



# QUICK RELEASE

newsletter of the  
LEHIGH WHEELMEN ASSOCIATION Inc.

Volume 35, Issue 10

November 2007

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## Let's Play!

Sallie Urffer, President

### Hope you come out for the Turkey Time Trial on 11/3!

Whew....Gap Gallop is over and thanks to Dave Drummer, the Derbys and a slew of other volunteers we had a successful event. 275 people participated in the ride – the majority were non-LWA riders (Where were all our members? At Covered Bridges Ride? Shame on you!). Melt provided the excellent lunch, Bikeline & Curt's Cyclery provided sag support and Nestors provided a truck and bags to aid us in a successful event.

Next up – December 9 is the year end party at Allentown Brew Works! Enclosed is a reservation form for you to complete and return to Jane Derby. We have 100 seats available. We will provide the food and non-alcoholic drinks; a cash bar will also be available.

I had the opportunity to participate in Cigna's Health Awareness Tour in September, where a team of cyclists across the nation road from Cigna office to Cigna office talking with employees about healthy living and cycling! Earl W and I helped them with routes for the 4<sup>th</sup> day of their 5 day journey in this area. A friend and I also rode with them for almost 40 of their 67 mile day from Easton to Bethlehem to Emmaus to Lehighon. It was great being able to ride with them and just find out about all of them. Some were past racers, some were touring for years, one only had ridden a bike for 3 months. It reminded me that there are sooo many different kinds of cyclists out there and I tried to label myself and couldn't....so I'm just a cyclist! Then today I got my weekly version of RBR newsletter and someone asked Coach Fred this question:

**“Q:** I don't get it, Coach! You've written about your Serotta Ottrott, a hot-rod road bike for sure. You won a state time trial championship on your Litespeed Blade, a high-end TT machine. But you

also write about riding dirt roads on an old

mountain bike with drop bars. And I read in Product Tests on the RBR site that you have a Rambouillet touring bike with fenders and a Co-Motion tandem. What kind of rider are you, anyway? You don't fit any of the stereotypes.....

**Coach Fred Matheny Replies:** I'm just a bike rider, George. I'm not interested in wearing a Label. You could find me competing or doing fast group rides and think I was a standard-issue recreational racer. But the next day I might be bashing over dirt roads, or tooling along country lanes on a day-long tour, or riding a brisk three hours on the Co-Mo with my wife....It's tempting to come upon riders and pigeonhole them based on their bike, clothing or riding style. I'm guilty of this, too. Fenders? Must be a tourist. Jersey and shorts with words all over them? Either a local racer or a Euro-wannabe. And how many times have you seen a rider and immediately condemned his position on the bike? Saddle's too low -- what a wanker!

My revelation came many summers ago when I was going to school in Boulder, Colorado, and racing for a local team. I was into the cool-racer lifestyle. I wouldn't ride without wearing my team garb. I wouldn't be caught dead with a gear lower than 42x21 teeth. On race day my leather-strap helmet was tilted rakishly, just so. Then one day as I was climbing Lefthand Canyon, a guy with hairy legs and a leather saddle bag swaying from his battered touring bike caught me. "You must be a racer. Cool!" he said. Then he dropped me like a hot rock.

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

Due date for *Quick Release* articles is the 10<sup>th</sup> of every month.

Hey, it's not about the bike! It's about the experience. Never, ever apologize for your bike or your sense of cycling style. You're riding, and that's all that matters. "

I can identify with Coach Fred.....you're riding....that's all that matters. So next time you label someone as only a racer and only want to ride with racers or someone as a commuter or someone as a tourist....remember, they may have more fitness than you, you never know who is out there and willing to ride hard or easy. Just because someone is a Cat 1/2 doesn't mean they want to ride hard when its a recovery day, s/he may just want to enjoy the scenery with you that day or maybe that commuter is that former racer that now prefers to be green and ride to work on a fendered junker with 3 gears that can bury you on your expensive carbon bike in three pedal strokes. Right now I couldn't ride 100 miles in less than 5 hrs...but that 60 year old, 5 foot something lady next to me can ride 100 miles than run a marathon.

SOOOOOOO remember; don't embarrass yourself by labeling people and their riding skills....well until you've ridden with them! You can laugh all you want at how poorly I climb, but every year I get stronger, so watch it, some day I may surprise you!

Be safe and keep pedaling!

Sallie

## LWA Meetings

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

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

### SCHEDULED MEETINGS

**Tuesday, November 21, 2006**

**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.

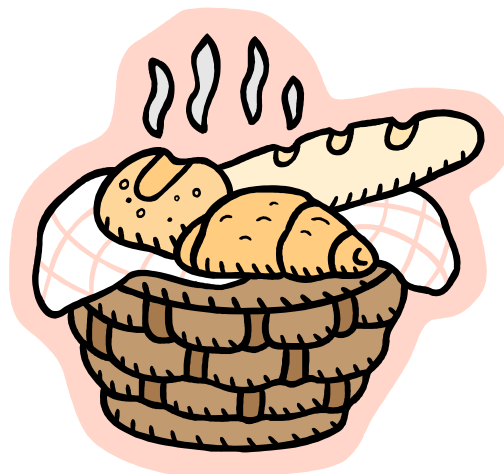
## LWA Year End Party Extravaganza!

