Tis the season to be jolly so cruise on down to your local bike shop for any and all your Holiday gifts. There are 9 local shops that support us with discounts to members. Now is your time to support them. Make sure to bring your membership card. Some shops have gift cards in the event you are totally lost for an idea.

A coworker recently told me about this list. You might be a cyclist if......http://www.freewheelers.org/mightbe.htm. I thought it was appropriate and narrowed down my top ten. Makes you think about how you spend your time and money right? Check out the entire list. There are a few versions of it on the web

1. You tell a family of 5 in a crowded mall to "hold their line."
7. The nicest/most expensive pair of shoes you own have cleats.
13.You get withdrawal symptoms if off the bike for more than a day.
14.When anybody mentions distance you immediately think of how long it would take to cycle it.
16.While driving your car you yell at your passenger "Car back" as a vehicle approaches from behind.
20.Weather forecasts can be broken down into 2 categories: good biking weather, bad biking weather.
23.You spend 2X the money on cycling wear that you do work clothes.
25.You dream of winning the lottery and the first thing you think of is how many/which bikes can I buy?
26.You buy a car based on whether or not a bike will fit in the trunk/back, with the rear seat folded down.
34.You crash...and insist on getting to the bike shop to have your bike checked out BEFORE going to the hospital.

The last Membership Meeting for 2013 is Dec. 16th. Here is your chance to get involved with how the club works. Come join us. We have a tight agenda on a wide array of topics. If you have questions feel free to call or email me. As you know I don’t ride in the winter although I did ride 20 miles this week. Woo Woo!!

Remember: Don’t be a jerk- ride safe and ride smart.
Kate Kennedy-Hug
BCBC BIKE SHOP
DISCOUNTS
The following bike shops offer BCBC members discounts. Members are required to show their current membership ID card in order to qualify for bike shop discounts! The following bike shops will give 10% off regularly priced accessories and 5% off regularly priced bikes and unless stated otherwise.

BICYCLE BARN
839 Reading Blvd. (Rt. 625)
East Earl  (717)445-8508

JB MOUNTAIN BIKES
207 W. Lancaster Ave,
Shillington (610)777-5253

SHIRK’S
Ligalaw Rd. East Earl
(717)445-5731

SLEEPING DOG PRO CYCLES
330 W. Weis St. Topton 19562
(610)682-1000

SPOKES BIKE SHOP
Rt. 61 Hamburg (610)562-8900

THE CRANK
203 W. Penn Ave, Wernersville
(610)898-1500
www.thecrankpa.com

VILLAGE BIKE SHOP
7 S. Village Circle, Reinholds
(610)742-4786

WEAVER’S BIKE SHOP
729 Park Rd, Fleetwood
(610)944-9565

WOLVERTON’S BIKE SHOP
2904 Kutztown Rd Hyde Park
(610)929-8205
BCBC ANNUAL BANQUET
AND GENERAL MEMBERSHIP MEETING

Friday, March 21, 2014
At the Oley Fairground Banquet Hall.

This is an election year!!
The following office positions are open:
President, Vice President, Secretary,
Membership Coordinator, Sponsor Coordinator.
More info in the January newsletter!

BCBC CLUB MEETING
Date: Monday, December 16th @ 7:00PM
Where: Davis house 237 Pennsylvania Ave, Reading PA 19606
Email: cyclerad@ptd.net if you need directions.

Agenda:
1. Banquet-Anyone who is interested in helping please come to the meeting.
2. Elections
3. Tracking club miles
4. Rides
5. Newsletter-cost of ads
6. Guidelines on web for groups

ALL CLUB MEMBERS ARE WELCOME TO ATTEND!
**BERKS COUNTY BICYCLE RIDE SCHEDULE**

By Alan Fineman Ride Coordinator

First Number: Terrain Rating

Terrain rating 1-5 rates the total hilliness of the ride.

1 = FLAT – easiest

2 = GENTLY ROLLING HILLS– moderate terrain with easiest of hills (Almost anyone can handle).

