



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

Volume 35, Issue 4

April 2007

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Let's Play!

Sallie Urffer, President

Happy April! Did you renew your membership? Didn't you love that DST came early this year?

I was watching some news show that was discussing that we, as a society, have lost our sense of community. While I agree on a whole, I think that community is alive and well in cycling, at least in LWA.

Think about it...how quickly do you talk with another cyclist who is a stranger versus some other stranger? If you're like me, you are more comfortable with the cyclist. Is it because of the commonality that cycling brings or is it that we know that person is somewhat different because of the bike? Wouldn't it be cool if being this connected to a group of people made us ordinary instead of extra ordinary? What if we let non-cyclists in on our secret so they too could feel connected?

I've found that my cycling friends are my more loyal friends. They are the people I can go to for emotional support, help when something is wrong with my car, computer, bike or house, etc. But it's the little things that matter most...like when it was my birthday and my guy let me down, it was my friends that made my day special, and I got to pay it back when it was someone else's birthday. We like to celebrate birthdays. Maybe it's a reason to party but mostly it's to get together to just catch up and talk about everything, even the stupid things...like a guy admitting he watches *Real Housewives of Orange County*.

Cyclists take care of each other on the bike, and maybe that's what makes our bond strong. I've stopped for strangers on the side of the road and asked if they needed help, and people have stopped for me too. Or stayed with someone when they just can't push the pedal

another revolution and you need to wait for someone to get back to the car and come get you....it feels like an eternity waiting, but in the end your bond is stronger through trust and compassion....or is it fear that when it's your turn to bonk, crash or whatever, that no one will be there for you? :) Admit it, there is a little of that in the back of your head. But I truly believe that we cyclists are a great group of people and I'm glad I found the LWA.

Happy Pedaling
Sallie.

LWA Meetings

LWA meetings are held the 3rd Tuesday of every month at Lehigh Valley Hospital's Health Center at Trexlertown.

All are welcome to attend Board of Directors meetings. Occasionally, the board meetings may be followed by special programs on a variety of cycling and fitness topics. Please refer to the schedule below to find out when special programs will be offered.

SCHEDULED MEETINGS

Wednesday, April 18th, 2007

7:00 pm - Board Meeting

Directions to The Health Center

The Health Center at Trexlertown is located at the left end of the Trexler Mall, near the intersection of Lower Macungie Road and Route 222 (directly across from Air Prodcuts). From Route 222, turn onto Lower Macungie Road, then turn right into the mall parking lot.

VOLUNTEERS NEEDED FOR THE VELOCE!!!!!!!!!!!!

If you can help, please contact Sallie at
sjurffer@rcn.com.

Visit the Lehigh Wheelmen home page at <http://www.LehighWheelmen.org>.

Due date for *Quick Release* articles is the 20th of every month.

Business and Pleasure

Membership Report

Tammy Hein, Membership Administrator

As of the time newsletter submissions were due, we had 194 paid and confirmed members for the 2007 membership year, including the 40 brand new folks below! However, last year we had a total of 461 members, so unfortunately this means that a lot of folks have not renewed yet. If you're one of them, what are you waiting for?!? Surf on over to <http://lwa.pryzm.net> and renew your membership today!

Overall the new member's website has been working fabulously well. A week or two after the website was launched, I added the ability to pay by check when submitting your application online, and there is now a paper membership form that you can print out too. (Although online submissions is still the much-preferred way to renew!) There have been a few reported glitches that I fixed along the way, but nothing major, and the online form has reduced the turn-around time from application submission to mailing out of membership cards from 3-4 weeks to 3-4 DAYS! The treasurer Jane and I are very happy to be doing a lot less paper shuffling, and I hope you are enjoying your new bright yellow membership cards along with the discounts they entitle you to. :-)

And don't forget, if you submitted your membership form online on or before March 31st (and as long as we have received your payment if you chose to mail in a check) you will be included in the prize drawing to be held at this month's club meeting. Look for the list of prize winners in next month's Quick Release!

Treasurer's Report

Jane Derby, Treasurer

Income:	
Membership	1,306.13
Bike Case Rentals	<u>100.00</u>
Income Total	1,406.13
Expense:	
Bank Charge	(5.00)
Insurance	(719.94)
Ride Leader award 2006	(25.00)
Membership costs	(1,687.00)
Membership dues - organization	(75.00)
Special Event - GG 2006	(85.00)
Quick Release	<u>(133.72)</u>
Expense Total	(\$2,730.66)
Change of Cash	(1,324.53)
Bal. Wachovia Ckg 12/31/06	\$4,402.22
Change of Cash	<u>(1,324.53)</u>
Bal. Wachovia Ckg 3/15/07	<u>\$3,077.69</u>
Bal. Susquehanna MM 12/31/06	\$13,451.78
Interest Earned	<u>92.30</u>
Bal. Susquehanna 3/15/07	<u>\$13,544.08</u>

Welcome, New Members!

