

# Delaware Valley Bicycle Club



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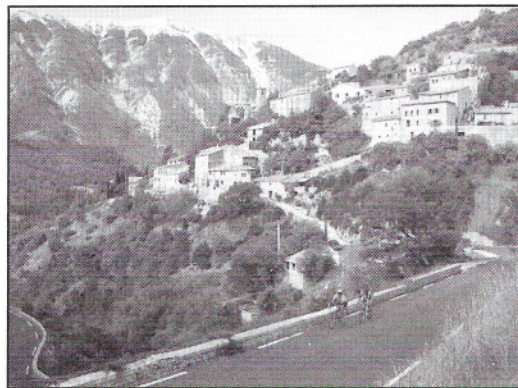
## DVBC on Mount Ventoux

By Larry Green

Imagine the big hill in Ridley Creek State Park and how good (?) it feels to get to the top. Now continue on up for 20 more similar sections as the inclination varies from 3% (fool) to 7-10.4% (you're there) and you have conquered the Giant of Provence- Mount Ventoux. Add the Mistral (gusting winds to 40MPH) especially on the last 6 kilometers to the peak

and you've earned your certificate. Forget racing. This is suffering and survival. You are shivering at the rest stop at the peak and you will shiver violently most of the way down.

Somehow, this was made fairly



Mount Ventoux, covered with rock and shale, not snow, looms in the background as Larry Green and John Walker cycle away from the town of Brantès.

pleasant by the Velo Vacations staff riding with us, advising about the next section, turns, wind exposure, increasing grade and especially the last painful pull to the summit into the wind. If you go, you will love it and love them.

Ride Provence is a bike camp which runs in the spring and fall in a small town in Southern France at the foot of Mt. Ventoux. You unpack only once. Bike rentals are \$100.00 (Fuji Team with Campy triple) and you stay in an apartment with full kitchen, balcony view of the mountains and pretty good beds. All rides are from the hotel, gradually increasing in difficulty until the Ventoux. There is a shake-down ride on arrival to sort out the skill levels, a rest day and a post- Ventoux cool down ride. Rides are in the morning, 30-65 miles at 14-16 MPH, 2 or 3 minor Cols (rated climbs), beautiful quiet roads, and great ride guides. Seven nights for about \$1500.00, including most meals. Get your free airline ticket with your frequent flyer miles and you're set.

## DVBC Blackwater trip a success

Mother Nature spared no effort last month in hosting fifteen DVBC members on a perfect mid-October weekend of biking, sightseeing and socializing at the Blackwater National Wildlife

Refuge on Maryland's eastern shore. The riding and vistas were sublime as bikers pedaled their way at varying paces and routes around the Refuge and Dorchester County. The riders enjoyed beautiful scenery and a dazzling



display of wildlife. To their delight, numerous bald eagles and a variety of herons were observed and photographed.

Not the least of their pleasures was good food, including great seafood on Suicide Bridge.

The group was comprised of David, Hope and Sophie Cunicelli, Don and Susan Larson, Bob and Judy LaDrew, Ed Becker, David Bennett, Woody Kotch, Doug Bower, Dom Zuppo and Jan Chadwick. Ed Sobolewski drove down early Saturday morning to participate in that day's activities.

Riding the Big Mountains in France is monumental. The Alps are awesome. I have not done the Pyrenees (ask Don Larson).

The area around Mount Ventoux was much more manageable for me than the Alps as there is some relief from the daily punishing climbs and you can actually choose to not suffer if you want to pass up the Giant and take a more reasonable ride with your guide.

I'll see you in the park.