3= SOME HILLS– Moderate hills with some steeper grades (Moderately Challenging– but within the ability of most riders).

4= HILLY – The number and difficulty of hills is quite substantial (Very Challenging).

5= EXTREMELY HILLY Extreme Challenge- steep and long hills most of the ride– Requires a very high fitness level).

Second Number: Total Mileage for ride

Please note the Club policy on protective headgear: **ALL** Riders must wear Snell/ANSI rated helmets. Ride Host/Hostess will NOT give cue sheets to riders without helmets and that rider will not be considered an official participant of the Club ride. Please have your bike in proper working order BEFORE the start of ride. Arrange 10-15 minutes before start time so that all rides leave on time. Make sure you have a spare tube or patch kit and at least one water bottle.

If weather conditions are questionable, the ride host may notify club members by posting a message on Facebook prior to the ride or make a decision at the starting location based on road conditions and weather forecasted at the time of the ride.

**SPECIAL RIDE DETAILS**

Special rides during the months will be highlighted in color. If you are hosting a special ride, please contact Newsletter Editor Wendy Davis or Ride Coordinator Alan Fineman before the 18th of each month to tell other club members about it. Did you have a great experience on a ride? Let us know and we’ll add pictures and stories about your ride!

---

**2013 Club Ride Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Ride Name/Description</th>
<th>Rating/Mileage</th>
<th>Location</th>
<th>Host</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat Nov 30</td>
<td>11:00 AM</td>
<td>WI09 Bunker Hill Loop</td>
<td>3-29</td>
<td>Wilson High School off of Dwight St. in West Lawn</td>
<td>Bill R.</td>
</tr>
<tr>
<td>Sun Dec 1</td>
<td>11:00 AM</td>
<td>SL34-Oley Legion II Breakfast Ride</td>
<td>2-25</td>
<td>L.M. Lausch Elementary School 2 Blks off of Rt 562</td>
<td>Brad S</td>
</tr>
<tr>
<td>Sat Dec 7</td>
<td>11:00 AM</td>
<td>CW05 Stouchburg Loop</td>
<td>3-25</td>
<td>Conrad Weiser East Elementary School on Lincoln Rd. in Wernersville</td>
<td>Matt F</td>
</tr>
<tr>
<td>Sun Dec 8</td>
<td>1:00 PM</td>
<td>WY08 Wootown Loop</td>
<td>2-24</td>
<td>Wyomissing H.S. off Clayton Ave. in Wyomissing</td>
<td>Diane R</td>
</tr>
<tr>
<td>Sat Dec 14</td>
<td>11:00 AM</td>
<td>NT38 Shoemakersville/Lake Ontelaunee Loop</td>
<td>3-27</td>
<td>North Reading Plaza (Walmart) Rt. 222 in Temple (Behind McDonalds)</td>
<td>Tom R.</td>
</tr>
<tr>
<td>Sun Dec 15</td>
<td>11:00 AM</td>
<td>FL17B- Fleetwood/Eagle Pt Road Loop</td>
<td>3-25</td>
<td>Fleetwood Middle School Richmond St. in Fleetwood</td>
<td>Alan F.</td>
</tr>
<tr>
<td>Sat Dec 21</td>
<td>11:00 AM</td>
<td>WI08-Robesonia Pizza Special</td>
<td>3-21</td>
<td>Wilson High School off of Dwight St. in West Lawn</td>
<td>Bill R</td>
</tr>
<tr>
<td>Sun Dec 22</td>
<td>1:00 PM</td>
<td>OL25-Oley Valley Loop</td>
<td>2-24</td>
<td>Oley Valley High School Jefferson St. in Oley</td>
<td>Deb M.</td>
</tr>
<tr>
<td>Date</td>
<td>Time</td>
<td>Ride Name/Description</td>
<td>Rating/Mileage</td>
<td>Location</td>
<td>Host</td>
</tr>
<tr>
<td>------------</td>
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<td>-----------------------------------------------</td>
<td>----------------</td>
<td>---------------------------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Sat Dec 28</td>
<td>11:00 AM</td>
<td>BR07-Caernarvon-East Earl Loop</td>
<td>4-26 KOM</td>
<td>Brecknock Elementary School Rt. 568, just off Rt. 625 in Knausers</td>
<td>Kent S</td>
</tr>
<tr>
<td>Sun Dec 29</td>
<td>11:00 AM</td>
<td>DB06-Daniel Boone/Stowe/ Birdsboro</td>
<td>3-21</td>
<td>Daniel Boone Middle School Weaverton Rd. in Amityville</td>
<td>Walt H.</td>
</tr>
</tbody>
</table>

