Let’s Play!

Sallie Urffer, President

I can’t believe the Autumn Equinox (9/23) is here already, were did summer go? Is your tummy ready for DONUTS?? Are you ready to climb Little Gap on 10/14? (We still need volunteers for the Gap Gallop, please contact me if you can help.)

This year was so very different for me cycling. I can’t wait to slow down and just enjoy riding on a crisp cool autumn day. Six to ten hours of training on the track for about 3 months definitely changed me and my perspective about cycling in general. I got stronger, but also learned a lot about myself. If you had asked me 5 years ago if I would ever race, I would have laughed at you. Now, I really enjoy the track and the competition. It’s helped my self esteem, reassured me that I can do anything I put my mind to - no matter what anyone tells me. But I can assure you….I still can’t climb well…hey the track doesn’t have any hills!

One thing I learned is that with racing there is a lot of suffering. Most of the people I talk with that race, say how hard it is to train and if you’re not hurting you’re not doing it right…to get better you need to push through the pain. Well, I’ve felt pain and now almost look forward to it. Hey hanging on to Chip, Scott B, Dave and the rest of the guys HURTS! Sometimes I thought my legs would explode, sometimes I groan in pain and sometimes I just smile. All I thought about was push through it and it won’t hurt as much next time. Well in the beginning I thought I couldn’t turn another pedal stroke by lap 4 of 12, but when I finally was able finished lap 12 with the guys and wasn’t wrenching in pain, I was elated….guess Kashuba was right (I can’t believe I’m admitting that)…my threshold increased. Well Master Track Nationals are soon here and by the time you read this we’ll know how well I did…I’m just hoping not to come in last….and make the guys proud that I’m wearing the same jersey as they are!

If you’re thinking….yeah right…racing isn’t all about suffering…here is an excerpt from August 21st Morning Call. Its about Bill Strickland’s book about getting Ten Points in the LWA Thursday night crit where he discusses suffering … "When I rode up here [on a bicycle], that was all fun. You can look around and see the birds. But bike racing, when you get to the competitive level, it is basically about suffering. And it is whoever suffers best, wins. You don’t destroy the competition, you fall apart less then they do. So [bicycle racing] was like opening up this pipeline to the stuff I felt. As I learned to suffer and as I learned that to be successful in cycling, you have to suffer, I was like, ‘Bring it on. More. More.’ And, suddenly, it created these parallels with my childhood that I’m not sure existed before. I don’t think I ever thought I could learn from the time my dad stuck a gun in my mouth. It hadn’t seemed like a lesson to me. But once I started racing, and started thinking about [the gun incident], I thought, maybe there was something useful that could be drawn from that.”

Bill’s description gave me a different way to look at it all….it made me appreciate more what I’ve learned and how I’ve grown this year. I hope that there is something in cycling that inspires you, whether it’s to begin racing like I did, or completing the Gap Gallop Century….what ever it is embrace it and as I think Nike says…..Just Do It!….you’ll be glad you did!

Come have fun with me at the Donut Derby, Gap Gallop, Turkey Time Trial and Year-end Celebration! Dates and times are on the website.

Happy pedaling!

Sallie


Due date for Quick Release articles is the 10th of every month.
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, September 18, 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 Products). From Route 222, turn onto Lower Macungie Road, then turn right into the mall parking lot.

Treasurer’s Report
Jane Derby, Treasurer

LWA Cash Flow to August 18, 2007

Income:
Membership 188.00
Clothing Sales 156.00
Water Bottles 45.00
$ 389.00

Expenses:
Bank charges (8.95)
Membership costs (5.44)
QR 19.42
Supplies (46.62)
Ride Leader Incentives (1055.00)
Gap Gallop (80.00)
Postage (16.40)
Annual Picnic (135.98)
$ (1,328.97)

Bal. Wachovia ck. 7/17/07 $ 3,644.64
Change in cash (939.97)
Bal. Wachovia ck. 8/17/07 $ 2,704.67

Bal. Susquehanna MM 7/17/07 $ 13,725.65
Interest 45.94
$ 13,771.59

Membership Report
Tammy Hein, Membership Administrator

We currently have 444 members in 329 households. We’ve had 29 first-time members join the club since the last membership report, so look for some new faces out on your rides, and be sure to say hello!

