



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

Volume 35, Issue11

December 2007

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Let's Play!

Sallie Urffer, President

As I relinquish my presidency...I am thankful That I've found a sport I can do the rest of my life, and a sport that is good for the planet.

For all the great people I've met through cycling, To be healthy enough to ride - given I've survived a broken back and cancer- this is huge for me.

For all the wonderful places I've gone on my bike.

That I can eat as much as I want through the holidays, knowing that I'll ride it off tomorrow.

Well, with the upcoming year-end celebration on 12/9 at Allentown Brew Works and the election (please see the enclosed information blurb), this will be my last president's letter to you. While, according to the by-laws, I can run for a third term as president, my life is such that I cannot give the club as much time as I use to, so I am choosing not to run again. I will stay active with the board, so I am sure you'll be hearing from me again! But for now I'm exhausted and need a break!

Thanks go out to Jane Derby & Gwen Hoover for arranging and cleaning the barn rooms. It was a huge task. Now we need everyone's help in keeping it clean and arranged.

Recently, I've been riding in Philadelphia with a team. It's been great to see how many cyclists come together at the art museum every weekend. It's been quite a culture change for me and I'm glad to be living in the Lehigh Valley and part of LWA. While it's actually great riding there since there are bike lanes, bike paths and roads closed on weekends, it's just not the same camaraderie. They are competitive and full of drama. It's been eye opening! Guess you all have spoiled me..THANKS!

I wish you all the best of luck and that you keep the rubber side down in the coming year. Hope to see you on the road or track sometime!

Happy holidays and happy pedaling!

Sallie

LWA Meetings

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

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

SCHEDULED MEETINGS

Tuesday, December 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.

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

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

Business and Pleasure

Treasurer's Report

Jane Derby, Treasurer

Cash Flow for LWA from Oct. 13 to Nov. 15, 2007

Expenses:

Bank Fees	(3.00)
Membership Costs	(6.22)
Supplies	(13.69)
Quick Release	38.84
Gap Gallop	(3177.79)
Special Event Expense	(79.95)
	\$(3,241.81)

Change in Cash	\$2,236.19
Bal. Wachovia 10/12/07	5,999.37
Change in Cash	2,236.19
	\$8,235.56
Transfer to Money Market	(2500.00)
Bal. Wachovia 11/15/07	\$5,735.56
Bal. Susquehanna MM 10/12/07	\$13,851.22
Interest for October	7.66
Transfer from Checking	\$500.00
Bal. Susquehanna MM 11/15/07	\$16,388.88

Membership Report

Tammy Hein, Membership Administrator

Welcome, New Members!

Name	From
Bob Dremock	Bath PA
Laurie Ohleger	Frederick MD
Dave Schnitzler	Emmaus PA
Robert Stuber	Allentown PA
Alice Stuber	Allentown PA
Harry Ting	Allentown PA
Kathleen Trexler	Nazareth PA
Kristin Trexler	Nazareth 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

The answer to the trivia is as follows: Curt Bond & Clare Ann Bond were the newsletter editors at the time. Some of you don't know, but Curt is a record holder at the Lehigh Valley Velodrome. He holds the most number of kms completed in a 24 hour period. His record stands at 629.72 km in 1980. As was told to me, there was a small two or three page letter each month and it needed a name. So, a mini contest was born and suggestions were taken. "Quick Release" was the winning name and all this was back in the mid 1970s...I was only in grade school...

Classified Ads

ARTICLES FOR SALE
Tandem Wheelset: 700c, 145mm width-Shimano Cassette Hub with or without 8 spd cassette. Please contact Kelly at: cycle9988@yahoo.com
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
2 HARD-SIDED BICYCLE TRAVEL CASES , Club owned, for rent to members for up to 4 weeks. \$25 for 1 or 2 weeks, \$50 for 3 or 4 weeks. Plus \$25 security deposit required for any rental. Contact Bill Derby 610-395-2546 or Bderby@PTD.net .
FREE ADS FOR MEMBERS
Ads must be private (non-commercial) buy/sell/wanted/etc. having to do with bicycling and/or other sports. Ads must be submitted by the 10th of the month to appear in the following month's newsletter. Send ads to Glenn at: Phlsphyguy@yahoo.com

Nicole Reinhart Memorial Tour de FCCC

July 19 and 20, 2008



NICOLE REINHART MEMORIAL FUND

2008 marks the 15th running of the Nicole Reinhart Memorial Tour de FCCC, a junior stage race, which draws participants from PA, NJ, NY, MD, VA, NH, MA and as far away as Bermuda.

Saturday road race and Time Trial held at the Rodale Institute in Maxatawny, PA.

