



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

Volume 35, Issue 7

August 2007

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WANTED: A New QR Editor

Interested? Please email thein@pryzm.net
a.s.a.p. for details!

Let's Play!

Sallie Urffer, President

Happy MusikFest! And congrats to all those who won National Championships!

I can't believe it's already August. It seems just yesterday that the season just got underway but now we're in the final month of summer.

I hope you've achieved many of the goals you set for yourself early in the year. If not then hopefully you can finish the season on a high note!

So many things are happening with the club. August 11 is the club picnic and metric century and half century. Join us for a great ride and lunch. The ride will begin at Covered Bridge Park at 8am. Cue sheets will be available. If you plan to attend the picnic, please feel free to bring along your favorite side dish to share with others.

Atlantic Regional Masters Track Championship is August 12 and is the USA Cycling Masters Track National Championships are August 27 - 31. We have a very strong race team participating in the championships, so come out and cheer them on!

Did you notice the blurb in Bicycling about the Donut Derby scheduled for September 3? Volunteers are needed for registration, timing, and at the donut station at Bowers Park. Please contact me if you are available to help.

The annual Gap Gallop is set for October 14. We need people for set-up, registration, rest stops, after ride meal assistance, and clean up. Dave Drummer is coordinating this year, Lorie needed a break. Please contact me if you are available to help.

It takes all of us to make a great cycling club, so please consider volunteering some of your time to help make all the events a success. Without you we may need to cancel some of the events...can you imagine no Gap Gallop!

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.

THE NEXT CLUB MEETING IS:

Tuesday, August 21, 2007

7:00 pm - Board Meeting

No Program currently scheduled.

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.

WANTED: A New QR Editor

We are in **URGENT** need of a new editor for this newsletter. If you can use MS Word and are interested in helping the club by filling this vital role, please email thein@pryzm.net a.s.a.p. for details!

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

Due date for Quick Release articles is the 10th of every month.

Business and Pleasure

Treasurer's Report

Jane Derby, Treasurer

Income:

Membership 237.00
\$237.00

Expenses:

Bank charge (Wachovia Internet) -5.95
Membership costs -8.09
Veloce donations -2,906.40
Veloce cost -26.34
Picnic -54.67
Jr's Program Flyers -103.35
Web costs -60.00
-3,164.80

Bal. Wachovia checking 6/21/07* \$6,572.44
Change in cash -2,927.80
Bal. Wachovia checking 7/17/07 3,644.64

Bal. Susquehanna MM 6/21/07 \$13,685.30
Internet banking charge** -5.00
Interest 45.35
Bal. susquehanna MM 7/17/07 \$13,725.65

* error last month \$2. was \$6574.44

Welcome New Members!

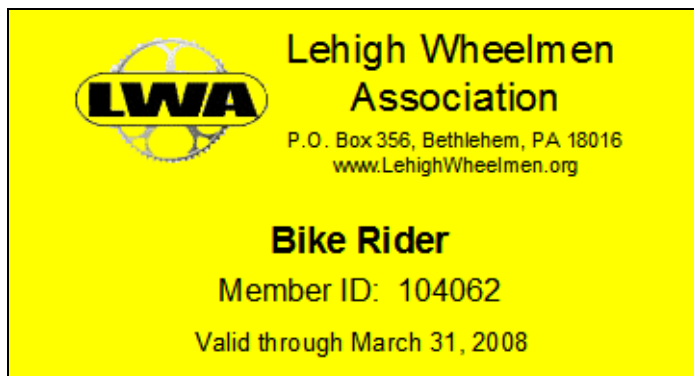
Al Anderson, Easton, PA
Karen Crown, Easton, PA
Phillip Dyer, Brooklyn, NY
Ron Helmuth, Bethlehem, PA
Victoria Perity, Bethlehem, PA
Scott Stortz, Bethlehem, PA
Jen Summers, Bethlehem, PA
Dennis Fetters, N. Catasauqua, PA
Linda Fetters, N. Catasauqua, PA
John Getty, Orefield, PA
Glenn Hunsicker, Allentown, PA
Rick Troxell, Allentown, PA
Kreg Ulery, Bethlehem, PA
Gary Davis, Allentown, PA
Ruth Davis, Allentown, PA
Pete DiMattia, Lehighton, PA
Colin Kelly, Ottsville, PA
Frank Kelly, Ottsville, PA
Jennifer Malay, New Tripoli, PA
Patrick Matsinko, Lehighton, PA
Clearnce Weber, Allentown, PA