The year-end celebration will be on December 9<sup>th</sup> at the Allentown Brew works from 3:00 PM until 6:00 PM. The fee for LWA members will be: \$5.00 and non members/guests will be \$20.00. Please use this notice for your R.S.V.P. and send to:

**Jane Derby**  
**C/O Lehigh Wheelmen Association, Inc.**  
**PO Box 140**  
**Trexlertown, PA 18087**

Your R.S.V.P. must be received by **Nov. 15th**

Name(s) of LWA member(s) attending:
_____
_____
_____
Name(s) of Guests/Non-members attending:
_____
_____
_____
Total number LWA members attending:
Total number of non-members/guests:
Amount Enclosed:



## Business and Pleasure

### Treasurer's Report

Jane Derby, Treasurer

Cash Flow for LWA from Sept. 17 to Oct. 12, 2007

#### Income:

Gap Gallop	275.00
Membership	53.00
Bike Case Rental	50.00
Jersey/Clothing	<u>465.00</u>
	843.00

#### Expenses:

Gap Gallop	396.81
Membership cost	1.95
Bank Fees	8.95
Reimbursement/racing	(103.35)
Tent	63.59
Jersey/clothing	<u>899.10</u>

\$ 1,267.05

Change in Cash \$ (424.05)

Bal. Wachovia 9/17/07 \$ 6,423.42

\$ (424.05)

Bal. Wachovia 10/12/07 \$ 5,999.37

Bal. Susquehanna MM 9/17/07 \$ 13,817.49

Interest for September \$ 33.73

Bal. Susquehanna MM 10/12/07 \$ 13,851.22

### Membership Report

Tammy Hein, Membership Administrator

#### Welcome, New Members!

Name	From
David Bateman	Carlisle, PA
Bill Fatzinger	Nazareth, PA
Gail fatzinger	Nazareth, PA
Chad Gorr	Fogelsville, PA
Dan Kiningham	Little Silver, NJ
Lenni Maguire	Emmaus, PA
John Malloy	Bethlehem, PA
Tommy McLoughlin	Northampton, PA
Ann Ruggiero	Bethlehem, PA
Chris Ruggiero	Bethlehem, PA

### Election of Officers for 2008

The Nominees are (so far):

**President:** Jack Helffrich

**Vice President-Touring:** Dave Drummer

**Vice President-Racing:** Pete Siegfried

**Secretary:** Jennifer Sprankle

**Treasurer:** Jane Derby

**Board of Directors:** Sallie Urffer, Ed Gibney, Nancy Sheffield, Neil Dicker, Gwen Hoover

### Interesting Trivia

**Your QR Editor: Glenn Toth**

Speaking with a friend of mine the other day, I was informed of how the **Quick Release** got its' name. Does anyone in the membership know the answer? Who was the QR editor/editors at the time? How did everyone agree on the name? What year was the first QR ?If you have been a long standing member of the club then this should be easy to answer. For those of you who are curious, watch for the answer in the December issue of the QR.

### Classified Ads

ARTICLES FOR SALE
Tandem Wheelset: 700c, 145mm width-Shimano Cassette Hub with or without 8 spd cassette. Please contact Kelly at: <a href="mailto:cycle9988@yahoo.com">cycle9988@yahoo.com</a>
2005 TREK 1500 WSD 54cm Triple in front, nine cog set in rear. Shimano Ultegra rear, Shimano 105 front. Great bike, only frame too small for me.
\$500.00 OBO. Please call 610-285-4350 or 484-397-2357 David and Kathy Moser.
FOR RENT
<b>2 HARD-SIDED BICYCLE TRAVEL CASES</b> , Club owned, for rent to members for up to 4 weeks. \$25 for 1 or 2 weeks, \$50 for 3 or 4 weeks. Plus \$25 security deposit required for any rental. Contact Bill Derby 610-395-2546 or <a href="mailto:Bderby@PTD.net">Bderby@PTD.net</a> .
FREE ADS FOR MEMBERS
Ads must be private (non-commercial) buy/sell/wanted/etc. having to do with bicycling and/or other sports. <b>Ads must be submitted by the 10th of the month to appear in the following month's newsletter.</b> Send ads to Glenn at: <a href="mailto:Phlsphyguy@yahoo.com">Phlsphyguy@yahoo.com</a>

## LWA Touring Division

Jack Helffrich, VP Touring

Directions: 6561 Tilghman Street. Go North on RT 100 from I-78 to old 22, turn right. Restaurant is on left about half-mile.

Event Organizer: Rob Erbeau

Posted: 6/18/2007 10:48:47 PM by Robert 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 140, Trexlertown, PA 18087.

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, November 10, 2007

### LL Bean and Beyond



**B R** / 31 mi 10:00AM LL Bean - Promenade Shoppes

◆ LL Bean is having enjoy the bike day and this ride will be leaving from their store in Center Valley. We will ride out through Limeport and rural Coopersburg & Center Valley. Speeds can be fast on Limeport Pike since it's relatively flat. We will regroup at stop signs and hills...which are few and far between.

Directions: 309 to Center Valley ParkwayE. LL Bean is the first entrance on left. Park in back of the store.