Sunday criterium held at the Bob Rodale Cycling and Fitness Park in Trexlertown, PA.

Come race or watch the excitement!!

Register ON-LINE at
www.bikereq.com

Lehigh Wheelmen Future Champions

Mission Statement

To give young cyclists the opportunity to foster sportsmanship, competition, discipline, while managing the demands of their education.

Benefits of Membership

- ◆ Participation in organized rides and social events
- ◆ Mentoring program with experienced riders
- ◆ Racing with our Bike Line USCF racing team
- ◆ Discovering safe scenic riding routes throughout the Lehigh Valley
- ◆ Our monthly newsletter, The Quick Release
- ◆ Bicycle safety, riding and maintenance workshops

Lehigh Wheelmen Association, Inc.

PO Box 140

Trexlertown, PA 18087-0140

www.LehighWheelmen.org



Lehigh Wheelmen Future Champions

Junior Cycling Club for children ages 8-18

REGISTER ON-LINE TODAY AT

www.LehighWheelmen.org

Sponsored by



www.bikeline.com

Come Ride with Us

The LWA has been the Lehigh Valley's bicycling club since 1951, with over 600 members. We represent a wide spectrum of cycling interests and abilities, from beginner road cyclists to gold medal winning track racers. Our ages range from early teens to late seventies.

In 2004 LWA merged with The Future Champions Cycling Club to form a new junior cycling club and racing group as part of the established Lehigh Wheelmen. Our large membership will provide stability and mentoring for all juniors interested not only in recreational cycling, but also competitive cycle racing.

Visit our website for a list of current club rides, activities, the latest club information, cue sheets and links to other cycling sites.

Touring and Recreational Riding

Join the club's many social and recreational rides. If you are interested in family and youth cycling, email the Lehigh Wheelmen Junior Development Coordinator or check the club ride calendar at www.LehighWheelmen.org



Racing

The LWA has a very active bicycle racing team. Our men, women and juniors compete at many levels on the road and on the track. Our Club promotes several races each year for the public as well as holding competitions exclusively for our members including monthly time trials and the club championship series.

Local Junior Racing Events

March Training Criteriums, Every Sunday in March, William Penn Industrial Park

Rodale Park Training Criterium, every Thursday (April – October) 5:30pm

Hellertown Criterium, May 24, 2008

Tour de FCCC, July 19 & 20, 2008

Future Stars at the Velodrome (Wednesdays)

**Lehigh Wheelmen Association
Junior Development Coordinator
juniors@lehighwheelmen.org**

Sponsored by



NEW!!!

**INFORMATIONAL WEBSITE FOR
ALL ASPECTS OF JUNIOR
CYCLING**

WWW.LEHIGHWHEELMEN.ORG

Then click on "Juniors"

LWA Touring Division

Jack Helffrich, VP Touring

Thursday, December 20, 2007

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, December 1, 2007

First Ride of December

 B R / 25-30 mi 11:00AM Velodrome

◆ Bowers Loop, maybe out to Kutztown.

Directions: Map on Web site.

Event Organizer: Rob Erbeau


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

- Rain Cancels
- Bring food
- Bring water

Posted: 11/27/2007 9:57:31 PM by Robert Erbeau

Sunday, December 9, 2007

Year-End Celebration

 3:00PM Allentown Brew Works

◆ Please join us to celebrate another great year of cycling and to elect new board members. Please RSVP to jderby@ptd.net. Members \$5 - Guests \$20 Buffet and cash bar. Please send RSVP and payment prior to Dec. 4th. Send check to Jane Derby, 2535 River Rock Drive, Macungie, PA 18062. No payment will be accepted at the door.

Directions: Hamilton St. Allentown

Event Organizer: Sallie Urffer

Posted: 9/10/2007 12:22:56 PM by Sallie Urffer

Updated: 11/29/2007 9:25:04 AM by Jane Derby

A KM for Every Year

 C R / 60 km 10:30AM Velodrome

◆ Come help me celebrate my birthday with a ride to Crystal Cave with a stop at the Uptown for a snack and a cup of espresso.

Directions: Map on Web Site

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 often

Posted: 8/16/2007 5:00:39 PM by Robert Erbeau





Bike Line/LWA Racing Team



Team News

Pete Siegfried, VP Racing

No report this month..reason: Freezin'!