Membership Report

Tammy Hein, Membership Administrator

As of June 20th we had 404 members in 299 households. Thanks much to everyone who has joined or renewed! But we still have quite a few folks who are actively participating participating in club rides or posting messages on the LWA Yahoo Groups who think they are still members, but their membership has actually lapsed.

Unfortunately, expired members are no longer receiving the newsletter, so they won't see this notice. But if you happen to know anyone who may fall into this category, please tell them that if I haven't sent them a new, bright yellow LWA membership card for the 2007 Membership Year, they're not a current member!



LWA Lehigh Wheelmen Association
P.O. Box 356, Bethlehem, PA 18016
www.LehighWheelmen.org

Bike Rider
Member ID: 104062
Valid through March 31, 2008

Let them know they can submit their renewal instantly by logging into the members website and clicking "Apply or Renew Online" under the Membership menu. Or if they don't have access to the Internet, they can leave a message on my cell phone (610-844-3845) and I will be glad to mail an application form out to them.

Annual Club Picnic & Metric Century

Saturday, August 11, 2007

Metric & Half Metric Ride



Q R / 50-100 km 8:30AM Covered Bridge Park

◆ Annual metric century & half century cue sheet ride. there will be ride leaders available for those that prefer to ride in groups. Otherwise, come sign in, take a cue sheet and enjoy the ride.

Directions: Map on website [view "Maps of Start Locations" page](#)

Event Organizer: Fritz Walker

Leader: Cue Sheet 610-554-2931 sjurffer@rcn.com

- Bring food ..- Bring water ..- Cue sheets will be provided

Annual Club Picnic



12:30PM Covered Bridge Park

◆ Annual Club Picnic following the Metric Century ride from Covered Bridge Park. Club will provide a sandwich & drinks, feel free to bring your favorite side dish or dessert to share with other members.

Event Organizer: Sallie Urffer

LWA Touring Division

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.

Sunday, August 5, 2007

Hawk Mountain - 40 miles



Q H / 40 mi 9:00AM New Tripoli Suburbs

◆ A cue sheet ride of 40 miles. The route starts at Dave's house in the New Tripoli suburbs and heads down to Kempton, then out to Hawk Mountain. Other than the climb up to the Sanctuary (~ 2.2 miles, +~800 feet), the terrain is flat to rolling. However, for the hill hounds who still have some legs left after the mountain, there is an optional climb up to Stoney Run.

Directions: contact Dave if you need directions.

Leader: Dave Drummer 610-298-3382 beammeup@fast.net

- Rain Cancels ... Rest stop(s) ... Rest rooms available ... Bring food ... Bring water ... Cue sheets will be provided

No Mountains on This Ride! - 35 miles



Q R / 35 mi 9:00AM New Tripoli Suburbs

◆ A cue sheet ride of 35 miles. The route starts at Dave's house in the New Tripoli suburbs and heads down to Kempton, then out toward Hawk Mountain. Finishes via Mountain road, then through the Stoney Run Valley. The terrain is flat to rolling.

Directions: Contact Dave if you need directions.