## 2014 Club Ride Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Ride Name/Description</th>
<th>Rating/Mileage</th>
<th>Location</th>
<th>Host</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed Jan 1</td>
<td>11:00 AM</td>
<td>WY06 New Year’s Day Ride (More than a few hills.)</td>
<td>5-22</td>
<td>Wyomissing H.S. off Clayton Ave. in Wyomissing</td>
<td>Diane R</td>
</tr>
<tr>
<td>Sat Jan 4</td>
<td>11:00 AM</td>
<td>CW04-Big Spring Loop</td>
<td>2-21</td>
<td>Conrad Weiser East Elementary School on Lincoln Rd. in Wernersville</td>
<td>Matt F.</td>
</tr>
<tr>
<td>Sun Jan 5</td>
<td>1:00 PM</td>
<td>NT06-Ontelauenee-Leesport Area</td>
<td>2-23</td>
<td>North Reading Plaza (Walmart) Rt. 222 in Temple (Behind McDonalds)</td>
<td>Tom R.</td>
</tr>
<tr>
<td>Sat Jan 11</td>
<td>11:00 AM</td>
<td>SL13-Daniel Boone-Birdsboro Loop</td>
<td>2-21</td>
<td>L.M. Lausch Elementary School 2 Blks off of Rt 562</td>
<td>Brad S.</td>
</tr>
<tr>
<td>Sun Jan 12</td>
<td>11:00 AM</td>
<td>WY08-Wooltown Loop</td>
<td>2-24</td>
<td>Wyomissing H.S. off Clayton Ave. in Wyomissing</td>
<td>Diane R</td>
</tr>
<tr>
<td>Sat Jan 18</td>
<td>11:00 AM</td>
<td>FL02 Fleetwood Loop</td>
<td>2-23</td>
<td>Fleetwood Middle School Richmond St. in Fleetwood</td>
<td>Alan F.</td>
</tr>
<tr>
<td>Sun Jan 19</td>
<td>1:00 PM</td>
<td>DE04 Pine Forge - Pottstown</td>
<td>4-25</td>
<td>Daniel Boone Middle School Weaverton Rd. in Amityville</td>
<td>Walt H.</td>
</tr>
<tr>
<td>Sat Jan 25</td>
<td>11:00 AM</td>
<td>WI06 Wernersville Loop</td>
<td>2-19</td>
<td>Wilson High School off of Dwight St. in West Lawn</td>
<td>Bill R.</td>
</tr>
<tr>
<td>Sun Jan 26</td>
<td>11:00 AM</td>
<td>OL05 Oley Valley Ride</td>
<td>2-25</td>
<td>Oley Valley High School Jefferson St. in Oley</td>
<td>Deb M.</td>
</tr>
</tbody>
</table>
What do you do when you come across a “Road Closed” sign? You get John Cirulli to get in the hole so he can pass the bikes over it. This is from the 9-28 ride that started at Brecknock going to the New Holland area.

A small group of us did a “renegade ride” from Conrad Weiser on 11-15. Bill Ruth, Ann Rollman, Dan Levengood, Tim, Ed and Byron Lape. Sorry I don’t know Tim & Ed’s last name but they are with the Seasoned Spokes gang. The weather was perfect for November! We did 36 miles.
Embrace the Season: 5 Tips for Winter Riding By Nick White, CTS senior coach Triathlete magazine

Now that cold winter weather has settled into most parts of the country, it's time to put the bike on the trainer, turn on the TV and sweat the hours away, right? Not necessarily. No matter where you live, following these five recommendations will help you ride your bike outdoors on all but the most inclement winter days.