Event Organizer: Sallie Urffer

Leader: Sallie Urffer 610-554-2931 [sjurffer@rcn.com](mailto:sjurffer@rcn.com)

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

Posted: 10/16/2007 7:58:04 AM by Sallie Urffer

**Updated:** 10/16/2007 8:38:04 AM by Sallie Urffer

## Saturday, November 3, 2007

### TURKEY TIME TRIAL - LWA CLUB MEMBERS ONLY!!!



**D F** / 8 mi 10:00AM Breinigsville Park

◆ The annual Turkey Time Trial is a competitive but fun event that is open to all LWA club members. There are brackets for all ages, genders, licensed racers, recreational riders, along with several fun categories. Please be at Breinigsville Park by 9AM to register, warm-up and be assigned a starting position. Riders depart at one minute intervals starting promptly at 10AM. NOTE - You must be a member to participate, registered at least one day prior to the event. Limit of one turkey per family.

Directions: See website for directions to Breinigsville Park.

Event Organizer: Jack Helffrich

- Bring water

Posted: 9/19/2007 8:06:47 AM by Jack Helffrich

### LL Bean and Beyond



**C R** / 31 mi 10:00AM LL Bean - Promenade Shoppes

◆ LL Bean is having enjoy the bike day and this ride will be leaving from their store in Center Valley. We will ride out through Limeport and rural Coopersburg & Center Valley. Speeds can be fast on Limeport Pike since it's relatively flat. We will regroup at stop signs and hills...which are few and far between.

Directions: 309 to Center Valley ParkwayE. LL Bean is the first entrance on left. Park in back of the store.

Event Organizer: Sallie Urffer

Leader: Glenn Toth 610-316-6125 [Phlsphyguy@yahoo.com](mailto:Phlsphyguy@yahoo.com)

Leader 2: DonaLee Frary 610-587-2355 <mailto:>

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

Posted: 10/17/2007 7:56:23 AM by Sallie Urffer

**Updated:** 10/18/2007 3:05:25 PM by Sallie Urffer

## Monday, November 5, 2007

### Annual Monday Night Ride Dinner



6:00PM Paese Mio, Fogelsville, PA

◆ Come out and reminisce about this year's season with all our good friends from the Monday Night Ride. This is a BYOB place that serves great Italian food. Please RSVP if you know you are planning to attend to [info@nncs.com](mailto:info@nncs.com). You do not have to be a LWA member to attend.

## Tuesday, November 20, 2007

### Monthly Club Meeting



7:00PM Health Center in Trexlertown

◆ Monthly Club Meeting

Directions: See map on website. Route 222 in Trexlertown, next to Kohls. [view "Maps of Start Locations" page](#)

Event Organizer: Sallie Urffer

Posted: 12/14/2006 3:32:15 PM by Sallie Urffer



## Team News

**Pete Siegfried, VP Racing**

See the narrative: "Hillier than Thou" on page 7 of this newsletter. This is a story of a club racer and his challenging adventure riding in the Hillier Than Thou Century.

## Junior Team Notes

**Gwen Hoover, Junior Coordinator**

We had a terrific racing and touring season and the year is winding down as the weather gets colder. The junior racers take it easy in October and start next year's preparations in November. If you are 18 years old and under and are interested in some winter training, please contact [Juniors@lehighwheelmen.org](mailto:Juniors@lehighwheelmen.org)

### Upcoming and Junior Cycling Events

Saturday's Smoothie ride is now the Hot Cocoa Ride. The market Café in Topton has the best white hot chocolate. We leave from the Velodrome parking lot Saturdays at 10:00 AM, Weather permitting. If you are unsure, call Gwen at 610-216-1484 or keep an eye on the club calendar for any cancellations.

November 3<sup>rd</sup> is the Turkey Time trial-we encourage all kids and parents to participate in this FUN race. Any bicycle (even a tandem category) is welcome. No race experience is necessary. See the club calendar for details. NO HOT COCOA RIDE THIS DAY!

We are starting to assign track bikes for next year, so, if you think you will need one, let us know right away. They will be assigned on a first come-first serve basis. We have sizes ranging from 40cm with 24" wheels to 54 cm.

All LWA youth cyclists are invited to join the indoor training sessions at Asbury Church in Allentown on Tuesday evenings Nov.-March. There is a \$10.00 per session fee for drop ins or you can sign up on a monthly basis for a discount. No bikes necessary, just gym clothes and sneakers. Ages 8-18 are invited. Core training, strength and overall fitness are emphasized with a fun game at the end of each night. Contact: [Juniors@lehighwheelmen.org](mailto:Juniors@lehighwheelmen.org) for more information.

Congratulations to Bikeline/LWA Future Champions for their standing in the Pennsylvania Best All-Round Rider competition. Visit: [www.pacycling.org](http://www.pacycling.org) for more information.