Leader: Dave Drummer 610-298-3382 beammeup@fast.net

- Rain Cancels ... Rest stop(s) ... Rest rooms available ... Bring food ... Bring water ... Cue sheets will be provided

Women On Wheels



C R / 35 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 [view "Maps of Start Locations" page](#)

Event Organizer: Donalee Frary

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

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

Monday, August 6, 2007

Monday A Ride



A R / 30-40 mi 5:45PM Velodrome

◆ This is the Monday night "A" ride. We will leave promptly at 5:45 pm as a group and ride approx 35 miles on various routes throughout the area. All riders are expected to stay with the group and we will regroup occasionally as needed. Expect to travel at speeds between 17-21 mph depending on terrain and wind. There will be times when speeds increase and riders should be able to respond accordingly. We will make every effort to ensure that we finish the ride as a group. All riders should make sure that they can do the distance and speed before leaving. If you have any doubts, please talk to the ride leader before the start.

Directions: At the Velo.

Event Organizer: Joe Garchinsky

Leader: Joe Garchinsky 610-844-5820 joelitespeed@gmail.com

Leader 2: Ken Knoll mailto:

- Rain Cancels ... Bring food ... Bring water ... Will wait for slow riders ...

No minors, please.

The Monday Night Ride



C F / 30 mi 5:45PM Velodrome

◆ The tradition of the Monday Night Ride continues. Beginners welcome.

Directions: Map on Website [view "Maps of Start Locations" page](#)

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 rooms available ... Bring food ... Bring water ...

Cue sheets will be provided ... Will wait for slow riders ... Will regroup often

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 [view "Maps of Start Locations" page](#)

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

- Rain Cancels ... Bring food ... Bring water

Wednesday, August 8, 2007

Summer's Here, Bring the Kids



D F / 10 mi 9:00AM Portland & Quarry St, Ironton

◆ Flat, easy trail. Some paved, some fine gravel. Road bikes are ok. Will be crossing some roads but the trail is off the road. Good ride for children 8 and older to come along as long as they understand bike safety. We'll be going slow and will wait for everyone. If you want to bring smaller children on a tag-along that's fine too, I will be.

Directions: I did a map with directions from the Velo. Might not be the best way for you, but it'll give you an idea where it is. Click on the Route

Slip preview link to see step by step directions. Click on the arrow

between the directions and the map to be able to zoom in.

<http://www.routeslip.com/routes/44761>

Event Organizer: Linda Roeder

Leader: Linda Roeder 610-597-3994 lin.roeder@gmail.com

- Rain Cancels ...- Rest stop(s) ...- Bring water ...- Will wait for slow riders ...- Will regroup often

Oley Dairy Preview - 32 or 47 miles



Q R / 47-32 mi 9:00AM William Delong Park Bowers PA

◆ A cue sheet ride of 47 miles. The route features the climbs of Centennial Road and Carl's Hill Road, and a couple of long descents. Rest stop at the Oley Turnpike Dairy, where you can eat some ice cream and check out the animals at the zoo.

Directions: map on website [view "Maps of Start Locations" page](#)

Leader: Dave Drummer 610-298-3382 beammeup@fast.net

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

The Monday Night Ride...on Wednesday



C F / 30 mi 5:45PM Velodrome

◆ For those C riders that don't get enough on the MNR, come out for the Wednesday Night version. Beginners welcome.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

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

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

Thursday, August 9, 2007

Business Person's Special



C R / 25 mi 5:30PM Goodman Campus / Lehigh University

(Stabler Arena) ◆ Special, this week only!!! This will be a "C" paced ride

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, August 11, 2007

Metric & Half Metric Ride



Q R / 50-100 km 8:30AM Covered Bridge Park

◆ Annual metric century & half century cue sheet ride. there will be ride leaders available for those that prefer to ride in groups. Otherwise, come sign in, take a cue sheet and enjoy the ride.

Directions: Map on website [view "Maps of Start Locations" page](#)

Event Organizer: Fritz Walker

Leader: Cue Sheet 610-554-2931 sjurffer@rcn.com

- Bring food ...- Bring water ...- Cue sheets will be provided

Sunday, August 12, 2007

Women On Wheels



C R / 35 mi 1:00PM Velodrome ◆ See 8/5 description.