Amy Ahnert, Bethlehem , PA
Elizabeth Allen, Allentown , PA
Jeff Alpert, Coopersburg , PA
Bob Alpert, Coopersburg , PA
Jack Basile, Macungie , PA
Jean Beischer, Phillipsburg , NJ
Caroline Bennett, Bethlehem , PA
Jennifer Bognar, Bethlehem , PA
John Bower, Allentown , PA
Ken Brandt, Bethlehem , PA
Joe Check, Allentown , PA
Bob deQuevedo, Coopersburg , PA
Karen Devine, Allentown , PA
Mary Digioia-Bogin, Effort, PA
Heidi Fillman, Macungie , PA
Jerry Fillman, Macungie , PA
Nathan Fillman, Macungie , PA
Nick Fillman, Macungie , PA
Rob Heitzer, Allentown , PA
Len Martin, Easton , PA
Peter Matt, Allentown , PA
Theresa Nebbia, Bethlehem , PA
Susan Noonan, Allentown , PA
Ed Pavelka, Kutztown , PA
Joleen Pavelka, Kutztown , PA
Krystof Plotka, Macungie , PA
Angelo Procaccino, Macungie , PA
Kim Procaccino, Macungie , PA
Sylvia Radvansky, Schnecksville , PA
Gary Riddell, Blandon , PA
Andrea Russell, A llentown , PA
Chase Rutt, Pen Argyl , PA
Colette Shepherd, Orefield , PA
Lin Sorrentino, Allentown , PA
Sean Sorrentino, Allentown , PA
John Stempa Jr., Kunkletown , PA
John Stempa III, Kunkletown , PA
Linda Stempa, Kunkletown , PA
Chuck Trotta, Dupont , PA
Cathy Wells, Bethlehem , PA

!!!!VOLUNTEERS ARE NEEDED FOR THE VELOCE!!!!

It will be June 16th. Please, help the event out, if you can. Contact Sallie Urffer via email at sjurffer@rcn.com

March 19th's Minutes

Attendees: Sallie, Lynn, Gwen Hoover, Fritz Walker, Stewart Schmookler, Rob E. Jane Derby, Bill Derby, Jack Helfrich, Donalee Fray

Website

No report

Membership

Fritz filed a motion: Offer a random drawing of \$25 gift certificate and 10 water bottles for the next 5 people for on time, by Mar 31 membership renewals registered on line. Gwen 2nd the motion. Lighthearted discussion followed.

In favor: all Opposed: none

In two weeks, an email will be sent to everyone announcing renewals and the drawing.

Medic ID tags will be given to 1st 230 registrations for membership.

Treasurer report – Jane Derby

Balance: Money Market 13,499.83 Checking Acct: \$2,967.85

Juniors - Gwen Hoover

New group of young racers are teens - 15 year olds. Planning a bike 101 day at Rodale Park in spring. 1st Sunday of the month at noon May-Sept 2007. Gwen and Rob are taking Road 101 soon.

Won a \$3,000 grant and a sponsorship from Fiji for kids to buy bikes. Juniors have \$5,000 in bank account with Chip. Funding coaching and client opportunities, equipment, bought 4 track bikes, and racers travel reimbursement.

Racing

Thursday night crits April 5 through September and March Racing Series at noon off Rt. 100 in Industrial Park behind Yocco's. See newsletter for more information. Blood donations coordinated by racing team.

Touring

See calendar for all the rides scheduled. Kick-off ride leaders will be Saturday, March 31st at 10:00 with pizza after the ride. Fritz will organize kick-off again. Rain date will be Saturday, April 14. There will A-D rides.

Veloce will be June 16 at the Rodale Park instead of the Velodrome to save money. Sallie will chair the event, but would like a co-chair. Picnic will be at the pavilion at the park. We can bill it as the pre-cursor for the MS 150.

Club picnic will be August 12. Looking for a new chair. Sallie will call for a volunteer(s).

Donut Derby will be on Labor Day, Sept 3rd. Brian Cincera will chair again this year.

Gap Gallop is tentatively 10/14 at Northampton College. Fritz is organizing sag with Scott at Bike Line.

Final year-end dinner will be Dec 1 or 2. Sallie will find a restaurant.

WoW - Women on Wheels will be Saturdays at 10:00 starting at the Velodrome on March 24.

Check out www.routeslip.com to map out routes as per Rob and Fritz. It's an easy site to make routes.

Rob brought up the idea of running a kid's bike rodeo as a fundraiser for kids 10 years old and under. Sallie is not interested in running another event due to insurance issues. CAT might be interested in co-sponsoring it with LWA. Lead Cycling Instructors should be there with helmets. The idea will be brought up to CAT to see if they have an interest. Community Bike Works did a similar event last year. Jack H. will see if they are doing it again this year.

New Business

Jane D. checked out getting a CD for gaining greater interest for our money. Turns out to add only \$24 more than our money market, therefore, it is not recommended to change.

Jack H. asked about added programs to monthly meetings. Groups discussed it's o.k. to set something up.

Different adventure bike rides offer discounts for groups. See Bill Derby for more information.

Gift certificates at all Bike Lines will not give a discount on top of the certificate.

Sallie will email all the bike shops to see what they are doing with all the LWA information. Fritz wrote a good letter to bike shops for the Quick Release. Sallie will talk with Tammy regarding the plan for retail shops.

Jack H. suggested giving bike shops LWA business cards with a holder. Stewart S. suggested giving a free LWA membership for everyone buying a new bike at local shops. Rob E. suggested having it expire in 30 days or within the year to create a sense of urgency. Sallie U. will check with Tammy to see how to set it up on the website.

Discussion around sending a postcard to non-members with a list of our events.

8:30 –Fritz made a motion to close the meeting. Jane seconded the motion



13 and 14 Juniors lining up at the FCCC Crit event.

Announcements

Livestrong Challenge in Philadelphia

On August 25-26, the Lance Armstrong Foundation will be hosting the Livestrong Challenge in Philadelphia. What is the Livestrong Challenge? The LIVESTRONG Challenge is the Lance Armstrong Foundation's signature fundraising event. This annual series of cycling and running/walking events takes place in cities across the country, enabling anyone to support the LAF's mission to inspire and empower people affected by cancer.

