



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

Volume 35, Issue 8

September 2007

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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...that 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

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

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 Prodcuts). 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	<u>45.00</u>
	\$ 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	<u>(135.98)</u>
	\$ (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, Alburtis, 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."

LWA Touring Division

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 for 54 rides 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 or 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

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.

Saturday, September 1, 2007

French Creek State Park Ride



B R / 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 sdhikelly@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.**

Posted: 6/28/2007 2:44:55 PM by Steve Kelly

Updated: 7/19/2007 11:41:15 AM by Steve Kelly

Williams Township Ride



A X / 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](#)

page

Event Organizer: Bryan Barrett

Leader: Bryan 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](#)


Leader: Dave Drummer 610-298-3382 beammeup@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 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: Brian Cincera


Leader: Sallie Urffer 610-554-2931 sjurffer@rcn.com

- Rest stop(s) along the way - Rest rooms available - Bring food
- Bring water - Cue sheets will be provided

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

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

The Monday Night Ride

 **C 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 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 - Will wait for slow riders - Will regroup

Posted: 6/18/2007 10:40:49 PM by Robert Erbeau

Thursday, September 6, 2007

Exercise and Ice Cream

 **D R** / 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 Cancels - 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

 **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.**

Posted: 8/23/2007 10:35:58 AM by Art Hunsberger

Saturday, September 8, 2007

Schuylkill Trail Ride 7

 **C 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 Cancels - 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

 **C 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 Tkaczuk 610-966-3161 cyclepsa@yahoo.com

Leader 2: Gwen Hoover 610-216-1484 gwhoover@ptd.net

- Rain Cancels - 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

 **Q 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&ll=40.580422,-75.336127&spn=0.008605,0.014591&ie=UTF8&ll=40.580128,-75.33587&spn=0.008605,0.014591&z=16&om=1>

Leader: Pete Hepler 610-703-8434 pdhdah@juno.com

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

- **No minors, please.**

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

 **C 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 vp touring@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
Posted: 8/15/2007 8:40:10 AM by Paul Smith
Updated: 8/15/2007 6:21:32 PM by Paul Smith

Monday, September 10, 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.

Posted: 6/24/2007 11:30:07 AM by Joe Garchinsky

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

Posted: 4/4/2007 10:54:15 AM by Robert Erbeau

Updated: 4/4/2007 10:56:47 AM by Robert Erbeau

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 stop(s) along the way - Rest rooms available

- Bring food - Bring water - Will wait for slow riders - Will regroup

Posted: 6/18/2007 10:41:31 PM by Robert Erbeau

Thursday, September 13, 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.**

Posted: 8/23/2007 10:36:47 AM by Art Hunsberger

Saturday, September 15, 2007

Neil's Birthday Ride



C H / 50-60 mi 9:00AM Neil's House

◆ The Polka Dot Jersey turns 60! Come on out and celebrate to life. Details to follow soon

Directions: Directions will follow soon.

Event Organizer: Neil Dicker

Leader: Neil Dicker 610-395-6316 Ruach1@aol.com

- Rain Cancels - Rest stop(s) along the way - Bring food

- Bring water - Will wait for slow riders - Will regroup often

- No minors, please.

Posted: 7/30/2007 10:22:28 PM by Neil Dicker

Williams Township Ride



A X / 50 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 610-597-6564 bwbike@ptd.net

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

- No minors, please.

Posted: 8/7/2007 12:46:39 PM by Bryan Barrett

Updated: 8/19/2007 8:44:22 PM by Bryan Barrett

Smoothie Ride



JR C 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 Tkaczuk 610-966-3161 cyclepsa@yahoo.com

Leader 2: Gwen Hoover 610-216-1484 gwhoover@ptd.net

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

- Bring food - Bring water - Will wait for slow riders - Will regroup

Posted: 8/25/2007 3:11:43 PM by Gwen Hoover

Sunday, September 16, 2007

Three Hills (or 2, or 1) - 40 or 57 miles



Q H / 57-40 mi 8:30AM Emmaus High School

◆ A cue sheet ride of 40 or 57 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) along the way - Rest rooms available

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

Posted: 8/14/2007 11:18:41 AM by Dave Drummer

Monday, September 17, 2007

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

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 stop(s) along the way - Rest rooms available

- Bring food - Bring water - Will wait for slow riders - Will regroup

Posted: 6/18/2007 10:42:06 PM by Robert Erbeau

Thursday, September 20, 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.**

Posted: 8/23/2007 10:37:36 AM by Art Hunsberger

Saturday, September 22, 2007

Smoothie Ride



JR C 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 Tkaczuk 610-966-3161 cyclepsa@yahoo.com

Leader 2: Gwen Hoover 610-216-1484 gwhoover@ptd.net

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

- Bring food - Bring water - Will wait for slow riders - Will regroup

Posted: 8/25/2007 3:12:20 PM by Gwen Hoover

Sunday, September 23, 2007

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 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)

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

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@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 - Will wait for slow riders - Will regroup

Posted: 6/18/2007 10:42:39 PM by Robert Erbeau

Thursday, September 27, 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.**

Posted: 8/23/2007 10:38:37 AM by Art Hunsberger

Saturday, September 29, 2007

Smoothie Ride



JR C 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 Tkaczuk 610-966-3161 cyclepsa@yahoo.com

