



44th Annual Brandywine Tour: Sunday 8/25

Nancy Moyer, Brandywine Tour Director

The 44th Annual Brandywine Tour will take place on Sunday, August 25. Are you thinking of riding the Tour? Or possibly volunteering? Now is a good time to mark your calendar and sign up. This is an important event for our Club, in fact the funds raised by the Tour sustain DVBC for the rest of the year. In addition, after paying expenses, the funds DVBC raises from the Brandywine Tour are donated to a variety of important cycling advocacy organizations. So when you participate either as a rider or volunteer, you not only have fun but are also doing something good for DVBC

and a collection of nonprofit organizations that promote bicycling.

You may ask - why should I consider volunteering for the Brandywine Tour? First of all, it's a fun way to meet and/or hang out with friends. Second, it is very cool to help the amazing athletes and riders who are typically undertaking a challenging course - this Tour is not for wusses! Third, the Club recognizes and thanks volunteers for their help at the Annual Dinner Meeting in December - and all volunteers' dinners that night are FREE!! Finally, there is no need to feel you have missed riding the Tour, because The Club will offer exclusive volunteer-only rides covering large chunks of the Tour routes. Last year we actually had sag support and a picnic lunch for volunteers who got to ride to the iconic Slumbering Groundhog rest stop!

It's easy to sign up for the Tour, and DVBC members get a discount. Just go to DVBC.org and follow the links to the registration page. Or, if you would like to volunteer or want more information about that, please contact Dirk MacAlpine, Director of Volunteers, [at dirkmacalpine@comcast.net](mailto:dirkmacalpine@comcast.net).

DVBC Annual Picnic: Saturday, August 3rd

Mel Stewart, Picnic Host

The club will be providing hot dogs, hamburgers, and such. We are asking those coming to sign-up here to bring an appetizer, side, desert, etc. BYOB on any adult beverage :) No glass is allowed in the pool area. Party cups will be provided for those that need it. Bring a towel and suit if you plan on swimming. Here is the link to the Evite: <http://evite.me/g3S75KU3c3>

Club News: Jersey Orders

Sue Affleck, Vice President



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We are excited to announce the opening of the DVBC Jersey store. The jerseys are \$49 and are available in Men's and Women's sizes, with the ride leader option on both. The design is the same as last years design with a few minor tweaks. The store is now open and will close at 11:59pm MST 7/3. Bulk delivery will be 8/23, Jersey's will be available at the Brandywine Tour. ****This is a custom order and we cannot accommodate returns or exchanges.****

You can order your Jerseys using the below link:
<https://via.primalcustom.com/collections/t06031a>

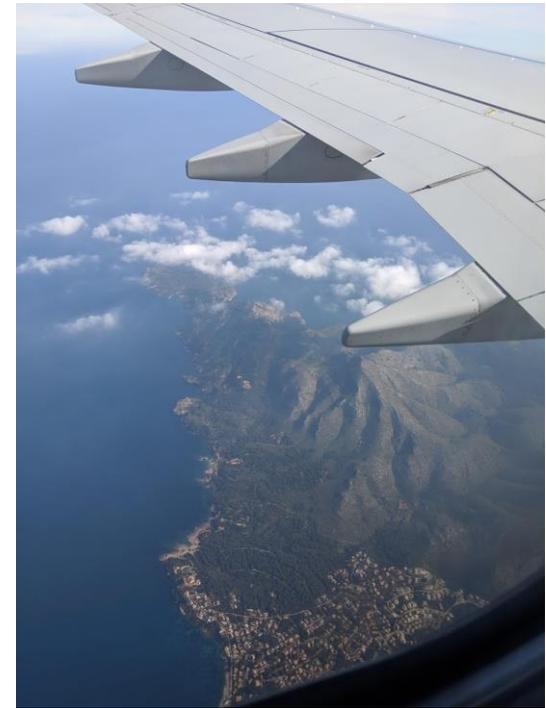
Destination Spotlight: Mallorca, Spain

Taylor Sproul

This is the first in a series of five articles about my trip to Mallorca in February. Mallorca is a Mediterranean island that is part of Spain, off the coast from Barcelona and Valencia. It's a popular vacation

destination during the summer, with scenic beaches. During the winter, the mild climate, quiet roads, and tough climbs make it a favorite for both professional and amateur cyclists. Many pro teams hold their winter training camps there. The main city is Palma, and there is an imposing mountain range called Serra de Tramuntana on the northwestern coast of the island that is hope to many popular climbs, the highest point being the 4,741 ft summit of Puig Major (although the road doesn't go all the way to the summit)

Mallorca is easiest to get to by plane, with the flight being only a short hop from Barcelona. In some cases, it may be cheaper to switch airlines in Barcelona – I flew United from Newark to Barcelona, and RyanAir from Barcelona to Mallorca. This also lets you have a couple day layover in Barcelona to relax and do some sightseeing before heading home. I elected not to bring my own bike, as there are plenty of bikes rentals in Mallorca, and I didn't want to pay oversize baggage fees on United and RyanAir.