What is involved? The challenge: walk or run in the Community 5K or ride 10, 40, 70 or 100 miles. Please note that the 70 and 100-mile ride options may include challenging hills not suitable for the novice rider. They recommend only experienced cyclists who are at least 16 years old register for the 70 or 100-mile distance option.

What else? All Challenge participants are required to pay a one-time \$50 event registration fee. Riders are required to meet an additional \$250 fundraising minimum and are encouraged to raise additional funds to support cancer survivors. While not required to fundraise, walkers and runners are also encouraged to join in the fight by raising much-needed funds.

I would like to captain a team made up of members of the Wheelmen. Anybody interested in joining me, please send me an email. There's more information about this great event at this web address:
http://www.livestrong.org/site/c.jvKZLbMRI sG/b.2580371/k.43F3/2007_Philadelphia.htm

This event will be limited in numbers. Since Lance Armstrong will be at the event, no doubt it will fill up quickly. Please think this one over, and if you would like to come out, let me know ASAP. I hope you some of you will join me. This is not a LWA sanctioned event. It is an opportunity for each of us to join in this great cause. I plan to register this week, and our team will grow as people step up. Please let me know if you are interested.

Rob Erbeau
at609@ptd.net

CAT-Coalition for Appropriate Transportation Invites You to Learn the Secrets of Worry Free Bicycle Mechanics

Sign up now for the 12-hour Park Tool Bicycle Mechanic Course. The Park Tool School Mechanic Class includes a great overview of bicycle maintenance. Participants learn about tools, parts of the bike, tire & tube installation, gear & brake adjustments and other aspects of bicycle maintenance & repair. All of these aspects of bicycle repair are demonstrated, discussed, and worked on by participants. Course participants learn, on their own bikes, to adjust bearings, remove cogs, service chains, adjust brakes & adjust gears.

The fee for the 12-hour Park Tool School Bicycle Mechanic Course is \$175.00. (This includes a one year membership in CAT). If you choose to keep your Park Tool School Student Manual there is an additional \$20.00 charge.

All Park Tool School classes are taught at the Bethlehem Bicycle Cooperative <<<http://www.car-free.org/bbc.htm>>> over 3 classes, 4 hours each, for a total of 12 hours. Classes run from 8 AM to Noon on Saturday mornings.

Make checks payable to CAT and mail to: 60 West Broad Street #97, Bethlehem, PA 18018. Indicate Mechanic Classes in the memo/note line of the check and/or on a piece of paper with the check. If you wish to pre-pay for the \$20 textbook, make the check for \$195.

Direct all inquiries concerning the CAT Park Tool Mechanic Class to

Steve Schmitt
CAT-Coalition for Appropriate Transportation Director
60 West Broad Street #97
Bethlehem, PA 18018
610.954.5744 fax 610.954.0142
director@car-free.org

Next Park Tool Bicycle Mechanic Class Dates:

Saturdays, April 14, 21 and 28 2007
8 AM to Noon
For more information about the Park Tool School Mechanic Classes please see:
<<http://www.car-free.org/parktool.htm>>

Curt's Cyclery offering a discount to LWA members!!

Check out their website at
<http://www.curtscyclery.com>

Curt and family will offer a 10% discount to members on parts, accessories, and clothing. Bring your membership card to receive the discount.

They will be listed with the rest of the discount sponsors as soon as a way is found to fit them in.

!!!!VOLUNTEERS ARE NEEDED FOR THE VELOCE!!!!

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We received a warning from one of our members about a dog that chases bikes and has actually bitten one of our members. Watch out for a German Shepard out near Kutztown at the intersection of Old Topton Road and Klines Corner (the intersection right before the go-kart track).

Dates have been set for a number of out late season events.

Veloce: June 16th at Rodale Park

Club Picnic: August 12th

Donut Derby: Labor Day, September 3rd

Gap Gallop: October 14th (tentative)

Year End Dinner: December 1st or 2nd

LWA Touring Division

Leaders of the Pack

Jack Hellfrich, VP Touring

Recreational Riding Schedule

Except where noted, non-members are welcome to participate in LWA rides. Riders under 18 must be accompanied by an adult. You must have a bicycle in good working order, carry a spare tube and know how to change it, obey all traffic rules, ride single file where necessary, and sign in at the ride start, giving your name and an emergency phone number. Please carry identification and the name of an emergency contact.

HELMETS ARE REQUIRED ON ALL RIDES !

Most club rides take place on the road, but there are also some off-road rides scheduled. For road rides, most riders use road bikes having narrow, high pressure tires. Wide, low pressure tires will make it harder to keep up with the group.

If you haven't ridden with a group before, or are not sure that you can keep up with a group, try one of the rides listed as a "Social Pace" or new member ride. No one gets dropped on rides advertised as such. Actually, ride leaders try not to drop anyone on any ride, but one person's "moderate" pace can be another person's "impossible" pace.


REMEMBER: Ride leaders should download a ride sign-in sheet, have all riders sign it, then return it to Lehigh Wheelmen Assoc., PO Box 356, Bethlehem, PA 18016.

Check the LWA Member's Website at <http://lwa.pryzm.net> for last-minute changes, cancellations, and additions.

If you are interested in a ride, please make an effort to contact the Ride Leader, so you can be "in the loop", should a last minute change or cancellation occur.

 **Monday, April 2, 2007**

The Monday Night Ride – "A The Hammerfest!"