Dress for the Occasion

This is the most obvious consideration when you're planning to ride in cold weather, and it also has the biggest impact on your cycling enjoyment. Layering clothing is the most effective way to combat cold and wet conditions and rapidly changing temperatures. Three layers tend to work best in winter conditions: Start with a snug base layer made from a wicking material, such as polypropylene, wool, silk, or a synthetic product such as Thinsulate. This layer will help move moisture away from your skin quickly to reduce the evaporative cooling effect that sweating has on your body. Your second layer is your insulator; it should be slightly looser than your base layer to trap air near the skin. This trapped air is warmed by your body and remains there to help keep you warm. The insulating layer can be made of a variety of materials depending on weather conditions: synthetics, wool, fleece and down all work well. Finally, choose an outer shell that incorporates a wind-blocking and water-resistant material. This final layer should be made of a Gore-Tex or Windstopper-type material that's both impervious to wind and exterior moisture, but still allows perspiration to escape to keep you dry. Your extremities regulate temperature poorly, which is why hands and feet are often the first to get cold; thus, they need some special attention. A variety of different thicknesses and types of gloves, booties, toe covers and arm and leg warmers may be necessary to accommodate all weather conditions. As you know, an uncovered head is a big source of heat loss. Wear an insulated skullcap underneath your helmet.

Warm Up from the Inside Out

While an appropriate warm-up is important year-round, warming up is especially vital in cold weather. Muscles, tendons and ligaments need significant blood supply to function properly; however, cold temperatures have a constricting effect on your vessels and arteries, which can limit the flow of blood to the areas that need it. Your winter warm-up should be a little longer than normal in order to give those tissues enough time to heat up and receive adequate blood flow. If you normally spend 15 minutes warming up, boost that to 20 to 25 minutes.

Feed your Body

No matter how appropriately you dress, your body is still going to have to work harder than usual to maintain its core temperature. This means greater energy expenditure to perform the same amount of work. This increased energy expenditure means you're going to bonk sooner than you would in warmer conditions if you don't take in adequate calories. Make sure you're taking in 30 to 60 grams of carbohydrate per hour for any ride over one hour. It's also common for athletes to think that drinking fluids isn't as important as at other times of the year. However, if you're dressed appropriately, you're probably sweating nearly as much as you did last summer. Be sure to maintain adequate hydration while on the bike: one to two bottles per hour is a good place to start.

Weatherproof Your Bike

Winter doesn't just bring cold weather; it also brings also sloppy conditions. This means that your trusty ride is going to take a bit of a beating from snow, ice, salt and sand. Corroded chains and cables are very common and can lead to poor shifting and braking. Check them often and replace as needed. Fenders will also help direct water and corrosive materials away from your bike. A regular bike-washing session can keep things running smoothly, possibly saving you money if you don't have to replace your drivetrain.

Safety First

When the roads are snow- or ice-covered, a mountain or cyclocross bike may give you a little more stablity than your road bike. If conditions are particularly nasty, studded tires (from companies such as Schwalbe and Nokian) can give you the traction you need. Along with adverse weather conditions, winter also means less daylight. A set of lights for both the front and rear of your bike can help you extend your available riding time and keep you safer. Finally, as always, be a defensive rider in traffic. Drivers may not be expecting to see a cyclist on the road in the winter, and road conditions can affect their control as much as yours. Riding in adverse conditions can be a fun way to avoid the monotony of indoor training and will often leave you feeling stronger and tougher than if you did a similar workout inside. So dress appropriately, take care of your body and equipment and help maintain your sanity this winter by riding outdoors as often as you can.
Joe Stafford, Executive Director of the Bicycle Access Council of PA, asked us to share this information with as many cyclists and cycling proponents as possible.

