



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

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CLUB OFFICERS

Jack Helffrich	President
JackHelffrich@Hotmail.com	610-398-0205
Dave Drummer	VP Touring
beammeup@fast.net	610-298-3382
Pete Seigfried	VP Racing
Srcracer866@aol.com	610-285-4006
Jane Derby	Treasurer
Jderby@ptd.net	610-395-2546
Dave Drummer	Membership
beammeup@fast.net	610-298-3382
Earl Wuchter	Webmaster
earlw@enter.net	610-264-2629
Gwen Hoover	Junior Coordinator
ghoover@ptd.net	610-216-1484
Glenn Toth	QR Editor
Phlsphyguy@yahoo.com	
Vacant	Racing Results Editor
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Let's Play!

Jack Helffrich, President

GREAT MOMENTS IN CYCLING

Most of us are getting older. And some of us, it seems, may have actually gotten old. Proof of this is for me personally is that I am almost 60, Linda and I have been married for 36 years, our granddaughter, Jenny, will turn 22 this week and I have been 'retired' for almost 6 years. But the single thing with the greatest impact on making me feel old is knowing that I was born in 1948. Any way you turn it, that is just a really old number.

I tell people that the way to truly evaluate their age is to determine the year that is as far in the past from the year of their birth as the year of their birth is from today. For me that's 1948 minus 59 or 1889. So my birth date is about as near to the invention of the automobile as it is to today. Nice perspective. One of the great things about cycling is that it keeps us feeling young. My friend Tom who introduced me to mountain biking back in the 1980's (think rigid frame - no rear OR front suspension) said that mountain biking was like having a license to act like a twelve year old. He was right - it's still fun getting muddy.

Road riding also contributes to being young. It might be because most of us had bikes as kids, and cycling takes us back to a more carefree time. Maybe it's because cycling is such a minimalist activity; having more 'stuff' detracts from rather than adds to the enjoyment. Maybe it's the boost we get from pushing ourselves beyond what we would normally accomplish.

A truly wonderful thing about cycling is the memories it creates. Each time we gather for a group ride, we create a moving party. We roll on for a while talking with old friends, then something changes and we are beside somebody new,

making new friends and sharing new experiences. Before leaving for a cross-country bike tour in 2002, I was expressing some of my concerns to Chris Lloyd, who had done this a year earlier, because I was not going with anyone I knew. One of my main concerns was being stuck with a group of whiners and malcontents.

Chris told me that he could practically guarantee that I would be with a great group of people and have a fantastic time. Turned out he was right. Chris reminded me that cyclists are used to the pain of climbing hills, the cold morning starts, riding in a soaking rain, flat tires, headwinds, saddle sores, an occasional road rash, bonking, being chased by dogs, and a host of other discomforts. We accept these hardships because they are accompanied by bombing downhills, tailwinds, sunny spring days, the smell of a new mowed lawn, coffee with friends at the Hard Bean, the joy of finishing a century, riding a rock garden that seemed impossible, finding a new country road, great vistas and making friends.

I became active in the club years ago when divorces, relocations and changed job situations broke up our gang of cyclists. What I found was a larger, more diverse group of friends who shared my joy of being on a bike. We have a great club and a great sport. Lets work to keep it that way and keep creating more great memories.

Come on spring!

Jack Helffrich

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

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

Business and Pleasure

LWA Meetings

NEW MEETING LOCATION
SCHEDULED MEETING

Tuesday, March 18, 2008

8:00 PM-9:00 PM: Business Meeting

Directions to The Education Center

It is located at 250 Cetronia Road, which is behind the Tilghman Square Mall in Allentown.