 **A R** / 30 mi 5:45PM Velodrome

◆ This ride is for cyclists who have had extensive experience riding in groups and pace lines and who can ride at a fast pace without the need to regroup. The riders will be expected to take a turn at the front of the group. Sprints may break out, and the group will not be expected to wait for any riders with the exception of a mechanical failure. The pace will be fast and lively, and the terrain sometimes challenging. The ride will go most times non-stop. The actual route will be determined by the ride leader. The ride will leave promptly, so arrive at least 15 minutes early to sign in and prepare.

Directions: Map on Website


Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Joe Garchinsky 610-965-4562 bob@nncs.com

Leader 2: Ken Knoll 610-799-4623 bob@nncs.com

- Rain Cancels
- Bring food
- Bring water

The Monday Night Ride – "B Fast, Not Furious"

 **B R** / 30 mi 5:45PM Velodrome

◆ This is the ride if you are fit, have lots of group riding experience, and enjoy riding in a pace line. You will not be expected to take a turn at the front, but it will be appreciated. The group may decide to regroup after a hill, but for the most part riders will be dropped if they cannot maintain the "B" pace. The ride will either be non-stop or with a brief rest, at the leaders discretion. The route will be the choice of the ride leader. Some hills will be included at times. The ride will leave promptly, so arrive at least 15 minutes early to sign in and prepare.


Directions: Map on Website

Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Terry Terfinko 610-965-4562

- Rain Cancels
- Bring food
- Bring water

The Monday Night Ride – "C Social, Not Casual"

 **C F** / 25 mi 5:45PM Velodrome

◆ If you have never ridden in a group, but you have the fitness to ride for 25 miles at a "C" pace, this is the ride for you. It is also for the experienced rider that wants a more relaxed pace. There will be no pace line riding. The group will not drop any riders. There will be one rest stop half-way through the ride. First time riders will be asked to ride one lap of the Rodale Park at a speed of 14 MPH. Riders who are unable to maintain this pace for one lap will be asked to join the D ride. The terrain will be rolling hills to flat. Riders will be expected to stay with the group. The route will be the Bowers Loop (cue sheet is on the LWA site). The ride will leave promptly, so arrive at least 15 minutes early to sign in and prepare. First time riders, please try and arrive 20 minutes early.

Directions: Map on Website

Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Rob Erbeau 610-965-4562 bob@nncs.com

Leader 2: Dave Cincera 610-967-1875 bob@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often

The Monday Night Ride – "D Not Quite Ready for the Road"

 **D F** / 10-15 mi 5:45PM Velodrome

◆ If you haven't been on your bike in years, or you don't feel quite up to riding in a group on the road, this is your ride. The ride will be one hour of fitness riding in Rodale Park. The ride will not go on the road. It is meant to give riders a chance to achieve the fitness and confidence necessary to ride with a group on the road. This is a great place to start and get back on the bike. The riders may not always have a leader for the duration of the ride, however guidelines will be explained along with a handout for improving group road-riding skills. Please arrive at least 15 minutes early to sign in and prepare.


Directions: Map on Website

Event Organizer: Gwen Hoover/Rob Erbeau


Leader: Rob Erbeau 610-965-4562 bob@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring water


 **Wednesday, April 4, 2007**
Mid Valley Cruise

 **B H** / 27 mi 5:45PM Bicentennial Park off Airport Road N.
♦ Excellent Workout! (Relativeley hill intensive) A strong "B" ride. (Option B) Cue Mid Valley Cruise Cue sheet
Directions: Directions to park on website. East entrance on Airport Road side.
Leader: Doug Leavitt 610-730-6573 douglas.leavitt@volvo.com
Leader 2: Stephanie Begovich
- Rain Cancels
- Bring water
- Cue sheets will be provided
- Will wait for slow riders


 **Monday, April 9, 2007**
The Monday Night Ride – "D Not Quite Ready for the Road"

 **D F** / 10-15 mi 5:45PM Velodrome
~~ See description under Monday, April 2, 2007. ~~
Event Organizer: Gwen Hoover/Rob Erbeau
Leader: Rob Erbeau 610-965-4562 bob@nncs.com


The Monday Night Ride – "C Social, Not Casual"

 **C F** / 25 mi 5:45PM Velodrome
~~ See description under Monday, April 2, 2007. ~~
Event Organizer: Gwen Hoover/Rob Erbeau
Leader: Rob Erbeau 610-965-4562 bob@nncs.com
Leader 2: Dave Cincera 610-967-1875 bob@nncs.com


The Monday Night Ride – "B Fast, Not Furious"

 **B R** / 30 mi 5:45PM Velodrome
~~ See description under Monday, April 2, 2007. ~~
Event Organizer: Gwen Hoover/Rob Erbeau
Leader: Donalee Frary 610-587-2355 donalee.frary@dalecarnegie.com
Leader 2: Sallie Urffer 610-554-2931 sjurffer@rcn.com


The Monday Night Ride – "A The Hammerfest!"