Monday, August 13, 2007

Monday A Ride



A R / 30-40 mi 5:45PM Velodrome ◆ See 8/6 description.

The Monday Night Ride B Fast, Not Furious



B R / 30 mi 5:45PM Velodrome ◆ See 8/6 description.

The Monday Night Ride



C F / 30 mi 5:45PM Velodrome ◆ See 8/6 description.

Wednesday, August 15, 2007

Summer's Here, Bring the Kids



D F / 10 mi 9:00AM Portland & Quarry St, Ironton

◆ See description for Wednesday, August 8.

The Monday Night Ride...on Wednesday



C F / 30 mi 5:45PM Velodrome ◆ See 8/8 description.

Thursday, August 16, 2007

Business Person's Special



B R / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena) ◆ See 8/9 description.

Saturday, August 18, 2007

Tandems & singles to Yellow House Hotel



B R / 68 mi 10:00AM Rodale Park

◆ We are trying to get a bunch of tandems to ride (B pace) to Yellow House for lunch and return. Single riders are also welcome. Paul & Karen will lead a C paced ride from Bowers. Please RSVP if you are riding & having lunch with us to secure seating at Yellow House Hotel.

Directions: Rodale Park, across the street from Velodrome.

Leader: Bill & Jane Derby 610-395-2546 bderby@ptd.net

Leader 2: Paul Smith & Karen O mailto:

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

Sunday, August 19, 2007

Three Hills (or 2, or 1) - 38 or 58 miles



Q H / 58-38 mi 8:30AM Emmaus High School


◆ A cue sheet ride of 38 or 58 miles, that includes 1, 2, or 3 climbs. All routes start with the Centennial Road climb at the 12 mile point. The 58 mile ride also climbs Longview Road and Corning Road, for a total of 4190 feet of climbing. The optional routes can include Longview or Corning or neither. Adapted from the legendary Three Hills ride, designed by Dave Rumler and Diane Ziegler.

Directions: Map on website. Park in the lot along North Street that is closest to Cedar Crest Blvd. [view "Maps of Start Locations" page](#)

Leader: Dave Drummer 610-298-3382 beammeup@fast.net


- Rain Cancels ...- Rest stop(s) ...- Rest rooms available ...- Bring food ...- Bring water ...- Cue sheets provided

Women On Wheels


 **C R** / 35 mi 1:00PM Velodrome
♦ See description for Sunday, August 5.

Monday, August 20, 2007


Monday A Ride

 **A R** / 30-40 mi 5:45PM Velodrome ♦ See 8/6 description.

The Monday Night Ride



 **C F** / 30 mi 5:45PM Velodrome
♦ See description for Monday, August 6.

The Monday Night Ride – “B Fast, Not Furious”

 **B R** / 30 mi 5:45PM Velodrome
♦ See description for Monday, August 6.



Wednesday, August 22, 2007

Best of the Worst


  **Q R** / 39-33 mi 9:00AM Dave's House
♦ The ride meanders through the Hawk Valley and Lyon Valley areas, and will be followed by lunch on my deck. I will provide an assortment of wurst for the grill, and of course, plentiful homebrew, or wine or cider, if you prefer. Riders should bring a covered dish (and alternate grillable food if they prefer not to eat wurst, though I can hardly imagine such a thing!)