On a personal note, my husband and I have just begun the very exciting (and exhausting!) process of building a new home. Needless to say, I will be very busy for the next several months until the construction is completed in early 2008. So please for give me if it takes a little longer than usual for me to respond to your inquiries and process new membership forms, and thanks in advance for your patience!

Welcome, New Members!

Rich Adams, Bethlehem, PA
Jared Brooks, Bethlehem, PA
Judi Brooks, Bethlehem, PA
Bill Burfeind, Bethlehem, PA
Chris Creegan, Hellertown, PA
Scott Daniels, Orefield, PA
Chris Dordal, Emmaus, PA
Peter Geffert, East Stroudsburg, PA
Rich Gilmore, Coopersburg, PA
Lisa Heller, Macungie, PA
Donna Herring, New Tripoli, PA
Bob Herring, New Tripoli, PA
Kevin McNeill, Lower Macungie, PA
David Novak, Tunkhannock, PA
John Novak, Tunkhannock, PA
Mark Novak, Tunkhannock, PA
Mike Palermo, Allentown, PA
Gary Pritchard, Macungie, PA
Brian Roche, Albertis, PA
Paul Scheuermann, Bethlehem, PA
Andrew Searfoss, Hellertown, PA
Daniel Shelbo, Bethlehem, PA
Doug Shellenberger, Mifflintown, PA
Jennifer Sprankle, Allentown, PA
Dave Stout, Orefield, PA
Anthony Virgo, Whitehall, PA
Adam Waldron, Bethlehem, PA
Miles Weber, Allentown, PA
Jack Wittenberger, Bethlehem, PA

Symphony in Motion
Submitted by Kim Z.

Kim says: I can’t take credit for this! Ed from JVR told me to forward it if you guys want to publish it... I told him it would win him a lot of fans... This was written after one of the male racers was criticizing the women for racing so slowly... Ed’s response...

"We should never complain about how the women ride, but rather appreciate the fact that they do. Every individual woman is blessed with her own unique beauty and grace. Combine that with the beauty of cycling itself and you have a most exquisite work of dynamic art worthy of viewing with a sense of wonder, awe and admiration.

"Women are the loveliest organisms that God has ever created (or which have resulted from the process of biological evolution to date, or some combination thereof), and in women cyclists their pulchritude is further enhanced by the way in which they've honed their bodies to physical perfection for maximum performance. The radiant glow of feminine beauty makes me thankful I'm a man, yet humbles me in wondering how any mere man can even be worthy to view such a glorious presence. When looking at a beautiful woman (and they all are, each in their own unique way), I am overcome by the aura of their radiance.

"And to watch a woman ride a bike - it's a visual symphony in motion."
The View from the Front

Rob Erbeau, LWA Ride Leader

Last year it was my honor to be named the Lehigh Wheelmen Association's "Ride Leader of the Year." I enjoyed the company of hundreds of riders four times last season. Together we covered thousands of miles. Some rides were weekly events like the popular Monday Night Ride, while others were off the beaten path (literally, like the Lehigh Gorge Trail ride, which can indeed be done on a road bike). There were theme rides like the "Espresso Ramble" or the Schuylkill Trail Ride. There were shorter rides and longer rides, hilly rides and flat rides, fast rides and leisurely rides. They all had one thing in common: the brought people together that share a love of the sport of cycling.

So what's in it for me besides a nice jersey that the LWA gives for leading ten rides (or more) in a season or the $25 gift certificate that you get for leading five rides? The list of benefits starts with the feeling that comes from giving something back to a sport you love. Included also are the "thank-you's" that grateful riders offer when you've showed them a new route, a good time, and a great workout. I enjoy seeing someone achieve a new personal best for miles ridden in a day, a hill mastered, or a new top speed on a winding descent. There are the friends you make as you see the same faces turn up. The conduit to new friendships you provide by taking out like-minded people to see where you like to ride. All these things serve to make the "ride leader experience" one you should make your own.

To make sure your ride leading experience is a good one, make sure you do your homework. Ride your route before taking your group out. Be sure to check for spots that your group can stop and rest, regroup, or wait safely for slower riders. Decide in advance if you are going to have a destination or ride a circuit that doesn't require stopping. Should weather cancel your ride? What about minors? What pace do you want to ride? Are you going to hand out cue sheets? In addition, make sure that every rider signs in and gives you a good emergency contact complete with phone number. Ask to make sure your riders have checked their tire pressure, have a spare tube, CO2 pump, an energy bar and/or some gels, and full water bottles.