- 1<sup>st</sup> place and PA BAR Champion **Nadia Latzgo** (girls 10-12)
- 2<sup>nd</sup> place **Nick Roeder** (boys 13-14)
- 2<sup>nd</sup> place **Greg Ratzell** (boys 13-14)
- 5<sup>th</sup> place **Chris Dordal** (boys 13-14)
- 5<sup>th</sup> place **Hannah Sick** (girls 13-14)
- 6<sup>th</sup> place **Jake Hoover** (boys 13-14)
- 8<sup>th</sup> place **Aaron Kraynak** (boys 10-12)



**Jake Hoover at the ready area for the YUASA U19 Race.**  
Photo by: Gwen Hoover



**NICK ROEDER, NADIA LATZGO, JAKE HOOVER at the PA BAR Awards Ceremony. Nadia is wearing the PA BAR Championship Jersey.**  
Photo by: Gwen Hoover

## Racing Results

**Jim Hare, Racing Results Editor**

### LEHIGH VALLEY VELODROME

- APRIL 14<sup>TH</sup>(SPRING CARNIVAL)  
JR: NICK ROEDER, 2<sup>ND</sup>
- MAY 26<sup>TH</sup>(MASTERS & ROOKIES)  
SR30+: TOM RATZELL, (2) 2<sup>ND</sup>, 5<sup>TH</sup>
- JUNE 6<sup>TH</sup>(FUTURE STARS)  
JR(10-12): GREG RATZELL, (3) 3<sup>RD</sup>, 3<sup>RD</sup> OMN'M
- JUNE 13<sup>TH</sup>(FUTURE STARS)  
JR(10-12): GREG RATZELL, 2<sup>ND</sup>, (2) 3<sup>RD</sup>,  
3<sup>RD</sup> OMNIUM
- JUNE 17<sup>TH</sup>(PA T.T. CHAMP'S)  
JR(10-12): **GREG RATZELL, 1<sup>ST</sup> (GOLD)**
- JULY 10<sup>TH</sup>(TUESDAY NIGHT)  
SR2: TOM RATZELL, 5<sup>TH</sup>, FIF
- JULY 24<sup>TH</sup>(TUESDAY NIGHT)  
SR2: TOM RATZELL, 4<sup>TH</sup>, FIF

JULY 31<sup>ST</sup>(TUESDAY NIGHT)  
 SR2:TOM RATZELL,6<sup>TH</sup>,FIF  
 AUGUST 1<sup>ST</sup>(FUTURE STARS)  
 JR(10-12): GREG RATZELL,(3)<sup>3RD</sup>,  
 3<sup>RD</sup> OMNIUM  
 JR(13-18): NICK ROEDER,FIN  
 AUGUST 5<sup>TH</sup>(NJ TRACK CHAMP'S)  
 JR15/16: NICK ROEDER,2<sup>ND</sup> SCRATCH RACE  
 AUGUST 8<sup>TH</sup>(FUTURE STARS)  
 SR30+: TOM RATZELL,2<sup>ND</sup>,3<sup>RD</sup>,5<sup>TH</sup>  
 JR"B": **GREG RATZELL,1<sup>ST</sup>,2<sup>ND</sup>,3<sup>RD</sup>**  
 JR(13-18): NICK ROEDER,2<sup>ND</sup>,(2)3<sup>RD</sup>,4<sup>TH</sup>  
 AUGUST 11<sup>TH</sup>(MASTERS & ROOKIES)  
 SR4: NICK ROEDER,FIF  
 AUGUST 15<sup>TH</sup>(FUTURE STARS)  
 JR(13-18): NICK ROEDER,FIN  
 AUGUST 18<sup>TH</sup>(MASTERS & ROOKIES)  
 SR4: NICK ROEDER,3<sup>RD</sup>  
 AUGUST 23<sup>RD</sup>(MASTERS NAT'L CHAMP'S)  
 POINTS RACE  
 SR(40-44): TOM RATZELL,23<sup>RD</sup>

SEPTEMBER 2<sup>ND</sup> – DENVILLE, NJ CHALLENGE CRITERIUM  
 SR55+: **CHIP BEREZNY, 1<sup>ST</sup>**  
 SEPTEMBER 3<sup>RD</sup> – TOUR de BASKING RIDGE, NJ CRITERIUM  
 SR55+: **CHIP BEREZNY, 1<sup>ST</sup>**  
 SEPTEMBER 8<sup>TH</sup> – PHILLIPSBURG, NJ CRIT  
 SR55+: **CHIP BEREZNY, 1<sup>ST</sup>**  
 SR3: TOM RATZELL,7<sup>TH</sup>  
 SR35+: TOM RATZELL,7<sup>TH</sup>  
 SEPTEMBER 9<sup>TH</sup> – TOUR de BREW CRITERIUM (ALLENTOWN, PA)  
 SR50+: CHIP BEREZNY,15<sup>TH</sup>  
 JR: NICK ROEDER,5<sup>TH</sup>  
 CHRIS DORDAL,9<sup>TH</sup>  
 SEPTEMBER 17<sup>TH</sup> – YUASA BATTERY'S CRIT (LAURALDALE, PA)  
 SR4: ANDY KRAYNAK,14<sup>TH</sup>  
 SR40+: TOM RATZELL,5<sup>TH</sup>  
 JR18&UNDER: NICK ROEDER,11<sup>TH</sup>