Directions: Contact Dave if you need directions.
Leader: Dave Drummer 610-298-3382 beammeup@fast.net
- Rain Cancels ...- Bring food ...- Bring water ...- Cue sheets will be provided ...- Will regroup often

Summer's Here, Bring the Kids


  **D F** / 10 mi 9:00AM Portland & Quarry St, Ironton
♦ See description for Wednesday, August 8.

The Monday Night Ride...on Wednesday

 **C F** / 30 mi 5:45PM Velodrome
♦ See description for Wednesday, August 8.


Thursday, August 23, 2007

Business Person's Special

 **B R** / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)
♦ See description for Thursday, August 9.

Sunday, August 26, 2007

Oley Turnpike Dairy - 32 or 46 miles

 **Q R** / 46-32 mi 9:00AM William DeLong Park in Bowers PA
♦ A cue sheet ride of 32 or 46 miles. The long route features the climb of Centennial Road and Carl's Hill Road, and a couple of long descents. There is a rest stop at the Oley Turnpike Dairy, where you can eat some

ice cream and check out the animals at the zoo. The 32 mile ride joins the long route at the 16 mile point, and does not climb Centennial Road. If you leave Bowers at 10:00, you ought to reach the Dairy at about the same time as riders on the long route. If you are interested in handing out cue sheets and taking signatures for a 10 am start, please contact Dave via email or phone. If I find someone to run the short ride at 10 am, I will add them as a second ride leader and revise this listing, so you may want to check this listing closer to the date of the ride.


Directions: map on website [view "Maps of Start Locations" page](#)

Leader: Dave Drummer 610-298-3382 beammeup@fast.net


- Rain Cancels ...- Rest stop(s) ...- Rest rooms available ...- Bring food ...- Bring water ...- Cue sheets will be provided

Monday, August 27, 2007


The Monday Night Ride B Fast, Not Furious

 **B R** / 30 mi 5:45PM Velodrome
♦ See description for Monday, August 6.

The Monday Night Ride



 **C F** / 30 mi 5:45PM Velodrome
♦ See description for Monday, August 6.

Monday A Ride


 **A R** / 30-40 mi 5:45PM Velodrome
♦ See description for Monday, August 6.

Wednesday, August 29, 2007

Summer's Here, Bring the Kids


  **D F** / 10 mi 9:00AM Portland & Quarry St, Ironton
♦ See description for Wednesday, August 8.

The Monday Night Ride...on Wednesday

 **C F** / 30 mi 5:45PM Velodrome
♦ See description for Wednesday, August 8.

Thursday, August 30, 2007

Business Person's Special

 **B R** / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)
♦ See description for Thursday, August 9.



Bike Line/LWA Racing Team



Local Youth Cyclists Shine in Colorado

Article By Linda Roeder

Will be printed in the Lehigh Valley Sports Extra September edition.

The 2007 USA Junior Track National Championships were held in Colorado Springs, Colorado, at the foot hills of the Rocky Mountains. Local cyclists took advantage of the steeper, faster track and the altitude (thinner air means faster riding). Some Lehigh Valley athletes traveled to Colorado right after school was out to become acclimated to the high altitude, others arrived just before the competition began.

Thirty-six young cyclists from our area, ranging from age 10 thru age 17, traveled to Colorado. Many traveled with their coaches and team mates, without parents or other family members.

Local athletes represented twelve different teams: Young Medalist Cycling, Team Fuji/Salamander, Bikeline/LWA, JVR Sports, Compliance Depot, Cycle Sport Zaveta, Hampton Velo, Vortex, BMW-Bianchi, Tri-State Velo, South Mountain Cycle, and East Coast Velo.

The contingent masterfully won 71 medals, and many set personal best times. There were 22 1st place medals, 20 2nd place medals, 8 3rd place medals, 15 4th place medals and 6 5th place medals. One national record was broken as well.

All of these talented junior cyclists got their start at the Lehigh Valley Velodrome in the FREE Air Products Developmental cycling programs or KidsPeace Bicycle Racing League. (for more information on these programs visit www.thevelodrome.com)

You can't talk about this year's Junior Track Nationals without mentioning Colleen Hayduk (Kutztown, Pa.) of Team Fuji/Salamander. Colleen broke a national record in the women's 17-18 500-meter time trial on the first day with a time of 36.656 seconds. Then went on to win the women's 17-18 sprint, women's 17-18 points race and the women's team sprint by teaming up with Coryn Rivera, giving her a total of four national championships. Colleen was selected to the U.S. Junior World Championship Team, traveling to Mexico later this year.