 **A R** / 30 mi 5:45PM Velodrome
~~ See description under Monday, April 2, 2007. ~~
Event Organizer: Gwen Hoover/Rob Erbeau
Leader: Joe Garchinsky 610-965-4562 bob@nncs.com
Leader 2: Ken Knoll 610-799-4623 bob@nncs.com



 **Wednesday, April 11, 2007**
Mid Valley Cruise

 **B H** / 27 mi 5:45PM Bicentennial Park off Airport Road N.
♦ Excellent Workout! (Relativeley hill intensive) A strong "B" ride. (Option B) Cue Mid Valley Cruise Cue sheet
Directions: Directions to park on website. East entrance on Airport Road side.
Leader: Stephanie Begovich 610-730-6573 douglas.leavitt@volvo.com
Leader 2: Doug Leavitt douglas.leavitt@volvo.com
- Rain Cancels
- Bring water
- Cue sheets will be provided
- Will wait for slow riders



 **Thursday, April 12, 2007**
Business Person's Special

 **B R** / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)
♦ Thursday nights are back. Note the starting time this year will be 5:30. We will rotate between 3 (maybe more) different rides.
Directions: The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle. More detailed directions are at <http://www3.lehigh.edu/about/goodmandirections.asp>
Event Organizer: Art Hunsberger
Leader: Art Hunsberger 484-547-2695 ahh3@ptd.net
- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**


 **Saturday, April 14, 2007**
Backup Date: Ride Leaders & Season Kickoff Ride
This ride will only run if it was cancelled on March 31st, so check the online calendar for updates!


  **B H** / 33 mi 10:00AM Covered Bridge Park
♦ Annual ride leader's ride, to get the season rolling. This ride will be 'Fritz's Fritzing Frolic' out toward the Germansville area.
Directions: Map on website.
Event Organizer: Fritz Walker
Leader: Fritz Walker 610-395-1270 f.walker@rcn.com
Leader 2: Rob Erbeau 610-428-1629 info@nncs.com
- Rain Cancels
- Rest stop(s) along the way
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often


Backup Date: Ride Leaders & Season Kickoff Ride
This ride will only run if it was cancelled on March 31st, so check the online calendar for updates!

  **C R** / 24 mi 10:00AM Covered Bridge Park
♦ Annual ride leader's ride, to get the season rolling. This ride will be 'Game Preserve Road' out toward the Gamer Preserve area.
Directions: Map on website.
Event Organizer: Fritz Walker
Leader: Rob Erbeau 610-428-1629 info@nncs.com
Leader 2: Fritz Walker 610-395-1270 f.walker@rcn.com
- Rain Cancels
- Rest stop(s) along the way
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often


 **Sunday, April 15, 2007**
Women on Wheels

 **C R** / -5 mi 1:00PM Velodrome
♦ Come ride with like-minded women on a fun ride with no testosterone. Get some exercise, meet new people and improve your bike handling skills.
Directions: map on website
Event Organizer: Donalee Frary
Leader: Donalee Frary 610-587-2355 donalee.frary@dalecarnegie.com
- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often


 **Monday, April 16, 2007**
The Monday Night Ride – "A The Hammerfest!"

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~~ See description under Monday, April 2, 2007. ~~
Event Organizer: Gwen Hoover/Rob Erbeau
Leader: Joe Garchinsky 610-965-4562 bob@nncs.com
Leader 2: Ken Knoll 610-799-4623 bob@nncs.com


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 **B R** / 30 mi 5:45PM Velodrome
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Leader: Donalee Frary 610-587-2355 donalee.frary@dalecarnegie.com
Leader 2: Sallie Urffer 610-554-2931 sjurrfer@rcn.com


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 **D F** / 10-15 mi 5:45PM Velodrome
~~ See description under Monday, April 2, 2007. ~~
Event Organizer: Gwen Hoover/Rob Erbeau
Leader: Rob Erbeau 610-965-4562 bob@nncs.com


 **Wednesday, April 18, 2007**
Mid Valley Cruise

 **B H** / 27 mi 5:45PM Bicentennial Park off Airport Road N.
♦ Excellent Workout! (Relativeley hill intensive) A strong "B" ride. (Option B) Cue Mid Valley Cruise Cue sheet
Directions: Directions to park on website. East entrance on Airport Road side.
Leader: Doug Leavitt 610-730-6573 douglas.leavitt@volvo.com
Leader 2: Stephanie Begovich
- Rain Cancels
- Bring water
- Cue sheets will be provided
- Will wait for slow riders


Monthly Club Meeting

 7:00PM Health Center in Trexlertown
♦ Monthly Club Meeting
Directions: See map on website. Route 222 in Trexlertown, next to Kohls.
Event Organizer: Sallie Urffer


 **Thursday, April 19, 2007**
Business Person's Special

 **B R** / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)
♦ Thursday nights are back. Note the starting time this year will be 5:30. We will rotate between 3 (maybe more) different rides.
Directions: The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle. More detailed directions are at <http://www3.lehigh.edu/about/goodmandirections.asp>
Event Organizer: Art Hunsberger
Leader: Art Hunsberger 484-547-2695 ahh3@ptd.net
- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**


 **Sunday, April 22, 2007**
Women On Wheels

 **C R** / 25 mi 1:00PM Velodrome
♦ The women's ride is a fun ride with no testosterone. Come enjoy a Sunday afternoon with like minded women. Get some exercise, meet new people and gain confidence on the road.
Directions: Map on website
Event Organizer: Donalee Frary
Leader: Donalee Frary 610-587-2355 donalee.frary@dalecarnegie.com
- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often


 **Monday, April 23, 2007**
The Monday Night Ride – "D Not Quite Ready for the Road"

 **D F** / 10-15 mi 5:45PM Velodrome
~~ See description under Monday, April 2, 2007. ~~
Event Organizer: Gwen Hoover/Rob Erbeau
Leader: Rob Erbeau 610-965-4562 bob@nncs.com


The Monday Night Ride – "C Social, Not Casual"

 **C F** / 25 mi 5:45PM Velodrome
~~ See description under Monday, April 2, 2007. ~~
Event Organizer: Gwen Hoover/Rob Erbeau
Leader: Rob Erbeau 610-965-4562 bob@nncs.com
Leader 2: Dave Cincera 610-967-1875 bob@nncs.com


The Monday Night Ride – "B Fast, Not Furious"

 **B R** / 30 mi 5:45PM Velodrome
~~ See description under Monday, April 2, 2007. ~~
Event Organizer: Gwen Hoover/Rob Erbeau
Leader: Brian Wack 610-965-4562

The Monday Night Ride – "A The Hammerfest!"