I think you should instill confidence in your riders by making sure you know your route, and be prepared to show them something interesting on your ride. I like to incorporate a food stop into the route so people can take a break and socialize. You also have to pace the group so that all your riders are comfortable on the ride. There's strength in numbers; that's why we ride in groups! Keep an eye on stragglers. Watch for signs of exhaustion or dehydration. I carry a first aid kit when I lead a ride. A cell phone is a must as well. On some rides, I hand out my cell number at the beginning of the ride. I urge the group to carry their cell phones with them as well. A photo ID is a good thing to remind folks to carry, too.

So post a ride! If every LWA member posted a single ride, we would have hundreds of rides to choose from each season. All it takes is a little planning. Your ride doesn't have to be epic to be fun. Give something back, and learn that the rewards are worth the effort. Share the roads, ride safe, and enjoy the view from the front! See you on the road!

LiveStrong Challenge Results

Congratulations to the Wheelmen Warriors for raising nearly $5000 and earning a honorable mention in the LiveStrong Challenge program book. The day was epic with 3300+ participants from 38 states and 4 countries joining in for the walk, run, or ride. The 100 mile course proved to be epic with 8000 feet of climbing. Hats off to the LAF organization and the local and state police for putting on a first rate event. I hope more of you join us next year for this worthwhile and fun time. Thanks again to those of you who donated, and a very special thanks to the members of the Warriors who stepped up and joined our team. You are the best!

See you on the road!

Rob Erbeau

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.przm.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.

Saturday, September 1, 2007

French Creek State Park Ride

» B / 78 mi 9:00AM Velodrome
» The tradition continues. For years, the Lehigh Wheelmen have ventured southwest to the French Creek State Park (FCSP). The relatively flat countryside route makes it a pleasurable ride. It has remained a very popular LWA ride over the years. Many Wheelmen have enjoyed all aspects of the ride and come back to do it every year. Stamina and endurance will be necessary as the ride will traverse around the farmland of Berks County for 78 miles. There will be a few challenging hills but nothing that strong legs, kindred spirits and a 39/25 can't handle. Start your Labor Day weekend spending time with your biking friends and enjoy your passion for cycling to its fullest.

Directions: Map on website. view "Maps of Start Locations" page
Event Organizer: Steve Kelly
Leader: Steve Kelly 610-433-0367 sdhkelly@cs.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 - No minors, please.
Updated: 7/19/2007 11:41:15 AM by Steve Kelly

Williams Township Ride

» A / 53 mi 9:00AM NACC (Northampton Community College)
» Start with a moderate pace for about 15 miles to warm up, ride the steep hills for 20 miles, and ride rolling terrain for 15 or so more miles. Ride the steep hills at your own pace; we will re-group at the top of each of the four major climbs. This ride is for those who want a hard workout on some steep hills. Recommend 39X25 or 39X27. No planned stops.

Directions: NACC, see map on website view "Maps of Start Locations" page
Event Organizer: Bryan Barrett
Leader: Bryan Kelly 610-597-6564 bwbike@ptd.net
- Bring food - Bring water - Cue sheets will be provided - No minors, please.
Posted: 8/7/2007 12:44:46 PM by Bryan Barrett
Updated: 8/19/2007 8:43:46 PM by Bryan Barrett
Sunday, September 2, 2007

Eladetails ed Rout - 28 or 45 miles
- Q R / 45-28 mi 9:00AM Eagle's Nest Park
  ✷ A cue sheet ride of 28 or 45 miles. The reverse of the Tour de Slatedale route, which visits some other nice places, too, like Leaser Lake area, where you can stop for a snack. It includes some of the seldom ridden roads north of Mountain road. Generally rolling, with a few climbs, but nothing really tough. There is also a 28 mile option.

Directions: map on website view "Maps of Start Locations" page
Event Organizer: Brian Cincera
Leader: Sallie Urffer 610-554-2931 sjurffer@rcn.com
- Rain Cancells - Rest stop(s) along the way - Rest rooms available - Bring food - Bring water - Cue sheets will be provided

Posted: 8/22/2007 11:56:45 AM by Dave Drummer

Monday, September 3, 2007

Donut Derby
- Q R / 35 mi 8:00AM Velodrome
  ✷ Annual donut derby. See flyer Please pre register at bikereg.com. Field limit is 200. Day of registration will be open 730-830am or until field limit is reached.