## Even More Results....

Omitted (oops...) from last month's QR

AUG 4<sup>TH</sup> – CONCORD, NH CRITERIUM  
 SR55+: **CHIP BEREZNY, 1<sup>ST</sup>**  
 AUG 5<sup>TH</sup> – BOW, NH ROAD RACE  
 SR55+: **CHIP BEREZNY, 1<sup>ST</sup>**  
 AUG 12<sup>TH</sup> – STEELMAN TRIATHLON T.T.  
 RELAY TEAM: **CHRIS DORDAL, 1<sup>ST</sup>**  
 (Bike Portion, Chris was 1<sup>st</sup>)  
 AUG 12<sup>TH</sup> – REGION/STATE TRACK CHAMP'S (Trexlerstown, PA)  
 SR MEN 55+  
 500 m T.T.: **CHIP BEREZNY, 1<sup>ST</sup>, GOLD** (37.90)  
 2 Km T.T.: **CHIP BEREZNY, 1<sup>ST</sup>, GOLD** (2:31.9)  
 OPEN  
 4 Km T.T.T.: **ANDY BUCK, SCOTT BUTLER, CHIP BEREZNY**  
**& BOB BLACK, 1<sup>ST</sup>** (4:55.3, REGIONAL CHAMP  
 AUG 19<sup>TH</sup> – LEHIGH WINERY CRITERIUM  
 JR: CHRIS DORDAL,3<sup>RD</sup>  
 AUG 22<sup>ND</sup> – L.V. VELODROME TEAM T.T.  
 ELITE: **DON CLAPP, CHIP BEREZNY,**  
**SCOTT BUTLER, BOB BLACK,**  
**1<sup>ST</sup>**(4:54.5, QUALIFIED)  
 AUG 27<sup>TH</sup> – 31<sup>ST</sup> – MASTERS TRACK CHAMP'S (Trexlerstown, PA)  
 SR MEN 55-59  
 500 m T.T.: CHIP BEREZNY,3<sup>RD</sup>  
 (BRONZE, 37.52)  
 2 Km T.T.: CHIP BEREZNY,2<sup>ND</sup>  
 (SILVER, 2:32.2)  
 200 m T.T.: CHIP BEREZNY,3<sup>RD</sup>  
 (BRONZE, 12.16)  
 SPRINTS: CHIP BEREZNY,3<sup>RD</sup>  
 (BRONZE)  
 PT'S RACE: **CHIP BEREZNY, 1<sup>ST</sup>**  
 (GOLD)  
 SR MEN 50+  
 4 Km T.T.T.: **JAMES JOSEPH, CHIP BEREZNY,**  
**BOB BLACK & SCOTT BUTLER**  
**1<sup>ST</sup>**(GOLD)  
**BEST ALL AROUND RIDER:**  
**CHIP BEREZNY**

\* \* \* \* \*

## MORE RESULTS

APRIL 19<sup>TH</sup> – LWA THURS TRAIN'G CRIT'S  
 JR: NICK ROEDER,2<sup>ND</sup>  
 APRIL 22<sup>ND</sup> – L. PROVIDENCE, PA CRITERIUM  
 JR13/14: NICK ROEDER,4<sup>TH</sup>  
 MAY 26<sup>TH</sup> – HELLERTOWN, PA CRITERIUM  
 JR(10-12): GREG RATZELL,3<sup>RD</sup>  
 JUNE 8<sup>TH</sup> – MANUYUNK, PA HILL CLIMB  
 SR5: ANDY KRAYNAK,15<sup>TH</sup>  
 JUNE 9<sup>TH</sup> – PHILADELPHIA, PA TIME TRIAL  
 SR40+: TOM RATZELL,21<sup>ST</sup>  
 JR(10-12): GREG RATZELL,2<sup>ND</sup>  
 JUNE 16<sup>TH</sup> – PIEFFER HILL, PA ROAD RACE  
 SR40+: TOM RATZELL,3<sup>RD</sup>  
 JUNE 23<sup>RD</sup> – CORNER HOUSE ROAD RACE (PRINCETON, NJ)  
 SR4/5: ANDY KRAYNAK,24<sup>TH</sup>  
 JULY 7<sup>TH</sup> – HUMMELSTOWN, PA CRITERIUM  
 SR3: TOM RATZELL,4<sup>TH</sup>  
 JULY 7<sup>TH</sup>/8<sup>TH</sup> – PA DUTCH COUNTRY S. R.  
 SR5 T.T.: ANDY KRAYNAK,8<sup>TH</sup>  
 CRIT: " " ,14<sup>TH</sup>  
 R.R.: " " ,12<sup>TH</sup>  
 OVERALL: " " ,11<sup>TH</sup>  
 JULY 15<sup>TH</sup> – SPORTSFEST CRIT, ALLENTOWN,PA  
 SR30+: TOM RATZELL,11<sup>TH</sup>  
 SR40+: TOM RATZELL,9<sup>TH</sup>  
 JULY 21<sup>ST</sup>/22<sup>ND</sup> – TOUR de FCCC STAGE RACE  
 JR(10-12) T.T.: GREG RATZELL,3<sup>RD</sup>  
 R.R.: " " ,3<sup>RD</sup>  
 CRIT: " " ,3<sup>RD</sup>  
 OVERALL: " " ,3<sup>RD</sup>  
 JULY 28<sup>TH</sup> – LANCASTER, PA CRITERIUM  
 SR3/4: TOM RATZELL,2<sup>ND</sup>  
 SR40+: TOM RATZELL,8<sup>TH</sup>  
 JULY 29<sup>TH</sup> – BETHLEHEM, PA CRITERIUM  
 SR5: GREG RATZELL,13<sup>TH</sup>  
 AUGUST 18<sup>TH</sup> – TOUR de LIGHTS CRITERIUM (BURLINGTON, NJ)  
 SR4/5: ANDY KRAYNAK,11<sup>TH</sup>  
 AUGUST 19<sup>TH</sup> – TEK PARK CIRCUIT RACE (BREINIGSVILLE, PA)  
 SR3/4: TOM RATZELL,4<sup>TH</sup>  
 AUGUST 19<sup>TH</sup> – LEHIGH VALLEY WINERY CRIT  
 SR3/4: ANDY KRAYNAK,29<sup>TH</sup>  
 JR(15-18): NICK ROEDER,5<sup>TH</sup>  
 AUGUST 25<sup>TH</sup> – ALARIC GAYFER JR CRITERIUM  
 SR4: ANDY KRAYNAK,18<sup>TH</sup>  
 JR13/14: NICK ROEDER,3<sup>RD</sup>