Junior Team Notes

Gwen Hoover, Junior Coordinator

WE HAVE MOVED!! Yes, we have switched barn rooms with the general club barn room. We are now **#19**, which is to the right of our old room. The combo on the lock is the same. If anyone has a shop vac, could they see if they could vacuum the room (bring and extension cord-it looks like the outlets were by the light switches at the main door). Also, I need someone to take a utility knife and cut back the carpet around the door. I am still hacking up birds nest fibers and mouse poop from the clean-up with Lin Roeder and Jane Derby (that's a million for all their help and organizational skills). The three of us also moved out the big wooden rollers-take a peek and won't believe your eyes! *From the editor: I have seen and now believe-very nice indeed! Save those birds nests for soup, Gwen!*

If you would like a **LOANER TRACK BIKE** for the 2008 season and have not yet contacted me, please do so. Bikes are assigned on a first come-first serve basis. We are always looking for new youth members(ages 8-18). We have six loaner road bikes for friends and neighbors (youths) looking to get more involved in cycling. Please contact me if you know someone who is interested.

Upcoming Events

Saturday Hot Cocoa Ride-weather permitting

Tuesday Cross Training Session-indoors at Asbury UM Church, Allentown- \$7.00 drop-in fee.

End of Year Party and Swap- Dordal's House, date-TBD

Tubing at Bear Creek- TBD

Indoor Rock Climbing- TBD

If you are interested in any of these events, please contact ghoover@PTD.net Dates will be determined based on interest.

US Bicycling Hall of Fame Dinner

A group of Future Champions attended the US Bicycling Hall of Fame Dinner with guest speaker Phil Liggett, sports journalist and commentator on the Versus Channel. He is likely the most popular English speaking cycling commentator and he is often called the English speaking "Voice of the Tour de France." The kids had a great time and met many of cycling's greats. See the following pictures- all photo credits go to Gwen Hoover.



Jake & Chris with Phil Liggett



Nadia with Hall of Fame & pioneer woman bike racer NANCY BURGHART HAVILAND who dominated women's cycling in the 1960s.

Bike Expo-L.L. Bean

The Lehigh Wheelmen Future Champions did an indoor trainer and roller exhibition at L.L. Bean's Bike Expo on November 10th. We had a great time, got into a workout and handed out lots of flyers about our youth cycling program.



Rollers and trainers-perfect winter training aids!

Racing Results

Jim Hare, Racing Results Editor

LWA RACING RESULTS

ICI MASTERS TRACK CYCLING WORLD CHAMPIONSHIPS

OCTOBER 16 – 21, 2007
(SYDNEY, AUSTRALIA)

SENIOR MEN(55/59)

100m T.T.: CHIP BEREZNY,6TH(36.9)

1km T.T.: CHIP BEREZNY,5TH(2:30.4)

SCRATCH: CHIP BEREZNY,15TH

MATCH SPRINTS:

CHIP BEREZNY,2ND(SILVER)

PTS RACE: CHIP BEREZNY,5TH

* * * * *

MORE RESULTS

AUG 1ST – L.V. VELODROME, FUTURE STARS
JR "B"(13-18): JACOB HOOVER,FIF

AUG 15TH- L.V. VELODROME, FUTURE STARS
JR "B"(13-18): JACOB HOOVER,FIF

AUG 19TH – LEHIGH VALLEY WINERY CRIT
JR MN 13/14: JACOB HOOVER,9TH

AUG 25TH – PA STATE CRITERIUM CHAMP'S
JR MN 13/14: JACOB HOOVER,7TH

SEPT 9TH – TOUR de BREW CRIT
(Allentown,PA)
UNDER 18: JACOB HOOVER,8TH

SEPT 17TH – YUASA BATTERY'S CRIT
(Lauraldale,PA)
JR13/14: JACOB HOOVER,3RD



In Memoriam



Rudy Dippl
1937-2007

Bicycling lost a great advocate, and we all lost a true friend on Saturday, Nov. 3 when Rudy Dippl died shortly after the annual Turkey Time Trial. Rudy was really a wonderful person and will be missed by all of us.

Talking with Neil Dicker today, I mentioned that Rudy had a lot of friends, to which Neil replied that yes, and all of Rudy's friends were good friends. I believe that summarizes it well – when you met Rudy, you liked him.

I was thinking about some of the cycling photos I have of Rudy. One is of him and Dick Saul on a bleak, dismal, dreary January day, posed in front of the Blue Mountain, looking miserable. We were the only ones crazy enough to show up for the ride. I always thought about that photo as an example of how appearances can be deceiving. Despite the weather and how awful we looked, we had a great time that day, riding and talking and enjoying the road.

Probably the one that epitomizes Rudy is one I took a few years ago on a Wednesday ride. When we paused to regroup, I got Rudy to pose. The photo shows him smiling, straddling his bike with his arms in the air, flexing his biceps, exulting in the joy of the moment. It reflects the joy we all feel in the journey, and the enthusiasm Rudy had for life. At the Turkey Time Trial, Libby Molnar took the last photograph of Rudy. Its fitting that he is riding his bike...