Treasurer's Report

Jane Derby, Treasurer

Statement of Cash Flow 01/12/08 to 02/14/08

Income:

Bike Case Rental	100.00
Membership Dues	<u>200.00</u>
	<u>\$300.00</u>

Expenses:

New Checks-correct bank & Address	(25.00)
Rental of Storage Area	(98.50)
Meeting Costs	(15.43)
Insurance for Club	(724.14)
Membership Costs	(6.54)
Membership Dues to LAB	(75.00)
Quick Release	(19.42)
Special Event Cost 2007 Donut Derby	<u>(350.00)</u>
	<u>\$(1,275.27)</u>

Change in Cash \$ (975.27)

Bal. Wachovia 1/11/08 \$2,662.59
 Change in Cash \$ (975.27)

Bal. Wachovia 02/14/08 \$ 1,687.32

Bal. Susquehanna MM 01/11/08 \$16,456.06

Interest For January \$31.02

Bal. Susquehanna MM 02/14/08 \$16,487.08

Membership Report

VACANT position.

NO NEW MEMBERS FOR MARCH

Now would be a great time to renew your membership!

Do it Now!

By: Glenn R. Toth (QR Editor)

I work part time at a bike shop: CycleSports in Doylestown because I am passionate about cycling and really hate to pay retail to support my *habit* (liberal employee discounts). We are all awaiting the beginning of March,

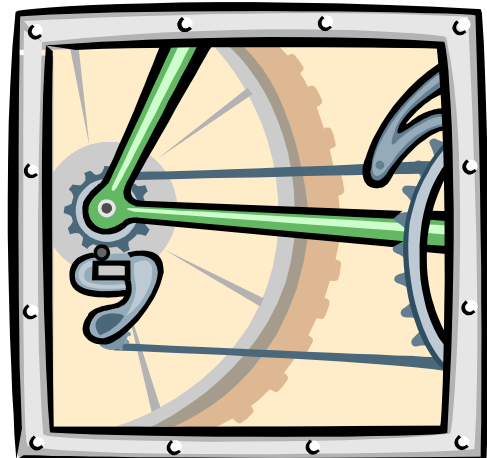
as it usually is a sign that the warm weather-riding season is around the corner. The days are longer as we set the clocks ahead early in the month, it is a bit warmer compared to the deep freeze of January and February and it is a time to see if we can fit into last year's spandex.

As this season is fast approaching and group and event rides increase in numbers, I cannot emphasize enough that it's important to have your bike tuned up and repairs completed *before* the start of the season. Nothing will ruin a ride for you, and your fellow riders, then having a breakdown that could have been prevented with a little preventative maintenance.

Bringing your cycle in on the first nice warm day of the new season is a mistake we all have made. If you have done this, then you would have noticed the hundreds of other cyclists doing the same thing. At Cyclesports it is not uncommon to intake fifty bikes in one day that are in for the yearly tune-up. This creates a backlog of cycles and then everyone has to wait a little while longer to get rolling on the road. The mechanics do their best and put in many hours of overtime to expedite the repairs, but the sheer number of bikes can be overwhelming. Bike shop personnel literally sit around all winter with not much to do except for an occasional bike build or repair and I can guarantee that the first nice day will cause an absolute flurry of activity. We start running out of room in the store with the number of bikes taken in, and, of course, everyone wants their bike for the next nice day, which is usually the next day or in a few days.

Right now, the beginning of March, is a great time to take your bike to your local bike shop for the annual tune up. Not only will you be beating the crowd, but also you will have your bike for the first warm day of the season, while the others are still waiting for repair. Or, better still, sign up for the Coalition For Appropriate Transportation's Park School Repair Class that runs on Saturday mornings and Thursday evenings and is taught by the area's foremost bicycle repairman: LCI Frank Pavlik. Yes, you too can repair and tune your own bike and be a hero on the road when a group rider breaks down. I know many Wheelmen have already taken the class. And if you are in Doylestown, stop by and say hello!

Glenn Toth, your QR Editor





Bike Line/LWA Racing Team



Team News

Pete Siegfried, VP Racing

The Speed Racer Report

Well, it looks like we are here in the new race season already! What the heck happened to winter? Well, honestly, as I'm looking out the window, it's still here!

Our Wheelmen cup race is almost here. It's scheduled for April 6, 2008. In this race we defend our title for the famed Wheelmen Cup. Yes, that's right, a real trophy! We have kept it for about the last eighteen years and we only lost it three times. Although, we have had some close racing the last few years.