Directions: See map on start page.
Event Organizer: Brien Cincera
Leader: Sallie Urffer 610-554-2931 sjurffer@rcn.com
Leader 2: Dave Cincera 610-967-1875 beammeup@fast.net
- Rain Cancells - Rest stop(s) along the way - Rest rooms available - Bring food - Bring water - Cue sheets will be provided

Updated: 8/20/2007 11:44:14 AM by Sallie Urffer

The Monday Night Ride
- F / 35 mi 5:00PM 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 info@nncs.com
Leader 2: Dave Cincera 610-967-1875 bob@nncs.com
- Rain Cancells - Rest stop(s) along the way - Rest rooms available - Bring food - Bring water - Will wait for slow riders - Will regroup

Posted: 7/20/2007 8:30:20 AM by Sallie Urffer

Exercise and Ice Cream
- D / 10-20 mi 9:30AM Velodrome
  ✷ Get together and ride for ice cream, and get a little exercise along the way. Distance and route can be decided by group. I'll be there for a ride anyway, hope you'll join me, I don't like riding alone.

Directions: Lehigh Valley Velodrome
Event Organizer: Linda Roeder
Leader: Linda Roeder 610-597-3994 lin.roeder@gmail.com
- Rain Cancells - Rest stop(s) along the way - Bring water - Will wait for slow riders - Will regroup often

Posted: 8/21/2007 8:58:49 AM by Linda Roeder

Business Person's Special
- 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 be meeting in the parking lot by the circle. More detailed directions are at http://www3.lehigh.edu/about/goodman/directions.asp
Event Organizer: Art Hunsberger
Leader: Art Hunsberger 484-547-2695 ahh3@ptd.net
- Rain Cancells - Bring food - Bring water - Will wait for slow riders

- Will regroup often - No minors, please.


Saturday, September 8, 2007

Schuylkill Trail Ride 7
- F / 50 mi 9:30AM Oaks, Montgomery County PA
  ✷ We had so much fun, let's do it again!! The ride to Philly on the scenic Schuylkill River Trail is something that is worth the drive. This ride is best enjoyed on a road bike as the entire route is paved. We will follow the Schuylkill Trail from Lower Perkiomen Valley Park in Oaks, Montgomery County (just west of Valley Forge) to the Philadelphia Art Museum and return. On the way back, we will stop in Manayunk for lunch at Le Bus. We should be back to Oaks by about 3:30 PM.

Directions: Allow about 1 hour from the Valley. Take PA 100 S to US 422 East. Go 15 miles east to the Oaks/Audubon Exit. Bear right on ramp onto Egypt Rd. towards Audubon/Norristown. Cross under 422 and turn right at first road, New Mill Road (less than 1/4 mile). Parking lot is on left (this lot is usually pretty busy, so park legally wherever you can).
Event Organizer: Rob Erbeau
Leader: Rob Erbeau 610-965-4562 info@nncs.com
- Rain Cancells - Rest stop(s) along the way - Rest rooms available - Bring food - Bring water - Will wait for slow riders - Will regroup

Posted: 8/16/2007 4:55:35 PM by Robert Erbeau

Smoothie Ride
- R / 20-25 mi 10:00AM Velodrome
  ✷ Ride to Topton to the Market Cafe for a Smoothie or snack.

Directions: map on website view "Maps of Start Locations" page
Event Organizer: Gwen Hoover
Leader: Peter Tkaczk 610-966-3161 cyclega@yahoocom
Leader 2: Gwen Hoover 610-216-1484 ghoover@ptd.net
- Rain Cancells - Rest stop(s) along the way - Rest rooms available - Bring food - Bring water - Will wait for slow riders - Will regroup

Posted: 8/25/2007 3:09:09 PM by Gwen Hoover

Sunday, September 9, 2007

Tinicum Travail
- H / 50 mi 9:00AM Morris J. Dimmick Park - Hellertown
  ✷ We'll leave Hellertown and cross the Delaware River at Riegelsville follow the River to Frenchtown and cross back into PA. We'll take a break at Tinicum Park and continue on some of the Buck's Covered Bridge ride back towards Hellertown. The second half of this ride is the most hilly part.

