. You can't win if you lie, you can't win if you don't. Those days are behind us, I hope.

I'd had my bike computer on for about twenty hours over the course of the eleven days I was gone, about right for a non-biking vacation. Some people like to ski in winter, some like to stay indoors, but given a choice, I like to head to warmer climes for a change of scene and hopefully, to get some perspective for the road ahead.—*Sabine*

Completing the DVBC Newsletter Archive

Bob LaDrew

In cleaning house this winter I was confronted with the problem of storing a thick pile of back issues of the DVBC newsletter. The copies in this stack stretched from October 1998 through June 2008—totaling some 94 issues after taking into account a couple of missing editions. Having resolved to execute the task ruthlessly, I immediately decided the entire pile would be relegated to the recycling bin. But first I would take a moment for some browsing.

My "moment" turned into several hours and I soon realized that these back newsletters contain not only a wealth of fond memories, but also much valuable DVBC history. How easy it is to forget

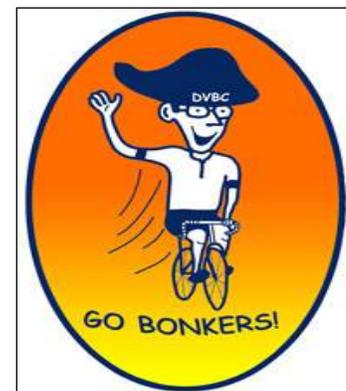
that the Bonkers Metric was once called the "Save (What's Left of) Open Space Tour." Or how much work Ira Josephs put into his club presidency in the 90's. Or the great insight we gained by reading Woody Kotch's informative monthly column "Woody's Wise on Wheels" through the early part of the millennium.

It was fun to note that Stephen Bertolini (not yet "Three-Speed") was listed in the "New Member" box in the June 2000 edition. And to recall the pride with which we all wore our colors after President Jan Chadwick fulfilled her 2001 campaign promise by making our first club jerseys a reality.

After mulling the storage problem it occurred to me that, if stored electronically, all this valued history and memories could take up virtually zero space. Furthermore, by the miracle of the World Wide Web, it could be available for free to all. In fact, almost all of the recent NL's back to 2008 are already neatly arranged and accessible to the public at the DVBC website. That is the result efforts by our webmaster Tony Rocha and recent newsletter editors Adam Levine and David Cunicelli.

I have decided to work on improving our DVBC newsletter archive by assembling as many back newsletter issues as possible, scanning them to PDF format and hopefully making them available to all members through the website.

This is where you members come in. Especially the long-term ones like Walt, David, Ira, Gina, Charlie, Woody and Larry. You can help by going up to the attic and digging out those silverfish-infested old newsletters. These are the issues we need: September '99, March '05, April '07, September 2009, and—*most importantly*--all issues prior to September 1998. If you would be so generous as to lend them to me I will scan and return them safely to you. You can email me at bonkersboy@verizon.net.



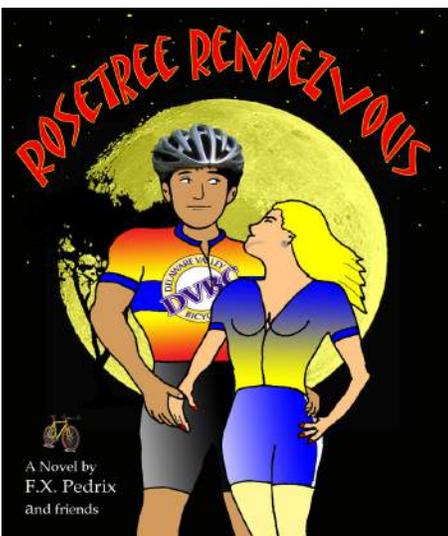
Editor from page 1

The Queen Mother spent a week in southern CA before heading on to a week in HI and more riding. "Gee I wonder what the poor folks back home in the Delaware Valley are doing now".



What are we doing? I'm using the off season to complete some home renovation I'm down in the basement on the trainer more times than I like. There were a few refreshingly warm days in there. Got a full metric in a few days before Christmas. Picked up some lingering upper respiratory thing and spent 2 weeks off the bike completely. Good-bye to all that hard won fitness. Five weeks later and I'm just getting back. Feeling as weak as a pup. Dave Alfe is on the mend as well. Docs rides have been hit and miss as dictated by the weather. Sounds like turn-out has been limited. *The Doc* himself is soon to return, which means that warmer days are close at hand. How many Angels will there be this year? Tryouts not required.

I'll be in touch next month. Don't be afraid to send comments in the interim. And don't forget, forward your letters, articles, stories, anecdotes. Who have you been riding with? Which routes are the most popular? Something. Anything. Without your help the newspaper will be little more than a ride calendar—*Ricco*

**March:**

In the December issue Derrick was about to leave the banquet early when he spotted Megan across the floor....

Drawn like an asteroid to a planet, Derrick had begun gravitating toward Megan when Bob stepped into his path.

"Derrick! It's good to see you, man. I've been wanting to ask you about that Finger Lakes tour you did a couple of years ago. Where did you stay...? How was the food...? How steep were the hills...? How many miles...?" Derrick tried his best to be responsive as Bob pumped him for information about a tour that suddenly seemed remote in time and significance.