 **A R** / 30 mi 5:45PM Velodrome
~~ See description under Monday, April 2, 2007. ~~
Event Organizer: Gwen Hoover/Rob Erbeau
Leader: Joe Garchinsky 610-965-4562 bob@nncs.com
Leader 2: Ken Knoll 610-799-4623 bob@nncs.com

 **Wednesday, April 25, 2007**
Mid Valley Cruise

 **B H** / 27 mi 5:45PM Bicentennial Park off Airport Road N.
♦ Excellent Workout! (Relativeley hill intensive) A strong "B" ride. (Option B) Cue Mid Valley Cruise Cue sheet

Directions: Directions to park on website. East entrance on Airport Road side.

Leader: Stephanie Begovich 610-730-6573 douglas.leavitt@volvo.com

Leader 2: Doug Leavitt douglas.leavitt@volvo.com

- Rain Cancels
- Bring water
- Cue sheets will be provided
- Will wait for slow riders

 **Thursday, April 26, 2007**
Business Person's Special

 **B R** / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)

♦ Thursday nights are back. Note the starting time this year will be 5:30. We will rotate between 3 (maybe more) different rides.

Directions: The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle. More detailed directions are at


<http://www3.lehigh.edu/about/goodmandirections.asp>

Event Organizer: Art Hunsberger

Leader: Art Hunsberger 484-547-2695 ahh3@ptd.net

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

 **Sunday, April 29, 2007**
Women On Wheels

 **C R** / 25 mi 1:00PM Velodrome


♦ The women's ride is a fun ride with no testosterone. Come enjoy a Sunday afternoon with like minded women. Get some exercise, meet new people and gain confidence on the road.


Directions: Map on website

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 donalee.frary@dalecarnegie.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

 **Monday, April 30, 2007**
The Monday Night Ride – "A The Hammerfest!"

 **A R** / 30 mi 5:45PM Velodrome


~~ See description under Monday, April 2, 2007. ~~

Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Joe Garchinsky 610-965-4562 bob@nncs.com

Leader 2: Ken Knoll 610-799-4623 bob@nncs.com

The Monday Night Ride – "B Fast, Not Furious"

 **B R** / 30 mi 5:45PM Velodrome


~~ See description under Monday, April 2, 2007. ~~

Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Terry Terfinko 610-965-4562

- Rain Cancels Bring Food and Water

The Monday Night Ride – "C Social, Not Casual"

 **C F** / 25 mi 5:45PM Velodrome

~~ See description under Monday, April 2, 2007. ~~

Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Rob Erbeau 610-965-4562 bob@nncs.com

Leader 2: Dave Cincera 610-967-1875 bob@nncs.com

The Monday Night Ride – "D Not Quite Ready for the Road"

 **D F** / 10-15 mi 5:45PM Velodrome

~~ See description under Monday, April 2, 2007. ~~

Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Rob Erbeau 610-965-4562 bob@nncs.com

!!!!VOLUNTEERS ARE NEEDED FOR THE VELOCE!!!!

It will be June 16th. Please, help the event out, if you can. Contact Sallie Urffer via email at sjurffer@rcn.com



LWA and Friends with some young medalists at the FCCC.



Bike Line/LWA Racing Team



The Speed Racer Report

Pete Seigfried, VP Racing

So our first two races went off very well. On the eleventh we had over one hundred racers. No misfortunes either. All of our volunteers did a fantastic job. I was very proud of all of them. Our team mates who raced all looked so strong. The weather has been somewhat warm but very windy and standing on the corners, doing results and running registration is still cold enough to make your joints stiff and your back hurt. That wind bites and chaps your skin. It even dries out your eyes.

Last night, the snow storms came again and dropped enough snow and sleet to slow the entire city down. I would have thought that we could not run a race after such a storm. As I shoveled my driveway, I was sure we would not run one this week. I thought surely it was my fault that it snowed because I took clothes in to work so I could start commuting regularly again and ride dry and clear roads and that God might be telling me not to get too happy with the warm weather. Sorry guys.

I'm going with the hopes that things will be nice tomorrow and that all will go well.

3/18/07

Ok, I'm home from today's races. They went perfectly. All the snow that was on the course was chipped and shoveled away well before the races started and the wet spots dried up right away. Outstanding! I had been worried about this week because not only did we have bad weather but I somehow neglected to cover one of the corners completely. I had put out a note to the racers that I needed some help, and they responded. So did one of the parents who had come to help at the registration table.

It was cold out today and windy, but it didn't stop the racers from participating, and it was sunny so it felt nicer than last week. It was plenty windy out there though.

These races are over now that you are reading this. Thursday night training races should have started. That is of course is if the snow has melted from the Fitness Park back in the woods. And so, I want to say thanks to all the people that helped. Some of them helped every weekend all day. Those people earned our respect in a big way.