There is proposed new legislation in the PA Assembly authorizing a specialty license plate. Currently, there are 22 states around the US which offer specialty "Share the Road" license plates.

House Bill 1415 and Senate Bill 1153 states the specialty license plate would cost $40 (above & beyond the standard fee), but the proceeds would be used strictly to fund PennDOT’s Bicycling & Pedestrian Advocacy/Coordinator position, as well as to fund road signage for bicycles (known in PennDOT language as "pedalcycles", to distinguish us from motorcycles).

If you would like to read these bills word-for-word, they are available on-line.

For SB (Senate Bill) 1153, please visit: www.pasen.gov. Enter "Share the Road" in the Search or Keyword field.

For HB (House Bill) 1415, please visit: www.house.state.pa.us. Again, if you enter "Share the Road" in the Search or Keyword field, this bill will be retrieved.

Currently, neither of these bills has any "floor votes" or "committee votes" recorded. The legislation is still in discussion.

If you support having this "Share the Road" or "Share the Lane" license plate, please contact your local State Representative for HB 1415 and/or State Senator for SB 1153, and affirm your support for this legislation.

If you do not know the names of your state legislators, you can obtain this information on the websites listed above. On the left side of the homepage on both websites, there is a heading, "Find My Senator (or Representative)".

Welcome New Members!

Returning Member
Chip Creitz

Happy Holidays!
Seasoned Spokes Schedule
Seasoned Spokes outings are group rides of roughly 20 miles and take about 2 hours to complete. Rides are rated 1, 2 or 3 with 3 being the hilliest and most difficult. Many of the regular riders are over 55, however anyone is welcome to participate. Lunches are scheduled after some of the rides. These rides are a great way to meet people with similar interests, stay active and enjoy the beautiful Berks County countryside and beyond.

For additional Seasoned Spokes information contact one of the following:
David Cruzan, 610-376-5048; pjrcruzan@comcast.net
Karen Moyer, 610-763-8399; karemoyer@yahoo.com

Dec, Jan and Feb rides start at 10 AM

<table>
<thead>
<tr>
<th>Date</th>
<th>Date</th>
<th>starting location</th>
<th>Miles</th>
<th>Rating</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-Dec</td>
<td>12-Dec</td>
<td>Oley Athletic Field, Bertolet Mill Rd, Oley</td>
<td>21</td>
<td>2</td>
<td>TBD</td>
</tr>
<tr>
<td>19-Dec</td>
<td>26-Dec</td>
<td>Feceras parking lot, Rt 422, Sinking Spring</td>
<td>20</td>
<td>3</td>
<td>TBD</td>
</tr>
<tr>
<td>2-Dec</td>
<td>29-Dec</td>
<td>Fleetwood Community Park, Park Rd/Main St, Fleetwood</td>
<td>20</td>
<td>2</td>
<td>TBD</td>
</tr>
<tr>
<td>9-Dec</td>
<td>23-Dec</td>
<td>near the tennis courts at Stitzer Ave &amp; Norman St, Wernersville</td>
<td>20</td>
<td>2</td>
<td>TBD</td>
</tr>
<tr>
<td>16-Dec</td>
<td>20-Jan</td>
<td>Quarry Fields, Old Wyomissing Rd &amp; Lancaster Ave, Shillington</td>
<td>21</td>
<td>3</td>
<td>TBD</td>
</tr>
<tr>
<td>2-Jan</td>
<td>23-Jan</td>
<td>Cocalico High School near tennis courts, 4th St, Denver</td>
<td>21</td>
<td>2</td>
<td>TBD</td>
</tr>
<tr>
<td>9-Jan</td>
<td>16-Jan</td>
<td>Fleetwood Community Park, Park Rd/Main St, Fleetwood</td>
<td>22</td>
<td>3</td>
<td>TBD</td>
</tr>
<tr>
<td>30-Jan</td>
<td>23-Jan</td>
<td>Ephrata Township Park, East Fulton St, Ephrata</td>
<td>21</td>
<td>2</td>
<td>TBD</td>
</tr>
<tr>
<td>6-Feb</td>
<td>27-Feb</td>
<td>Womelsdorf Community Park, Water St, Womelsdorf</td>
<td>19</td>
<td>3</td>
<td>TBD</td>
</tr>
<tr>
<td>13-Feb</td>
<td>30-Jan</td>
<td>North Reading Plaza, Leesport Ave &amp; Allentown Pike, Temple</td>
<td>20</td>
<td>3</td>
<td>TBD</td>
</tr>
<tr>
<td>20-Feb</td>
<td>6-Feb</td>
<td>Robesonia Community Park, Railroad Ave and Birch Alley, Robesonia</td>
<td>21</td>
<td>2</td>
<td>TBD</td>
</tr>
<tr>
<td>27-Feb</td>
<td>13-Feb</td>
<td>Weis Shopping Plaza, Friedensburg Rd, Oley</td>
<td>21</td>
<td>2</td>
<td>TBD</td>
</tr>
</tbody>
</table>