Directions: From Rt. 78 take Rt. 412 South (Main St. Hellertown) about 2 miles make left turn on Durham Rd. go about 6 blocks and entrance to the park will be on your right.
http://maps.google.com/maps?f=q&hl=en&geocode=&q=Morris+J+-+Dimmick+Park,+PA&sspn=0.008605,0.014591&z=16&om=1
- Rain Cancells - Rest stop(s) along the way - Rest rooms available - Bring food - Bring water - Cue sheets will be provided

Posted: 7/16/2007 9:27:02 PM by Peter Hepler

Updated: 8/22/2007 6:12:55 PM by Peter Hepler

Ice Cream Social
- R / 30 mi 1:00PM Goodman Campus, Lehigh University
  ✷ We'll ride from the start to Richlandtown where we'll stop for ice cream.

Directions: map on website view "Maps of Start Locations" page
Event Organizer: Paul Smith
Leader: Paul Smith 570-460-2523 (c) 570-588-6855 (h) pocono723@yahoo.com
Leader 2: Karen Winkler 610-653-9611 vptouring@yahoo.com
- Rain Cancells - Rest stop(s) along the way - Rest rooms available

LWA Quick Release September 2007 4
Monday, September 10, 2007

Mon A Ride
- 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.
Directons: 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 - "B Fast, Not Furious"

- Bring food - Bring water - Cue sheets will be provided
- Will wait for slow riders - Will regroup often
Updated: 8/15/2007 6:21:32 PM by Paul Smith

Monday, September 10, 2007

Mon A Ride
- 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.
Directons: 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 - "B Fast, Not Furious"

- Bring food - Bring water - Cue sheets will be provided
- Will wait for slow riders - Will regroup often
Updated: 8/15/2007 6:21:32 PM by Paul Smith
Monday, September 17, 2007

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@nnccs.com
Leader 2: Dave Cincera 610-967-1875 bob@nnccs.com
- Rain Cancels - Rest stop(s) along the way - Rest rooms available
- Bring food - Bring water - Will wait for slow riders - Will regroup

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 minores, please.

Saturday, September 22, 2007

Smoothie Ride

⇒ B R / 20-25 mi  10:00AM Velodrome
★ Come ride someplace new! This ride has two options, a 35 mile loop
and a 55 mile loop. The 35 mile loop visits Childs Park (very nice
waterfalls) and Milford Pa where you can stop by Grey Towers National
Visitor center signs on the left. We will meet at the visitor center lot.
Event Organizer: Paul Smith
Leader: Paul Smith 570-460-2523(c) 570-588-6855(h)
pocono723@yahoo.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

High Point Views

⇒ B H / 35-55 mi  10:00AM Dingmans Falls Visitor Center
★ Come ride someplace new! This ride has two options, a 35 mile loop
and a 55 mile loop. The 55 mile loop visits Childs Park (very nice
waterfalls) and Milford Pa where you can stop by Grey Towers National
Historic Site. The 55 mile loop takes the same route to start, but branches
off after Milford to climb to High Point State Park and the monument at the
highest point in New Jersey (1803 feet). The views are spectacular!
The return from High Point is a wonderful descent back to the Delaware
River.
Directions: Take Rt 33 north to Rt 209 north to I-80 East. Exit I-80 at
Marshalls Creek (exit 309) to follow route 209 north. At the traffic light in
Marshalls Creek, go right to stay on Rt 209 north. You will stay on 209
through Bushkill. About 9 miles north of Bushkill look for Dingman's Falls
visitor center signs on the left. We will meet at the visitor center lot.
Event Organizer: Paul Smith
Leader: Paul Smith 570-460-2523(c) 570-588-6855(h)
pcocono723@yahoo.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

Sunday, September 23, 2007

Posted: 8/15/2007 9:04:30 AM by Paul Smith
Updated: 8/15/2007 9:04:51 AM by Paul Smith

Monday, September 24, 2007

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@nnccs.com
Leader 2: Dave Cincera 610-967-1875 bob@nnccs.com
- Rain Cancels - Rest stop(s) along the way - Rest rooms available
- Bring food - Bring water - Will wait for slow riders - Will regroup

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 minores, please.