Jack Helffrich

Some Other Thoughts.....

*Rudy Dippl died today.
Rudy Dippl died today.
Rudy Dippl died today.*

*There are no words and
There are a million words.
The wind blows strong
Today
The clouds
And sun
Seem to be
At play
But Rudy died
Today.*

*If I were a bike
Then I would know
What to say and if
I were God
Then I could understand why
But I am only
His friend.*

*I can hardly stand
And I can barely
Breathe
And I cannot stop
This feeling like I want
To cry.*

*Rudy only had
Good friends.
Really good friends.*

*I seem to see him
Forefront in my mind
With his constant smile
And his spark plug
Enthusiasm.
On his bike.*

*Thinking about his bike.
Talking about his family.
His wife.
His children.
His grandchildren.
Talking about his Dentistry
Talking about his High School
Or about the Penn Relays
To come.*

*I see Rudy
Riding through the
Woods.
I see him
Eating ice cream
Half way
Through
Pedal Pa.*

*I see Rudy
And see his
Smile.*

*I cry because
I miss him already.
And he is gone not even one day.*

*It was a
Blessing to
Be alive
At the same time
Rudy was.*

I am his friend.

Neil { Ruach } Dicker

November 3, 2007

Rudy pedaled all the way to Heaven (7,000 miles this year alone). I passed him on the course. He had offered to let me draft him, not knowing that he would pass all of us and leave us in his slipstream for good. Rudy finished his race, that's what's important, he finished his race... A couple of us went out and did what he would have done, knocked off another twenty or so more miles for auld lang syne.
Brad Yeakel

From Rudy's Daughter, Julia

I wanted to thank everyone who helped my parents on Saturday. I am especially thankful to both of you for staying with my Mom. My heartfelt thanks to Susie Molnar for trying so hard to save my Dad's life. I have talked to many people over the past few days about what happened, and I believe my father died of what is called 'sudden cardiac death', which is basically a fatal arrhythmia, and in his age group may possibly have been associated with underlying heart disease. **In light of this, my Mom is requesting (in lieu of flowers) that memorial donations be made in my father's name to both the Lehigh Wheelmen and Central Bucks Bicycle Club, with funds being specifically earmarked for purchase of an AED (automated external defibrillator) which you will hopefully never have to use at any of your events.**

I am also requesting that cyclists who knew my father e-mail a fondly shared memory to me (jmdippl@comcast.net). I am going to make a book for my Mom to read at some later time.

Thank you to Jack Helffrich for your generous comments about my Dad. He absolutely loved and lived for his rides, and the friendships he established on the bike meant the world to him.

I hope that all of you will remember my Dad up on the bike with his smile and arms in the air, and erase the memory of last Saturday after his sudden death. Next time you have a beautiful day for a ride, and a good wind at your back, think of my Dad. As Luke (age 6), my middle son says, "Pop-Pop is up in heaven riding bike with the angels".








Julia Dippl Pompliano



















September

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
25 Nov	26 Nov	27 Nov	28 Nov	29 Nov	30 Nov	1  BR First Ride of December, Velodrome 11:00AM
2	3	4	5 Hanukkah begins 	6	7	8
9  Year-End Celebration, Allentown Brew Works 3:00PM	10	11	12	13	14	15
16	17	18	19	20  CR A KM for Every Year, Velodrome 10:30AM	21 Winter Begins 	22
23	24	25 Christmas 	26	27	28	29
30	31	1 Jan New Year's Day 	2 Jan	3 Jan	4 Jan	5 Jan

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			

LEHIGH WHEELMEN ASSOCIATION, INC
PO BOX 140
Trexlerstown, PA 18087

Dec 07

LWA Discount Sponsors

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

Accents "from head to toe"

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

Aardvark Sports Shop

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

Action Wheels

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

Alburtis Neuromuscular Inst.

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

Bennigans Grill & Tavern °

Schoenersville & Stoke Park Rd
Bethlehem, 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
Trexlerstown, PA 18087
(610) 398 6631
(parts & accessories only)

Finish Line Running Store

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

Fitness Plaza

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

Grille 3501

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

Keswick Cycle Co *

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

Longswamp Bed & Breakfast

1605 State Street
Mertztown PA 19539
610- 682-6197

Perkins Restaurant °

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

Red Robin Allentown °

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

Red Robin Bethlehem °

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

Red Robin Easton °

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

Saucon Valley Bikes *

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

South Mountain Cycles And Coffee Bar *

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

Spokes Bike Shop

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

Southwest Trekking

Professional Guide Services
www.swtrekking.com
Tucson, AZ

Therapeutic & Sports Massage

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

* discount on labor and accessories only

° please present card before ordering