## The Second Season



By: Rob Erbeau



As the days grow shorter, and the temperatures begin to drop, many people move their bikes indoors, relegated to being tied to their trainers until spring rolls around. Not me. This is the start of what I think of as the "second season" of cycling. I ride all twelve months of the year. People say, "But aren't you cold out there?" Truth be told, stepping onto my bike when the temperature is down below freezing is chilly. But within a few miles, I'm warmed up and happy to be on the road. Your biggest challenge staying warm in winter is protecting yourself from the wind. And when you ride, you generate your own breeze, so this has to be addressed. Layering is the answer. Here's a simple list of garments that will make your winter ride enjoyable:

Hat (with face mask if you think you need it), base layer (both top and bottom), booties (to go over your shoes), ski socks (the longer the better), full gloves (I like unlined, then I add liners when I need them), tights or leggings, long sleeve jersey, and a lightweight jacket that is windproof.

A good rule of thumb for what to wear is this: If you are slightly cool when you start out, you are just right. If you are just right, you're overdressed.

Make sure to pay attention to hydration on winter rides. The cold air really sucks the moisture out of you, and since you don't feel hot, you have to remind yourself to drink. Gatorade won't freeze as quickly as straight water either. Limit your first cold day rides to shorter excursions. As long as the roads are dry and snow-free, enjoy them. And when the snow finally does come, bust out the mountain bike or hybrid and try some of the local trails. The sound of snow crunching under your wheels as you pedal along a canal or through the woods is something to experience. A snow ride should be short, as riding in snow is likely to tire you out quickly.

So this winter, don't hang it up or spin yourself into oblivion. Come out and enjoy the "second season." Your springtime riding will be that much better as a bonus.

See you on the road!

*Editor's Note: Thanks, Rob, for the very informative article. If anyone else would like to contribute stories, anecdotes or anything else cycling specific, then please contact me by the 20<sup>th</sup> of each month.*



## Hillier Than Thou

By Bryan Barrett

The Hillier than Thou (HTT) is a century ride that features some of the most difficult terrain that you will find in our general area. There are many very steep climbs, some of which come late in the 100 mile ride when riders' legs are the most tired.

The route changes a little from year to year as the organizers endeavor to keep the ride fresh and interesting. Generally, the ride follows a counter clockwise route now departing from Camp Bernie near Washington NJ. The route goes north through Allamuchy, then back through Jenny Jump State Park. It then meanders South through Belvidere to Bloomsbury and then back up towards Washington. This ride takes you over many very difficult climbs, one of which has a section of 26% grade! Compare this to the Gap Gallop, which goes up the Blue Mountain on the south side (9% grade) and down the mountain on the north side (12% grade). The cue sheet had all the hard climbs listed with feet of elevation gained.

Riders can sign up to just ride like any century (like the Gap Gallop) and enjoy the scenery, food & drinks at the rest stops, and the camaraderie that usually accompanies a well planned event. If you want a real challenge, you can sign up for the 100-mile time trial (TT) instead. For the TT, you get a race number and must get it initialed at each of the checkpoints to qualify for a finishing time. The one who reaches the finish first is the winner (obviously). Cash prizes are handed out for the top riders (maybe 10 or so) and a winner's jersey is awarded to the first rider in each of several age categories. Every "racer" is scored with a time up to a maximum time of eight hours.

I signed up to ride HTT 100 mile TT again this year and had trained a lot in the hills to prepare for it. The ride went well for me and I prepared a little story of my adventure. For those who did not prepare properly for this ride, their story may differ from mine.

More than 230 riders signed up and out of the 230+ riders, 99 race numbers were handed out. So, instead of the usual 50 or so racers and about that many more "century riders", the number of riders this year was more than I ever saw before on this ride. I saw quite a few USCF racer types, all of whom seemed to be in top shape. This year would be quite a challenge!

We start out for the 4 mile "controlled" start (every rider stays behind the slow moving lead vehicle). It was chilly 60 degrees to start and since the first mile is down hill, I was shivering a bit. Thankfully it warmed to the mid 70's by mid-morning. At about mile 3 or so, there is a long straight stretch of slightly uphill road where I looked back from my position near the front to see a l-o-n-g line of riders for at least 1/2 mile. What a turn out!

At mile 4, the lead car pulled aside and we were turned loose at the base of the first climb (480'). The pace quickened substantially as expected. As we crested the top of this first big hill, I was surprised to see about 30 riders in the lead group. This was a bit unusual since during past races, only about 10-15 riders typically made the front group. Even more surprising was another group of maybe 30 riders was not far behind and eventually caught the front group after the descent. 60 riders; this race was going to be interesting.