Saturday, September 29, 2007

Smoothie Ride

⇒ R / 20-25 mi  10:00AM Velodrome
★ Come ride someplace new! This ride has two options, a 35 mile loop
and a 55 mile loop. The 35 mile loop visits Childs Park (very nice
waterfalls) and Milford Pa where you can stop by Grey Towers National
Historic Site. The 55 mile loop takes the same route to start, but branches
off after Milford to climb to High Point State Park and the monument at the
highest point in New Jersey (1803 feet). The views are spectacular!
The return from High Point is a wonderful descent back to the Delaware
River.
Directions: Take Rt 33 north to Rt 209 north to I-80 East. Exit I-80 at
Marshalls Creek (exit 309) to follow route 209 north. At the traffic light in
Marshalls Creek, go right to stay on Rt 209 north. You will stay on 209
through Bushkill. About 9 miles north of Bushkill look for Dingman's Falls
visitor center signs on the left. We will meet at the visitor center lot.
Event Organizer: Paul Smith
Leader: Paul Smith 570-460-2523(c) 570-588-6855(h)
pcocono723@yahoo.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

Lenape to Nockamixon -

⇒ Q R / 43 mi  9:00AM Lenape Park - Old Zionsville
★ A cue sheet ride of 43 miles. The route includes a nice rolling wooded
section just before the stop at the lake. If you have ridden the previous
version of this ride, you will be happy to learn that the nasty Scout
Road/School House Road section has been rerouted to friendlier terrain!
Generally rolling with a few climbs, but nothing too difficult.
Directions: map on web site
Event Organizer: Dave Drunner
Leader: Dave Drunner 610-298-3382 beadmeup@fast.net
- Rain Cancels - Rest stop(s) along the way - Rest rooms available
- Bring food - Bring water - Cue sheets will be provided
Posted: 8/22/2007 12:15:23 PM by Dave Drunner

Sunday, September 30, 2007

LWA Quick Release September 2007 6
Lehigh Wheelmen Future Champions Update

Gwen Hoover, Junior Development Coordinator

Lehigh Wheelmen Future Champions continue to grow in size. We’d like to welcome our new members and encourage any children 8-18 who have any interest in cycling to contact us. [Juniors@lehighwheelmen.org]

Austin Bright  Colin Kelly  John Novak
Jared Brooks  Aaron Kraynak  Hannah Sick
Covey Carpenter  Chris Kraynak  Miles Weber
Chris Dordal  David Novak

Austin and Miles were 1st and 3rd in the U-11 Citizens race on August 19 at the Tek Park in Breinigsville. Congrats to both.

Camps and Clinics

There is an "intro to road riding" clinic every Monday in September at Rodale Park, 5:30pm taught by Olympian May Britt Hartwell. All wheelmen members are welcome to a free session. The monthly fee for the clinic is $39 if you would like to continue. The clinic emphasizes bike handling, road safety and fitness. Children 8-14, or any first time road riders are welcome. No mountain bikes please.

Nick Roeder was selected and completed the USA Cycling Regional Camp held at Kutztown University. He completed various road fitness tests and a variety of fitness and skills activities.

Social Rides

Every Saturday at 9am we meet for a “Smoothie Ride” from the Velodrome to Topton and back. 20 miles (various speed depending who comes). Check the club calendar for updates and other posted junior rides (family members invited too). Feel free to join us or email with questions. [Juniors@lehighwheelmen.org]

Racing

The Nicole Reinhart Memorial Tour de FCCC, held July 21-22 was a tremendous success. The race has three stages and winners are based on an overall time called GC or General Classification, just like the Tour de France. The first day of racing includes a time trial in the morning and road racing in the afternoon at the scenic Rodale Institute in Maxatawny, PA. The third stage is held on Sunday at Rodale Park in Trexlertown.

We had 89 races from 7 states (and several from Canada) representing over 20 junior cycling clubs. We made money and everyone complimented us on a job well done.

Thanks to all the volunteers from several local cycling clubs who marshaled the course and kept it safe!!!

Team BikeLine (Lehigh Wheelmen Future Champions) had 12 partipants with Nadia Latzgo winning the girls 10-12. Greg Ratzell (boys 10-12) and Nick Roeder (Boys 13-14) took home Bronze. With a strong showing in her first appearance as a wheelmen, Hannah Sick took 4th place in the women's 13-14. Congrats to all the kids for their tremendous efforts on a difficult course.

Junior Nationals

Nick Roeder won a Gold Medal in the boys 13-14 points race at Junior National Track Championships, finishing second overall in the country in the Omnium (Silver Medal). The Omnium consists of three races over several days, 500 meter time trial, scratch race and points race.