Thanks to:

Chip Berezny without whom we would have no race.
Clark Beam, Bryan Barrett, Dave Krail, Dave Kashuba, Dip Janson, John Weller, Adam Carpenter, Jim Payne, Andy Buck, Dave Sheetz, Brian Cincera, Renee Fenstermaker, Lenny Trilio, Greg Ruch, Bill Bray, Mike Beam Collette and Kirk Shepered, Roy Malay, Tom Ratzel and his son Greg, Ron Hiestand, Jen Malay, Gwen Hoover, Rory Maraccini, Bea Rockmore, Jim Clune, Scott Buttler, Mark schadler, Craig Bowes, And Lori Reinert.

I'm very glad to have so many people come and lend a hand. We get so many complements from riders that we put on some of the best run races around. Thank you everyone.

Let's hope we have warmer weather in April..

Yours Gratefully,

Pete Siegfried
VP of Racing

Junior Team Notes

Gwen Hoover, Junior Coordinator

Lehigh Wheelmen Future Champions (aka Notes to Junior cyclists of all abilities)

Bicycle Racing League Signups are on NOW.

Youth 8-18 interested in bicycle racing should sign up for the Lehigh Valley Velodrome Spring Bicycle Racing League. \$30 registration fee (its a BARGAIN). Sign ups on line at www.thevelodrome.com. Show up with a helmet and the Velodrome provides the rest (track racing bicycles, coaches and team t-shirts). This after school program is a great way to get started in racing, with a minimal financial commitment. Program starts on April 30th. Racing every Thursday and practice one other day during the week. 610-395-7000.

Junior Racing Schedule (all are Wheelmen Club events except for National Championships) See www.lehighwheelmen.org for specific information and race Flyers. For more information contact Gwen Hoover gwhoover@ptd.net or 610-216-1484

April 5- Oct 4 Thursdays (Training Criterium, Trexlertown , PA)

May 26 Hellertown Criterium AGE GROUPS 10-12, 13-14, 15-16 for Boys and Girls. Great place to get started

June 6, 13, 20 Frenchtown Time Trials (Frenchtown , NJ) CANCELED (Ages 18 and up only)

June 30-July 3 Junior National Track Championships (Colorado Springs , CO)

July 11-17 Junior National Road Championships (Seven Springs , PA) YES, these are in PENNSYLVANIA AGAIN THIS YEAR

July 21-22 Tour de FCCC (Kutztown and Trexlerlow , PA)

JUST FOR FUN

Interested in riding bikes but not racing? Contact Gwen Hoover gwhoover@ptd.net to get on our family bike ride email list. We have trail rides for the whole family, ice cream rides from the velodrome on the road, safety clinics and road riding clinics at Rodale Park. Keep your eyes peeled on the Club Ride Calendar for events. All junior and family events will have a JR logo.

We have some great pictures of our juniors scattered elsewhere in this issue. Check 'em out! -ed

Racing Results

Jim Hare, Racing Results Editor

Please be certain to forward your race results to me. No reporting, no results!

Classified Ads

ARTICLES FOR SALE

Trek XO Cyclo Cross bike, great condition, 58cm frame, \$350.00.
Andrew Bollinger (610) 691-6041 (Oct 06)

NordicTrack Cross country ski machine. Call for details
Andrew or Hince Bollinger (610) 691-6041 (Sept06)

Trek 2200 Alpha Aluminum 58 cm, Ultegra shifters, cranks, & rear derailleur, 105 front derailleur & calipers, Rolf wheels **Deb (610) 799-2050 (After 6PM)** (May 06)

2006 Specialized Roubaix Comp 2, Team Gerolsteiner colors. 56 cm. All carbon frame and fork with Zertz inserts. Ultegra and/or Dura Ace F & R derailleurs. Dura Ace chain. FSA carbon Crank (compact). 105 shifters and brakes. SIS silicone cables. Double chainrings. Several other extras as well. Bought in July 2006. Selling for \$1950.00 OBO **Call Glenn (610)316-6125** (Dec 06)

2006 Trek 4300 WSD. 17" Silver. Features a front shock, rapidfire shifters, and clipless pedals. This bike was only ridden twice. Asking \$300 OBO. **Dina Kelly (610-433-0367) Dina.Kelly@roadway.com** (Feb 07)

1994 57c Bianchi EL/OS road bike, steel frame, Dura-Ace gear, old-style headset, Ferrari red in color, \$1K OBO; **1996 Fuji Newest** road bike, 27 speeds, great for centuries, touring, training, \$750 OBO; **2003 Fuji Track**, only 70 miles logged, \$500 OBO; **1990 Wicked Fat Chance** MTB hardtail, a classic steel-frame MTB built by a great framebuilder, \$700 OBO. Contact **Tom (717)-330-3552** or tombenn24@yahoo.com (Mar 07)

Articles for Sale, cont.

1997 Bianchi Road Bike. Steel, dark teal frame. 49cm. Sti Shifters, triple chain ring, 8spd. Great shape, used less than two years. \$300 OBO **Dina Kelly (610-433-0367) Dina.Kelly@roadway.com** (Mar 07)

FOR RENT

2 HARD-SIDED BICYCLE TRAVEL CASES, Club owned, for rent to members for up to 4 weeks. \$25 for 1 or 2 weeks, \$50 for 3 or 4 weeks. Plus \$25 security deposit required for any rental. Contact **Bill Derby bderby@ptd.net (610) 395-2546**

WANTED

Call for Track Bikes

Anyone interested in selling smaller size track bikes: There is an interest from the juniors in the club. Looking for 43cm – 52cm. Also, donations of track components to the juniors is always appreciated. Please contact **Gwen Hoover ghoover@ptd.net** (Sep 05)

FREE ADS FOR MEMBERS

Ads must be private (non-commercial) buy/sell/wanted/etc. having to do with bicycling and/or other sports. **Ads must be submitted by the 20th of the month to appear in the following month's newsletter. PLEASE DO NOT SUBMIT ADS IN ALL CAPS!** Send ads to Daniel at sdaniel_ackerman@yahoo.com










































10 to 12 boys scratch race at the velodrome

April 2007

Check out the online calendar at <http://lwa.pryzm.net> for event details, updates, cancellations, and additional events posted after the publishing deadline.