About mile 13, we hit the next big climb (350'). I don't know how many riders may have been dropped, but I don't think it was too many, as we were not going that hard at this point. I felt great and knew that this pack would certainly thin out considerably once the road tilted up a few more degrees.

Rolling along towards Jenny Jump State Park, I knew I needed to stay near the front, and I was successful in holding my position in the top 3 to 5 riders. We reached the Jenny Jump climb at about mile 31. This big climb (550') seemed to separate the men from the boys as we split into at least three groups. I went over the top with the front group of about 10 riders. The second group had maybe 10 or 15 riders. I believe many riders were stretched out quite a bit, as this was the biggest climbing test so far.

The ride was going well at this point and I felt great. We were coming out of the state park and screaming down this big hill when a big mistake was made. I was stuffing an energy bar down my throat while following the few riders in front of me. I suppose I was not really paying attention to the road marks. As we get to the bottom of the big hill, I looked behind and the second group was not behind us. We missed a turn!

Our small group, which included the young race winner from last year, turned around and we started climbing back up the big hill. So this was an unexpected and foolish detour. Not only did this add about two miles to my ride, but added another significant hill too. As we ascended the hill, we caught sight of the group that was behind us. They missed the turn too, but did not travel as far down the hill as we did. I found out later that a few riders who were dropped on the Jenny Jump climb, and did not miss the turn, were now at the front of the race!

I was extremely disappointed for a short time thinking my chance for a win was lost as the "second" group disappeared from view as they wend around a bend and continued uphill. I was determined to work my way back into the race and really pushed the pace up this unexpected climb. Two or three riders were able to hang on with me, but the rest from the original front group did not. On rider who did not keep pace was the young phenom who won last years' race.

As I made the turn I previously missed, I knew I had some work to do. The road was flat to gently rolling. There were a few riders not far down the road and I soon caught them. I tried to rally these guys to share the work so we could catch of the larger group in front of us, but the other guys were content to just sit in. Bummer. I took it upon myself to push the pace and soon saw the group of 25 or so riders down the road. Game on! It turns out that they were not riding particularly hard either and I quickly was able to re-join this group that included what I knew to be the top riders of this years' race.

My thought at this time was that nobody wanted to push too hard just yet even though we knew there were a few riders in front of us. The reason being we knew what was still to come, the Quad! This is a series of four particularly nasty, steep climbs that come in relative rapid succession. I knew that this would really blow the race to pieces.

At around mile 42, we saw a few riders coming toward us on the opposite side of the road. They had just left the second checkpoint and were ahead of us by minutes. Nobody seemed too concerned just yet and we proceeded to the required checkpoint to get our race number signed, quickly re-fill water bottles, and return to the race on the same road we came in on. I suppose a few riders took liberty to eat snacks and take their time at the rest stop, but the serious riders generally spend as little time as possible at the rest stops to minimize any time lost.

We were riding an easy tempo along the Delaware River saving our legs for what was about to come. The infamous Fiddler's Elbow climb was next! Mile 52 was really the start of this next torture as we ascended Roxburg Station Road (98'). This road crosses 519, then continues up at a rate of (at least) 18% grade for 180'. This short, steep climb shattered the group! As I put maximum power to the pedals, I watched a few riders gaining quite some distance on me. We turned left for a 0.2 mile, 4% grade respite, and then turned onto Fiddler's Elbow road and started the climb in earnest. I wasn't worried just yet at the riders who were ahead since I thought I could just ride steady and gain on them when the hill got really steep.

Fiddler's Elbow Road starts innocently enough with a 5 to 8% grade, but it quickly tilts upward to around 15% to 18%. I unenthusiastically watched maybe 8 riders in front of me scampering up the beginning slope, as I couldn't quite match their pace. I remained steady and stayed "within myself" so I wouldn't blow. Once you go anaerobic on a climb like this, you're toast! I knew "the wall" was still to come.

Anybody who has climbed this hill knows of this wall. As you round a left hand bend in the road about two thirds of the way up, the 15% to 18% grade quickly tilts up towards the sky. This 100-meter section of road is (at least) 26% grade! Some people claim it is more than that, but what I can say is that it is HARD. An old saying describing this climb is; "don't lean too far forward or you'll scrape your nose on the street." That might be an exaggeration, but this part of the hill is extremely difficult.

As I climb up the wall, I see there are several riders already off their bike trying to walk up as I pass them by. This hill is almost too steep to walk up with slippery cleats so many are walking up on the side. One rider was scraped up by sticker bushes as he scampered up. Another rider was attempting to diminish the steep grade somewhat by weaving back and forth on the road. The road is really too narrow for this technique and he too had to stop and walk the rest of the way up. After passing quite a few riders, I made it up over this very steep section maybe 8th. After the wall, the road flattens considerably to maybe 4%, but it feels steeper than that after expending so much effort just prior. So, if you combine Roxburg and Fiddler's, you're climbing nearly 1000 feet!

I now pick up my pace as I see some riders not far ahead that were appearing to re-group neat the top of the climb. At the very top of the less steep part of Fiddler's, there is a sharp right hand turn and a long descent. I fight my way to this group and join them as they started down. Whew, I made the group! I find out later that the one of the first two riders from "our" group who reached the top first was some young pro who has raced in Belgium and is quite a good rider. The second placed rider from last year was able to hang with him for about 10 or 20 miles. These two riders were out of sight and had a considerable lead as we raced down hill.