Nadia Latzgo was 4 th place in the Nation in the girls 10-12 Omnium. We are very proud of both Nick and Nadia, who also received travel grant money for their trips from the Junior Development Fund.

Nick Roeder, Hannah Sick and Nadia Latzgo also participated in Junior National Road Championships in Seven Springs PA, in early July.

Equipment

We continue to expand our loaner equipment pool. Please let us know if you have junior equipment you would like to donate. We also take shoes and helmets in any size. Juniors- note if you need cycling shoes, we have a shoe swap every winter or contact us and we’ll see what we have in inventory in your size. We also have several road bikes for you to try out. 40cm, 43cm, 47cm and 49cm. We issue loaner track bikes for the season, so this fall/winter will be the time to let us know if you are interested in borrowing a track bike next year. They are issued on a first come first serve basis.

Photos from the U-11 Citizens Race
Racing Results
Jim Hare, Racing Results Editor

MARCH 10TH – LWA MARCH TRAINING CRIT’S
JR15: JACOB HOOVER,FIN

MAY 19TH – CAN AM STAGE RACE U19
JR13/14 T.T.: NICK ROEDER,6TH
CRIT: NICK ROEDER,7TH
R.R.: NICK ROEDER,2ND
G.C.: NICK ROEDER,5TH

MAY 26TH – HELLERTOWN, PA CRIT
JR13/14: NICK ROEDER,2ND

MAY 28TH – SOMERVILLE, NJ CRIT
JR15/18: NICK ROEDER,DNF

JUNE 6TH, OPEN TANDEM: CHIP BEREZNY/BRYAN BARRETT,1ST
JUNE 13TH, OPEN TANDEM: CHIP BEREZNY/ANDY BUCK,1ST
JUNE 20TH,SR55+: CHIP BEREZNY,3RD
JUNE 27TH,SR55+: CHIP BEREZNY,1ST

JUNE 2ND – LAKE AUBURN, ME ROAD RACE
SR55+: CHIP BEREZNY,1ST

JUNE 2ND – L.V. VELODROME SAT. RACES
SR4: NICK ROEDER,FIF

JUNE 6TH – L.V. VELODROME FUTURE STARS
JR13/14: NICK ROEDER,3RD
JACOB HOOVER,FIN

JUNE 8TH – MANAYUNK, PA HILL CLIMB
U19: NICK ROEDER,9TH

JUNE 9TH – PA JUNIOR ROAD T.T. CHAMP’S
JR13/14: NICK ROEDER,2ND(SILVER)

JUNE 10TH – LWA MARCH TRAINING CRIT’S
JR15: JACOB HOOVER,FIN

MAY 26TH – HELLERTOWN, PA CRIT
JR13/14: NICK ROEDER,2ND

MAY 28TH – SOMERVILLE, NJ CRIT
JR15/18: NICK ROEDER,DNF

FRENCHTOWN, NJ, RT 29, T.T. SERIES
JUNE 6TH, OPEN TANDEM: CHIP BEREZNY/BRYAN BARRETT,1ST
JUNE 13TH, OPEN TANDEM: CHIP BEREZNY/ANDY BUCK,1ST
JUNE 20TH,SR55+: CHIP BEREZNY,3RD
JUNE 27TH,SR55+: CHIP BEREZNY,1ST

JUNE 2ND – LAKE AUBURN, ME ROAD RACE
SR55+: CHIP BEREZNY,1ST

JUNE 2ND – L.V. VELODROME SAT. RACES
SR4: NICK ROEDER,FIF

JUNE 3RD – GREAT FALLS CRIT, AUBURN, ME
SR55+: CHIP BEREZNY,3RD

JUNE 6TH – L.V. VELODROME FUTURE STARS
JR13/14: NICK ROEDER,3RD
JACOB HOOVER,FIN

JULY 6TH – 11TH
TANDEM(110+): CHIP BEREZNY & ANDY BUCK, 1ST(GOLD)
TANDEM(110+): R.R.: CHIP BEREZNY & ANDY BUCK, 3RD(BRONZE)
CRIT,SR(SQ-55): CHIP BEREZNY,7TH
R.R., SR(SQ-55): CHIP BEREZNY,11TH