There are many companies that do organized, guided trips to Mallorca. Being fairly adventurous, I elected to eschew that in favor of just winging it. I booked an AirBnB in Palma, and rented a bike from Roman at 'Cycling in Palma'. The bikes in Mallorca are surprisingly inexpensive – I paid only 95 euros (105-110 dollars) for a 4 day rental. This got me a carbon LaPierre Sensium in an obnoxiously conspicuous two tone neon yellow-green, which I eventually nicknamed 'Lappy'. Lappy was endowed with a compact crank and a 11-32 cassette (good for going up the mountain), and Shimano hydraulic disc brakes (good for going down the mountain)

I was traveling in Basic Economy, so I only brought my trusty Osprey Farpoint 40 backpack. In addition to a week's worth of clothing and toiletries, I managed to cram a GPS bike computer, a rubber band mount, my Powertap P1S pedals, my cycling shoes, gloves, HR strap, two full sets of cycling kit, a Hiplok Z-lock, arm and leg warmers, a jacket (that I ended up not needing), and USB



rechargeable bike lights. The helmet rental was included with my bike, which was nice because I definitely didn't have any room for one in my backpack.

When looking for a bike rental, it's a good idea to check what's included. Some will include a helmet, a saddle bag with a flat kit, and water bottles while others may not. For Mallorca, gearing was key – the shop offered to bump me up to the nicer FDJ Team Issue racing bike, but that was a mid-compact with a 11-28 which would have been much tougher for me on the really long climbs. In retrospect, I should have brought my own saddle – neither of the saddles that they had at the shop were comfortable for me, and I would have preferred on my own.

I stayed in Palma, which is the largest city. It's a short bus ride from the airport (warning – the bus was ridiculously overcrowded), and it's got a bunch of shops and restaurants and tourist attractions. In addition, it's also the starting point for a lot of daytrip tours and sightseeing excursions (great for a non-cyclist spouse). Unfortunately, the trade-off was that Palma itself isn't particularly great for cycling. It took about 45 minutes of stop-and-go city riding to get out to the countryside – not terrible by any means, but not exactly the idyllic cycling paradise that the rest of the island is. Palma is near the southern end of the mountain range, so you had easy access to them, but the northern mountains were a bit tough to get to simply by riding. There is an inexpensive and easy-to-access train between Palma and Inca, which gets you much closer to the northern mountains. I would recommend staying in Palma if you're traveling with a non-cyclist, but if you're going alone or with other cyclists (or renting a car), there might be better options. Within Palma, my favorite bakery was Forn Na Ca Teresa, my favorite restaurant was La

Botana, and my favorite ice cream was Giovanni L. Keep in mind that in Spain, grocery stores and some restaurants close for a few hours in the afternoon. Once you're up in the mountains, there are not many places you can get water, and if you hit the towns at the wrong time you may not be able to buy any food or water. I'd suggest making sure you have two full bottles and a pocket full of snacks before heading out. In the coming newsletter issues, I'll do a ride report for each of my four rides

Pro Cycling Spotlight

Taylor Sproul

The Pro Cyclist of the Month award for June 2019 goes to Alex Howes and Ruth Wilder.

Alex Howes is a 31-year-old Colorado native who has raced for Team EF Education First (and its predecessors, Team EF Education First Drapac presented by Cannondale, Cannondale-Drapac, Cannondale, Cannondale-Garmin, and Garmin-Sharp. Yeah, they like to change names, what can I say). He had a busy month, starting off on June 1st by racing in Dirty Kanza 200, a 200-mile non-UCI gravel race across the hills of Kansas. He finished 3rd, alongside teammate Lachlan Morton: <https://www.youtube.com/watch?v=7MJFHWd3XcY>. He wrapped up the month by winning the US National Road Championship on June 30th in Knoxville.



Ruth Wilder was technically born in the UK, but grew up in California. The 25-year-old races for team Trek Segafredo. She won the US National Junior Road Championships as a 15-year-old in 2009, and now returned ten years later to win the senior US National Road Race Championship in Knoxville. She launched a daring attack with 6 miles to go, and finished just ahead of defending champion, Coryn Rivera.



Throughout the world, most countries held their National Championships over the weekend of June 29th-30th. Many of them will be sporting their new National Champion kits in the Giro Rosa (beginning July 5th in Italy) and the Tour de France (beginning July 6th in Brussels)

Photo Credit Wikipedia: Alex_Howes.JPG, Panam Games 2015 - Ruth Wilder (19819300889).jpg

Cartoon & Crossword

It appears that the editor posted two sets of crosswords and cartoons in the Maypril newsletter, and is now ahead of schedule. Check back next month.

Thoughts from the Editor

Taylor Sproul

Thanks for reading the newsletter!

If you would like to contribute an article or photo to the newsletter, or if you have any other feedback, please contact Taylor via e-mail at dvbc.editor@clubmember.org. Have you gone on a fantastic ride recently, or travelled somewhere awesome for a ride? If so, please consider submitting a Ride Report or a DVBC Around the World story to the editor.