In the women's 17-18 500 meter time trial Dana Feiss (Telford,PA) earned the silver and Crystal Nunnemacher (Allentown, PA) earned the bronze medal. Dana also earned silver in the women's sprint with Crystal earning bronze. Dana took home bronze in the Keirin.

Lauren Shirock (Emmaus, PA) won a gold medal and the National Championship Jersey in the women's 17-18 two-kilometer individual pursuit with Morgan Farnsworth (Schnecksville, PA) taking silver. Lauren also earned bronze in the women's 17-18 7.5-kilometer scratch race.

Shane Kline (Bally, Pa.) of Team Fuji/Salamander also received a nomination to the U.S. Junior World Championships, by winning the 200 meter sprint with a time of 10.685 seconds. Shane received a second nomination when he won the kilometer time trial with a time of 1:06.633. He also placed second in the overall sprint competition. On day three Shane and teammate Nik Reinert (Mertztown, PA) won the men's 17-18 sprint and also the Madison.

Nik completed the National Championship with four national championships including an impressive win in the 25-kilometer points race with 30 points over the second place winner, Shane Kline.

Lanell Rockmore (Bethlehem, PA) edged out Shane Kline and Justin Williams in the men's 17-18 10-kilometer scratch race, by attacking the field with one lap to go. Lanell teamed up with Ted Shepherd (Orefield, PA) and Daniel Walker to win the men's team sprint.

Epes Harris (Macungie, PA) had a crash early on, and rumor has it that he broke a rib, but he went on to win a few medals during the Junior National Championships including a silver medal in the team pursuit.

Shelbe Eck (Kutztown, PA) took home silver in the 15-16 women's 500 meter time trial and also a silver in the team sprint final. Nadia Latzgo (Fogelsville, PA) placed fourth in all three of her events giving her a fourth place in the nation in the omnium.

In the 13-14 men's 10km points race Nick Roeder (Orefield, PA) broke away from the pack and lead the race for 9 laps with no one catching him to ensure a gold medal for himself in the race and a silver medal in the overall National points competition. Zack Semian (Mertztown, PA) won the silver in the 13-14 men's 500 meter time trial and came in fifth in the overall omnium. Matt Baranoski (Perkasie, PA) came in fourth in the same time trial, and in his other two events, giving him a fourth place overall.

Hannah Hayduk's (Kutztown, PA) fourth place finish in the points race, 3rd in the 500 meter time trial and 1st place win in the scratch race earned her a gold in the 13-14 women's overall omnium for the coveted National Stars & Stripes Jersey. Kaitlyn Lawrence (Emmaus, PA) earned a bronze in the 13-14 women's omnium. Mary Costelloe (Emmaus, PA) earned a bronze in the 15-16 women's six-kilometer scratch race with Colleen Gulick (Spring City, PA) coming in fourth and Kate Potylycki (Emmaus, PA) coming in fifth.

In the 10-12 competition Calan Farley (Pittstown, NJ) was the gold medal winner with Chris Baranoski (Perkasie, PA) a close second for silver. Calan won all three races in the competition with Chris on his heels the whole time.

Colin Fitzgerald (Orefield, PA) beat his own personal best in the 10-12 men's 500 meter time trial by 4 seconds.

For many young athletes, this was their first national competition or their first time riding on a track other than the Lehigh Valley Velodrome.

Also competing in the 15-16 category from the area were Tynan Farley (Pittstown, NJ), Juan Carmona (Breinigsville, PA), Jeremy Shirock (Emmaus, PA), Ryan Clune (Allentown, PA), Zack Noonan (Kutztown, PA), Michael Roach (Macungie, PA), Jeff Alpert (Coopersburg, PA), Elspeth Huyett (Alburtis, PA) and Catherine Probst (Yardley, PA).