Across the room Derrick could see that Megan had been absorbed into a group and was conversing with apparent shyness. He was trying to think of a polite way of excusing himself from Bob when President Doug tapped on the microphone and announced that everyone should be seated for the serving of the meal. In the next few moments things spun out of Derrick's control. Matt and Steve had Derrick by the shirt and led him to a seat at their table.

As he sat he could see that across the room Megan was pulling out the last chair at the table of her new-found friends. Derrick's only consolation was that his seat offered an unobstructed view of the stunning blond newcomer. Trying not to make it too obvious to his dinner companions, he watched Megan O'Malley's every move across the room. Although she seemed self-conscious, Megan appeared to be an active participant in her table's conversation. And once he saw the members of her party give a hearty laugh to something she said, Derrick feasted his eyes.

After Mike read the treasurer's report and next year's board was approved, Deb took the mike and provoked plenty of laughter as she handed out the annual awards. At Derrick's table Matt got the rookie award and, a great deal of good-natured ribbing, Steve was picked for NOT-the-Best-Dressed. Next the lucky numbers were drawn. There had been plenty of merchandise at the door prize table but options were few by the time Derrick's number was called. As he reached out to take a Bontrager 700 x 23-25 inner tube he felt a hand on his shoulder. Derrick turned to behold the radiant smile of Megan O'Malley.

"Hi, Derrick. I'm Megan. Remember, from that Midnight Ramble ride?"

"Yes, of course I remember. How are you?"

"Hey, I just wanted to apologize for ignoring you that night. I was just so sick and barely made it through that ride."

"Oh, don't worry about it. Are you feeling okay now?"

"Back to normal, thanks."

There had been so many things Derrick wanted to ask Megan but just now none of them came to his mind. "So you won a prize? What are you going to take?"

"I see you took a tube," answered Megan. "I think I'll follow your example."

After a long pause Derrick said, "I see you came without Brian tonight..."

"Brian?" answered Megan. "You mean my father? He's not too interested in bike club banquets."

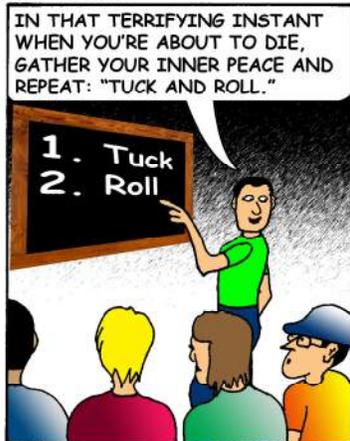
An awkward silence ensued until Megan finally said, "I guess I'd better get back to my table. Bye."

"Wait! Don't go!" Derrick thought to himself but didn't say. "What an idiot. I made a complete fool of myself." Then suddenly the significance of Megan's revelation hit him. The Brian in Megan's life was not her husband; it was her father!

As Megan walked in the cold to her car she thought to herself, "Derrick seems like one sweet guy. If I ever put this mess in Italy behind me I'd like to get to know him better."



BONKERS Cartoons of the DVBC....



by Bob LaDrew





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Bike Summit

share those meeting dates and times.

This year, the chairman of the House Transportation Committee is Congressman Bill Shuster (PA-9), so the PA delegation is even more important than ever! We need to send the message loud and clear that bicycling is good for Pennsylvania and New Jersey's economy. Please join us! - Jill Minick

****◇****

Dear Fellow Riders,

In addition to the message sent by Jill, the BCGP especially needs constituents of Pa. 7, Congressman Pat Meehan to attend Lobby Day. I have been going to the summit every year for about the last 10 and was a representative for the 7th district. Besides the fact that I'm not going this year, I no longer live in Pa 7 because of the recent redistricting.

It is very important that someone who is Congressman Meehan's constituent help out by reaching out to him and his staff to give him the message for better and safer conditions for cyclists in our region as well as our nation. I have met with him in person and although he hasn't actually voted in favor of our positions, he is a thoughtful and gracious leader who is truly interested in his constituents needs.

Thank you,

David Bennett
Chair, DCCC

SAVE THE DATE!
Sunday, May 19: Bonkers Metric Tour
18, 35, 50 and 65 miles

National Bike Summit Lobby Day
Bicycle Coalition of Greater Philadelphia (BCGP)
Wednesday, March 6, 2013 from 9:00 AM to 6:00 PM (EST)

Subject: [DVBC] Here's your chance to influence transportation policy in DC

Get your lobby on! Join us in Washington DC for the National Bike Summit's Lobby Day on Wednesday, March 6th.

You don't have to attend the National Bike Summit to participate in this Lobby Day, but we do ask that you let us know you're coming by signing up here:

<http://bikelobbyday2013.eventbrite.com/>

Washington DC to meet with your elected officials and stress to them the importance of supporting biking and walking programs, funding, and trail projects.

We cannot provide you with transportation, but we can let you know who else is traveling so you can find someone to carpool with. Once we have appointments arranged with the various senators and representatives, we'll

What is involved? Traveling down to

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

I wish to Donate (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)