Leader 2: Gwen Hoover 610-216-1484 gwhoover@ptd.net

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

- Bring food - Bring water - Will wait for slow riders - Will regroup

Posted: 8/25/2007 3:12:48 PM by Gwen Hoover

Sunday, September 30, 2007

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

Leader: Dave Drummer 610-298-3382 beammeup@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 Drummer



Bike Line/LWA Racing Team



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 participants 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 4th 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



Team BikeLine U-11 entrants Ben, Alex, Austin, Seth and Jared (Missing: Miles)



Team BikeLine Entrants in the Lehigh Valley Winery Criterium (Back row: Boys 13-14-Chris, Jake, Nick; Middle Row: U-11 Alex, Ben, Austin; Front Row: U-11 Seth and Jared)



Austin and Miles lead the pack in the Under 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
JR15/16: NICK ROEDER,6TH

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

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

JUNE 9TH – NEW BRITAIN, CT CRITERIUM
SR55+: CHIP BEREZNY,3RD

* * * * *

JUNE 9TH – PA JUNIOR ROAD T.T. CHAMP'S
JR13/14: NICK ROEDER,2ND(SILVER)
JACOB HOOVER,8THd

JUNE 13TH – L.V. VELODROME FUTURE STARS
JR13/14: NICK ROEDER,4TH
JACOB HOOVER,FIN

JUNE 16TH – MONSON, MA ROAD RACE
SR50+: CHIP BEREZNY,7TH

JUNE 17TH – SOUTHBURY, CT ROAD RACE
SR55+: CHIP BEREZNY,1ST(DQ'D for yellow line rule)

* * * * *

JUNE 16TH/17TH – NATIONAL 24 HOUR CHALLENGE
(GRAND RAPIDS, MICHIGAN)
SR35-39: STEPHEN SCHOFFER, 1ST (411 MILES)

* * * * *

JUNE 17TH – PA JUNIOR TRACK T.T. CHAMP'S
JR13/14: JACOB HOOVER,4TH
500m: NICK ROEDER,2ND(SILVER)
N. E. REGION,2ND

JUNE 20TH – L.V. VELODROME FUTURE STARS
JR13/14: JACOB HOOVER,FIN

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 – 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

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)
JULY 6TH – 11TH

TANDEM(110+) T.T.: CHIP BEREZNY &
ANDY BUCK, 1ST(GOLD)
TANDEM(110+) R.R.: CHIP BEREZNY &
ANDY BUCK, 3RD(BRONZE)
CRIT,SR(55-59): CHIP BEREZNY,7TH
R.R., SR(55-59): CHIP BEREZNY,19TH

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,3RD
CRIT: NICK ROEDER,2ND
OMNIUM: NICK ROEDER,3RD

JR T.T.: CHRIS DORDAL,10TH
R.R.: CHRIS DORDAL,11TH
CRIT: CHRIS DORDAL,11TH

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

* * * * *

September 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
26 Aug	27 Aug	28 Aug	29 Aug	30 Aug	31 Aug	BR French Creek State Park Ride, Velodrome 9:00AM AX Williams Township Ride, NACC (Northampton Community College) 9:00AM
QR Eladetails ed Rout - 28 or 45 miles, Eagle's Nest Park 9:00AM	Labor Day QR Donut Derby, Velodrome 8:00AM CF The Monday Night Ride, Velodrome 5:00PM	4	5	DR Exercise and Ice Cream, Velodrome 9:30AM BR Business Person's Special , Lehigh University (Stabler Arena) 5:30PM	7	CF Schuylkill Trail Ride 7, Oaks, Montgomery County PA 9:30AM JR CR Smoothie Ride, Velodrome 10:00AM
QH Tincum Travail, Morris J. Dimmick Park - Hellertown 9:00AM CR Ice Cream Social, Goodman Campus, Lehigh University 1:00PM	BR / CF / AR The Monday Night Ride, Velodrome 5:45PM	11	12	BR Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	14	CH Neil's Birthday Ride, Neil's House 9:00AM AX Williams Township Ride, NACC (Northampton Community College) 9:00AM JR CR Smoothie Ride, Velodrome 10:00AM
QH Three Hills (or 2, or 1) - 40 or 57 miles, Emmaus High School 8:30AM	CF The Monday Night Ride, Velodrome 5:45PM	1 Monthly Club Meeting, Health Center in Trexlertown 7:00PM	19	BR Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	21	Yom Kippur Autumn Begins JR CR Smoothie Ride, Velodrome 10:00AM
BH High Point Views, Dingmans Falls Visitor Center 10:00AM	CF The Monday Night Ride, Velodrome 5:45PM	25	26	BR Business Person's Special , Lehigh University (Stabler Arena) 5:30PM	28	JR CR Smoothie Ride, Velodrome 10:00AM
QR Lenape to Nockamixon - , Lenape Park - Old Zionsville 9:00AM	CF The Monday Night Ride, Velodrome 5:45PM	2 Oct	3 Oct	4 Oct	5 Oct	JR CR Smoothie Ride, Velodrome 10:00AM

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
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SEP 07

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