USCF JR ROAD NAT’L CHAMP’S
JULY 13TH 17TH(JR13-14
10 Km T.T.: NICK ROEDER,24TH
20 Km CRIT: NICK ROEDER,32ND
30 Km R.R.: NICK ROEDER,15TH

JULY 15TH – SPORTSFEST CRIT(Allentown,PA)
SR50+: CHIP BEREZNY,FIF

JULY 21ST&22ND – TOUR de FCCC
JR13-14 T.T.: NICK ROEDER,3RD
R.R.: NICK ROEDER,2ND
CRIT: NICK ROEDER,1ST
OMNIUM: NICK ROEDER,3RD
JR T.T.: CHRIS DORDAL,10TH
R.R.: CHRIS DORDAL,11TH
CRIT: CHRIS DORDAL,11TH

USCF JR ROAD NAT’L CHAMP’S
JULY 25TH – FUTURE STARS, WED, L.V. VELODROME
JR (13-18): NICK ROEDER,(2)1ST,2ND
OMNIUM, 1ST

JULY 26TH – LWA THURS TRAINING CRIT’S (Rodale Park, Trexlertown)
EARLY RACE: NICK ROEDER,FIF

JULY 28TH – L.V. VELODROME, SAT RACES
MASTERS/ROOKIES: NICK ROEDER,FIF

JULY 29TH – JBN BICYCLE CRIT RACE (Bethlehem, PA)
SR1-3: CHIP BEREZNY,17TH
SR50+: CHIP BEREZNY,8TH

JUNE 22ND – L.V. VELODROME B.R.L. FINALS
J413/18: NICK ROEDER,1ST

JUNE 23RD – PA STATE ROAD RACE CHAMP’S
SR50+: CHIP BEREZNY,1ST(GOLD)

USCF JR NAT’L TRACK CHAMP’S
JUNE 30TH – J JULY 2ND (JR MEN 13-14)
500 m T.T.: NICK ROEDER,6TH
4 Km SCRATCH: NICK ROEDER,10TH
10 Km PTS RACE: NICK ROEDER,1ST
OMNIUM: NICK ROEDER,2ND(SILVER)

JUNE 30TH – ED PETERS MASTERS WEEKEND
RT 29 TIME TRIAL(Frenchtown,NJ)
SR55+: CHIP BEREZNY, 1ST

JULY 1ST – TOUR de SALES CIRCUIT RACE (Center Valley, PA)
SR35+: CHIP BEREZNY,DNF
SR55+: CHIP BEREZNY, 1ST

USCF MASTERS ROAD CHAMP’S (Somerset & Seven Springs, PA)
JULY 6TH – 11TH

* * * * * * * * *

JUNE 30TH – ED PETERS MASTERS WEEKEND
RT 29 TIME TRIAL(Frenchtown,NJ)
SR55+: CHIP BEREZNY, 1ST

JUNE 30TH – EMRICK BLVD CRITERIUM (Bethlehem, PA)
SR40+: CHIP BEREZNY,FIF
SR55+: CHIP BEREZNY,9TH

JULY 1ST – TOUR de SALES CIRCUIT RACE (Center Valley, PA)
SR35+: CHIP BEREZNY,DNF
SR55+: CHIP BEREZNY, 1ST

USCF MASTERS ROAD CHAMP’S (Somerset & Seven Springs, PA)
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**Legend:**

- **Road Ride**
- **Trail / Off-Road Ride**
- **Mountain Bike Ride**
- **Race**
- **Track Event**
- **Indoor Training**
- **Workshop**
- **Public Ride / Special Event**

- **Meeting**
- **Junior Event**
- **Social Gathering**
- **Party**
- **Group Trip**
- **Non-Biking Sport**
- **Fundraiser**
- **Public Demo / Outreach**

**Pace Ratings:**

- **Easy / Beginner**
- **Casual / Social**
- **Intermediate**
- **Advanced**
- **Training / Expert**
- **Cue Sheet Provided - Ride at your own pace**

**Terrain Ratings:**

- **Flat**
- **Rolling**
- **Hilly**
- **Extremely Hilly**

Check out the online calendar at [http://lwa.pryzm.net](http://lwa.pryzm.net) for event details, updates, cancellations, and additional events posted after the publishing deadline.
LWA Discount Sponsors

**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, PA 18018
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
Trexler Town Park, 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

**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

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* discount on labor and accessories only
* please present card before ordering