In this race, we have a team time trial in which we divide our team into groups of four and the fastest time wins. Points are awarded for this and then we have a points race. This is a team effort and each member plays a role in the win. Whether you are a sprinter or a guy who brings the sprinter to the front at the right time, the team with the most points total wins the Cup.

We will meet at the Upper Macungie Park and car pool to the race. This year the race may be in Berwick, however, this has not been confirmed. More on that later...

Also, the March series is under way. Juniors, men and women all have races at the William Penn Business Park. Anyone who would like to come and watch is welcome and if you want to help contact me at 610-285-4006 or at sracer866@aol.com. We will be sweeping the course on march 1st. If you want to help and then go for a ride after, you are welcome and we will start at 10:00 am.

Also, the Bikeline Thursday Night Training Series is starting on April 3rd. All racers and those who are thinking about getting their feet wet in the world of racing should turn their thoughts toward this series. It is held at: **Bob Rodale Fitness Park, across from the Lehigh Valley Velodrome, Trexlertown, PA.**

Racing for the early race is at 5:30 PM and it's a great training tool to get you in the groove for the season and a good workout to keep you fit for your other races.

Well, I have lots to do, so I must run. I hope the weather is good and I see you all out there on the road.

Your VP of Racing ,

Pete Siegfried

Junior Team Notes

Gwen Hoover, Junior Coordinator

Junior Criterium Racing

Sundays in March

For more info <http://www.lehighwheelmen.org/images/pdf/fly-march.pdf>

Sunday March 30, The Families of our Junior Racers are marshaling the corners at the March Training Series. All proceeds from the race benefit the Junior Development Fund. Email ghoover@ptd.net if you can help out.

Spring Velodrome Flea Market Saturday, May 3. If you have items you want to sell, the junior group will do so for a 20% commission. Contact ghoover@ptd.net if you can man the stand, bring a baked good, or have equipment to be sold.

Interested in Family or Junior Road Rides (Social) or Racing...contact Gwen Hoover ghoover@ptd.net. Our Saturday "Smoothie" rides will start in April when the weather gets nice. 10:00 AM from the Velodrome parking lot. Check the club calendar for details. Also contact Gwen if you want to be added to the Email information list on junior cycling.

Upcoming Racing Events

Tour de FCCC Junior Stage Race – Time Trial and Road Race, Saturday July 19. Criterium- Sunday July 20 m

MEMBERS Website: <http://lwa.pryzm.net/lwa/Juniors/Default.aspx> (there is a getting started page, a racing page and news/articles)

Racing Results

Vacant Position

Nothing to report-but don't worry: those really really long race reports that I have to retype will be coming soon! I am limbering my fingers...GT

Classified Ads

ARTICLES FOR SALE
Hard bicycle travel case. Hardly used and in excellent condition. \$200.00 Contact Tom at: 717-332-3552 or tombenn24@yahoo.com
COMPLETE THULE ROOF RACK SYSTEM –very good condition- \$250.00 Includes: 2 load bars, 2 lockable fork attachment bike racks, 4 rack locks, 4foot packs, 1 wind fairing. Suggested retail: \$550.00 Thule Kayack Stacker: \$60.00; \$50.00 if purchased with above rack. Contact: kestrel4@ptd.net
Specialized Hard Rock TRX 20" BMX style bike Good condition: asking \$75.00 Specialized Rockhopper mountain bike. 21" frame, Deore components; good condition with new tires asking \$250.00 Call: Dave 610-377-0814 or Dmatsinko@yahoo.com
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 .
WANTED
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

Announcements, Tidbits and Other Really Great rides.

LiveStrong Challenge

Please mark August 24, 2008 on your calendars. That is the date for this year's LiveStrong Challenge. I invite you to join our team for this memorable event. Last year, the LSC raised over \$2.25 million in a single day. Over 3000 riders participated. Our team raised thousands of dollars, and all team members had an incredible day. The ride is one of the most professionally supported rides you will ever encounter. Completely first class all the way. The community welcomes the riders as we roll through the countryside, cheering us on because of the gravity of our cause.