LWA Quick Reference Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 April Fool's Day 	2  AR BR CF DF The Monday Night Ride, Velodrome 5:45PM	3	4  BH Mid Valley Cruise, Bicentennial Park off Airport Road N. 5:45PM	5	6	7
8 Easter 	9  AR BR CF DF The Monday Night Ride, Velodrome 5:45PM	10	11  BH Mid Valley Cruise, Bicentennial Park off Airport Road N. 5:45PM	12  BR Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	13	14   BH Backup Date: Ride Leaders & Season Kickoff Ride, Covered Bridge Park 10:00AM   CR Backup Date: Ride Leaders & Season Kickoff Ride, Covered Bridge Park 10:00AM
15  CR Women on Wheels, Velodrome 1:00PM	16 Tax Day   AR BR CF DF The Monday Night Ride, Velodrome 5:45PM	17	18  Monthly Club Meeting, Health Center in Trexlertown 7:00PM  BH Mid Valley Cruise, Bicentennial Park off Airport Road N. 5:45PM	19  BR Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	20	21
22  CR Women On Wheels, Velodrome 1:00PM	23  AR BR CF DF The Monday Night Ride, Velodrome 5:45PM	24	25  BH Mid Valley Cruise, Bicentennial Park off Airport Road N. 5:45PM	26  BR Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	27	28
29  CR Women On Wheels, Velodrome 1:00PM	30  AR BR CF DF The Monday Night Ride, Velodrome 5:45PM	1 May	2 May  BH Mid Valley Cruise, Bicentennial Park off Airport Road N. 5:45PM	3 May	4 May	5 May

LEGEND	 Road Ride	 Trail / Off-Road Ride	 Mountain Bike Ride	 Race	 Track Event	 Indoor Training	 Workshop	 Public Ride / Special Event
	 Meeting	JR Junior Event	 Social Gathering	 Party	 Group Trip	 Non-Biking Sport	 Fundraiser	 Public Demo / Outreach
	Pace Ratings:	D Easy / Beginner	C Casual / Social	B Intermediate	A Advanced	T Training / Expert	Q Cue Sheet Provided - Ride at your own pace	
	Terrain Ratings:	F Flat	R Rolling	H Hilly	X Extremely Hilly			

LEHIGH WHEELMEN ASSOCIATION, INC
PO BOX 356
BETHLEHEM, PA 18016

APR 07

LWA Discount Sponsors

Receive a 10% discount with your LWA membership card! (unless otherwise noted)

Accents "from head to toe"

Nail and Hair Salon
742 Linden Street
Bethlehem, PA 18018
610-867-5116

Aardvark Sports Shop

571 Main St Commons
Bethlehem, PA 18018
610-866-8300

Action Wheels

531 W. Broad St.
Bethlehem, PA 18018
610 866 1113
(discount excludes service)

Alburtis Neuromuscular Inst.

202 N. Main Street
Alburtis, PA 18011
610-967-3117

Bennigans Grill & Tavern °

Schoenersville & Stoke Park Rd
Bethlehem, PA18018
610-625-4700

Bike Line Allentown *

1728 Tilghman St.
Allentown, PA 18104
610-437-6100

Bike Line Bethlehem *

2112 Schoenersville Rd.
Bethlehem, PA 18018
610-691-0943

Bone Appetit Bakery

Healthy Treats for Pets
591 Main Street Commons
Bethlehem, PA 18018
610-332-2663

Cycledrome

8150 Hamilton Boulevard
Trexlerstown, PA 18087
(610) 398 6631
(parts & accessories only)

Finish Line Running Store

17 S. 12th Street
Allentown, PA 18102
610-432-9939

Fitness Plaza

(disc. on 6 mo membership)
1124 Glenlivet Drive
Allentown, PA 18106
610-481-0100

Grille 3501

3501 Broadway near
Cedar Crest Blvd in Allentown
(15% off lunches)
www.grille3501.com

Keswick Cycle Co

408 N. Easton Road
Glenside, PA 19038
215-885-7433

Longswamp Bed & Breakfast

1605 State Street
Mertztown PA 19539
610- 682-6197

Perkins Restaurant °

2100 W Union Blvd
Bethlehem, PA 18018
610-974-9900

Red Robin Allentown °

Tilghman Square Mall
Allentown, PA 18104
610-366-1776

Red Robin Bethlehem °

1875 Airport Road
Bethlehem, PA 18017
610-266-1776

Red Robin Easton °

3716 Easton-Nazareth Hywy
Easton, PA 18042
610-515-1111

Saucon Valley Bikes *

648 Main St.
Hellertown, PA
610-838-1500
www.sauconvalleybikes.com

South Mountain Cycles And Coffee Bar *

303 Main St., Lower Level
Emmaus, PA 18049
610-967-4490

Spokes Bike Shop

16590 Route 61
Hamburg, PA 19526
610-562-8900

Southwest Trekking

Professional Guide Services
www.swtrekking.com
Tucson, AZ

Therapeutic & Sports Massage

1744 Elmwood Drive
Whitehall, PA 18052
610-774-0426

* discount on labor and accessories only

° please present card before ordering