Links to route maps are on the Seasoned Spokes tab of the BCBC website
www.berksbicycle.com
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717.445.5731
1649 Ligalaw Road
East Earl, PA 17519

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Stoudtburg Village
7 South Village Circle
Reinholds, PA 17569

Proudly Announces the Arrival
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Special Pricing on Bicycle Fitting
$195.00 Now thru January 1, 2013
Regular Price $250.00
By Appointment Only

Bicycle Club Discounts, Lay Away & Gift Certificates

Skyline Bicycles & Skateboards

Helping Others – “Enjoy the Ride”
Skyline Bicycles & Skateboards is a bike shop founded on the enjoyment of cycling. Riders of all skill levels are welcome to visit and enjoy the relaxed knowledgeable environment that is Skyline Bicycles & Skateboards. Whether you ride a road ride, commute mountain bike, BMX, or cruiser we are here to enhance your riding experience. We welcome and look forward to working with all types of cyclists and to providing an enjoyable visit every time you’re here.

610-742-4786
Hours
Saturdays and Sundays
9:00 am - 5:00 pm
Monday thru Wednesday
6:00 pm - 9:00 pm
Evenings
By Appointment
For Personalized Fittings

myvillagebike.com

info@myvillagebike.com

Skylinebike.com

2573 Perkiomen Avenue
Morganville, PA 19060
Email: bevansyd@gmail.com
(610) 378-9778

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MIRRAco • HARO • BONTRAGER • GLOBE

Spokes Bike Shop

Mike Myers - Owner
1073 Pottsville Pike Suite B
Shoemakersville, PA 19555
610-562-8900
www.SpokesBikeShop.com
THE BERKS COUNTY BICYCLE CLUB, INC. 2013 MEMBERSHIP APPLICATION/RENEWAL FORM

Name_______________________________________________________________

Street_________________________________________________________________________

City _____________________________ State_______ Zip Code_____________________

E-mail Address________________________ Phone_______

Please Check one: (   ) New Applicant, or (   ) Renewing Member

THE BCBC CyclingTimes newsletter is published monthly via email to members and on our website www.berksbicycle.com.

May we publish your name, address, and telephone number in a club directory?(  ) Yes (  ) No

Please indicate your interests by checking as many items as may apply:

(  ) Ride Host/Hostess    (  ) Updating Ride sheets    (  ) Road Rides    (  ) Trail Riding

(  ) Newsletter Assistance   (  ) Racing Division   (  ) Social Events (Picnics, Christmas Party, etc.)

Signature _____________________________________________________________________

(If applicant is under 18, parent or legal guardian must also sign.)

Dues: $20 per household, per year. Renewing memberships are due and payable **February 15th** of each year.

Dues include monthly newsletter.

**Make all checks Payable to and send to:** The Berks County Bicycle Club, Inc., 6432 old Route 22, Bernville, PA 19506

Membership Coordinator
Jackie Schultz-Shirey
6432 Old Rt. 22
Bernville, Pa 19506