I urge you to join our team or to make a donation in support of one of our team members. You can learn more about the LiveStrong Challenge by visiting the Lance Armstrong Foundation Web site at www.livestrong.org. Click on links to the LiveStrong Challenge Philly, then find our team, The Wheelman Warriors.

See you on the road!

Rob Erbeau- Chief Warrior



VeloSwap

Flea Market at the Velodrome-a feeding frenzy of buying activity. Come prepared with a wad of cash to get unbelievable deals from socks to cycles. With all the great deals available, fistfights may occur-well, not really, but it is a frenzied rush to get the best deals. Most of the time, no good offer is refused!

Come out and also support our junior racers. Anyone willing to donate some baked goods, help out at the stand or want the juniors to sell some of your gear collecting dust (yes, there IS a market for 9spd Campy gear, older or newer gear of any make) for a small 20% fee, then contact Gwen Hoover at: Ghoover@ptd.net Come early to reserve your spot in line!

2008 COMMERCE BANK TRIPLE CROWN OF CYCLING

GEAR UP FOR VOLUNTEER SPOTS

Planning is well underway for the 2008 Commerce Bank Triple Crown of Cycling events, and now you have the opportunity to become a part of this world-class professional cycling series.

The public is invited to experience the excitement of professional cycling first-hand by volunteering with Pro Cycling Tour, the organizers of the Commerce Bank Triple Crown of Cycling. The dates and locations for the races are as follows:

Commerce Bank Lehigh Valley Classic – Tuesday, June 3, 2008

Commerce Bank Reading Classic – Thursday, June 5, 2008

Commerce Bank Philadelphia International Championship & Liberty Classic – Sunday, June 8, 2008

The series features the nation's biggest professional road cycling races with international athletes, live television coverage and community festival events.

"We always have room for helping hands and smiling faces," says Jerry Casale, chief operating officer of Pro Cycling Tour. "Whether you're a die-hard cycling fan or just a fan of the outdoors, you are welcome to join us for what promises to be an incredible experience for the athletes, the fans and the cities of Reading, Allentown and Philadelphia. Show off your community pride and help us host safe and memorable race days for everyone!"

Hundreds of volunteers will be needed in the following areas: course marshals, stage crew, foreign language interpreters, hospitality, marketing and public relations, and driver support.

For more information about volunteer opportunities, requirements and sign-up procedures, go to www.procyclingtour.com or click on VOLUNTEER SIGN UP . You can also call 610-676-0390 ext. 106.

SCU Quad County Metric, Green Lane, PA

Saturday May 10, SCU Quad County Metric, Green Lane, PA

New for 2008: Register for the combo - Quad County Metric and Lake Nockamixon Century - and save \$5! Save time and money - register for both events for only \$45 with one convenient transaction. Receive two T-shirts (one long-sleeve Quad County Metric shirt on May 10 and one short-sleeve Lake Nockamixon Century shirt on August 24) if you register by April 27!

On Saturday, May 10, start from scenic Green Lane Park, Deep Creek and Snyder Roads, Green Lane, PA 18054, and ride 21, 31, 45, 53, 68, or 76 miles at your own pace on low-traffic back roads. The 21-mile route avoids the longest climb and is suitable for casual riders. The longer routes are on rolling to hilly terrain. The 53- and 76-mile routes include the 8-mile "Intensive Climbing Unit" extra-hilly segment with 1,200 ft additional climbing. A flat 10-mile ride on the unpaved Perkiomen Trail is also available.

Registration includes marked route, cue sheet, SAG support, rest stops, and a post-ride meal with vegetarian option. Rest stops have a large assortment of home-baked snacks.

Camping is available at the start location. Suburban Cyclists Unlimited <http://www.suburbancyclists.org/>

P.O. Box 401

Horsham, PA 19044

Phone 215-234-0170

centuries@suburbancyclists.org

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

Mar 08

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, PA18018
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