There were still some other riders in front of us who did not miss the turn back at around mile 34. I don't know when the two "leaders" caught and later dropped them, but it wasn't too long before our continuously shrinking group would catch

them. The next big climb (520') was around mile 59, and then a left turn that takes us up yet another big climb (120') finishing near the third check point.

Our group now had less then 10 riders and most of us were sharing pace at the front. At this point in time we did not know how many were in front of us (other than the pro and the second place rider from last year). The route takes us to Bloomsbury and up Church Street, the next big climb (720'). We split a bit, and then regrouped as we crested the top. There were a couple more riders dropped from our shrinking group. We catch the remaining riders who were in front and hadn't missed the turn, but I could tell that they were spent. This proved correct as they were dropped on the next climb. Now we know that only two riders were in front of us; the young pro, and the 2nd place finisher from last year.

What soon lies in front of us is the fourth hill of the Quad, Iron Bridge Road (500'). This has to be the hardest climb of any. It doesn't have the 26% section that Fiddler's has, but it is a consistent 20% grade! We start up this monster around mile 81. One from our group (who finishes third overall) is clearly the best from our group (which now consists of only four riders) as he quickly gains some distance on us. I figure the three of us can pull him back after we finish the climb and that is how it worked out. I was glad that climb was conquered, but I knew there was still a lot more climbing to come.

As we approached the 4th checkpoint, I saw the second placed rider on the road (who was dropped by the pro) just leaving the checkpoint. I figure we should be able to bring him back if we worked a bit on the rolling flats. That's just what we did, so we now had five riders in our group leading to the base of the next big climb at around mile 85. We climbed 180', made a right turn, and then climbed an additional 360'. This is the point in the race/ride that fatigue really sets in making even small climbs difficult.

When we reached mile 90, we went up yet another climb (260'). Mile 94, 460' climb. Mile 97, 340' climb. At this point I'm thinking when is this ever going to end. I knew I had about 2 miles more on my computer than I should have, but I couldn't remember what the total mileage was for the ride so this played a bit negatively on my psyche. Was it 100 miles, not counting the controlled start? Was it 104 miles? Was it 107 miles? I was tired, but so too were the other riders. On some of the last of the hills, I was yo-yoing a bit where I dropped back (with two guys on my wheel), and then rejoined the two "front runners" as we crested each hill. I was determined to stay in the race and forced myself to stay with the faster riders.

The last big climb came at around mile 99 (500'). This hill may not have seemed that steep in the beginning of the ride, but after 100+ miles, it seemed very hard. The second place guy from last year and another guy took the lead. The two other riders in our group were team mates and one of them was now in the middle. I was a little behind with his teammate stuck on my wheel. What ever I did, his teammate stayed there following me. It was always up to me to bring us back to the front. I was able to close the gap as we crested the hill and our group was once again five riders.

At mile 102, I saw the paint mark in the road that stated 2.0 miles to go. Now I knew how far it was to the finish. We're still going uphill, but it is not a steep climb and I'm trying to work out how I might win the sprint for second place. By now, the Pro had finished and took the first place prize. The riders I was with were in the 25 to 34 age group and the 35 to 44 age group. So, I knew I will win the 45-54 age group and would win my second winner's jersey in as many years. Woo-hoo!

I saw the 1.5 mile to go mark, then the 1.0 mile to go mark. I thought I would just wait and see what the group would do when just then one rider surged ahead. I thought it was too early and waited. Then at around 0.5 miles to go, the second place rider from last year surged hard, but I could not follow. One of the team mate guys could stay with him for a short while before he too could not maintain the pace. I still had his team mate glued onto my back wheel as we rode about 50 meters behind the action. I just knew he was planning to jump past me in the sprint.

The second place guy from last year caught the other guy, and then won that two up sprint for second place (second two years in succession). The first team mate guy rode in solo for fourth a few seconds later. I started my sprint at about 100 meters (still uphill), but didn't have enough snap left in my legs. The other team mate guy came off my wheel at about 30 meters and snatched fifth place leaving sixth for me.

104.3 miles with nearly 11,000 feet of tough climbing! Not a bad placing for how hard the course was, but I really wanted a higher overall placing. I still had the winner's jersey for my age group and have to admit that I admire the strength some of these younger guys have. I'll have to think about trying again next year!

*Editor's Note: Thanks for the great story!*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 Oct C F The Monday Night Ride, Velodrome 5:15PM B R The Monday Night Ride – "B" NEW TIME, Velodrome 5:15PM	30 Oct	31 Oct. Halloween	1	2	3 D F TURKEY TIME TRIAL - LWA CLUB MEMBERS ONLY!!!, Breinigsville Park 10:00AM
4 Daylight Saving Time Ends (clocks go back 1 hr at midnight on Saturday)	5 Annual Monday Night Ride Dinner, Paese Mio, Fogelsville, PA 6:00PM	6 Election Day	7	8	9	10 B R LL Bean and Beyond, LL Bean - Promenade Shoppes 10:00AM C R LL Bean and Beyond, LL Bean - Promenade Shoppes 10:00AM
11 Veteran's Day	12	13	14	15	16	17
18	19	20 Monthly Club Meeting, Health Center in Trexlertown 7:00PM	21	22 Thanksgiving	23	24
25	26	27	28	29	30	1 Dec

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:	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			

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