Other 13-14 juniors competing were Joseph Favara (Macungie), Zack Ziolkowski (Fanwood, NJ) and Taylor Farnsworth (Schnecksville, PA).

Patrick Marzi (Kutztown, PA) also competed in Junior Track Nationals in the 10-12 category.

Full results of the 2007 USA Junior Track National Championships can be viewed at <https://www.usacycling.org/news/user/story.php?id=3019>

August 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
29 Jul	30 Jul	31 Jul	1	2	3	4
<p>5 QH Hawk Mountain - 40 miles, New Tripoli Suburbs 9:00AM</p> <p> QR No Mountains on This Ride! - 35 miles, New Tripoli Suburbs 9:00AM</p> <p> CR Women On Wheels, Velodrome 1:00PM</p>	<p>6 CF The Monday Night Ride, Velodrome 5:45PM</p> <p> BR The Monday Night Ride – "B Fast, Not Furious", Velodrome 5:45PM</p> <p> AR Monday A Ride, Velodrome 5:45PM</p>	7	<p>8 DF Summer's Here, Bring the Kids, Portland & Quarry St, Ironton 9:00AM</p> <p> QR Oley Dairy Preview - 32 or 47 miles, William DeLong Park in Bowers PA 9:00AM</p> <p> CF The Monday Night Ride...on Wednesday, Velodrome 5:45PM</p>	<p>9 CR Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM</p>	10	<p>11 QR Metric & Half Metric Ride, Covered Bridge Park 8:30AM</p> <p> Annual Club Picnic, Covered Bridge Park 12:30PM</p>
<p>12 CR Women On Wheels, Velodrome 1:00PM</p>	<p>13 CF The Monday Night Ride, Velodrome 5:45PM</p> <p> BR The Monday Night Ride B Fast, Not Furious, Velodrome 5:45PM</p> <p> AR Monday A Ride, Velodrome 5:45PM</p>	14	<p>15 DF Summer's Here, Bring the Kids, Portland & Quarry St, Ironton 9:00AM</p> <p> CF The Monday Night Ride...on Wednesday, Velodrome 5:45PM</p>	<p>16 BR Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM</p>	17	<p>18 BR Tandems & singles to Yellow House Hotel, Rodale Park 10:00AM</p>
<p>19 QH Three Hills (or 2, or 1) - 38 or 58 miles, Emmaus High School 8:30AM</p> <p> CR Women On Wheels, Velodrome 1:00PM</p>	<p>20 CF The Monday Night Ride, Velodrome 5:45PM</p> <p> BR The Monday Night Ride – "B Fast, Not Furious", Velodrome 5:45PM</p> <p> AR Monday A Ride, Velodrome 5:45PM</p>	<p>21 Monthly Club Meeting, Health Center in Trexlertown 7:00PM</p>	<p>22 DF Summer's Here, Bring the Kids, Portland & Quarry St, Ironton 9:00AM</p> <p> QR Best of the Wurst, Dave's House 9:00AM</p> <p> CF The Monday Night Ride...on Wednesday, Velodrome 5:45PM</p>	<p>23 BR Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM</p>	24	25
<p>26 QR Oley Turnpike Dairy - 32 or 46 miles, William DeLong Park in Bowers PA 9:00AM</p>	<p>27 CF The Monday Night Ride, Velodrome 5:45PM</p> <p> BR The Monday Night Ride B Fast, Not Furious, Velodrome 5:45PM</p> <p> AR Monday A Ride, Velodrome 5:45PM</p>	28	<p>29 DF Summer's Here, Bring the Kids, Portland & Quarry St, Ironton 9:00AM</p> <p> CF The Monday Night Ride...on Wednesday, Velodrome 5:45PM</p>	<p>30 BR Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM</p>	31	<p>1 Sep BR French Creek State Park Ride, Velodrome 9:00AM</p>

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