



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

Volume 35, Issue 7

July 2008

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beammeup@fast.net	610-298-3382
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JDSmozart@aol.com	
Dave Drummer.....	Membership
See above under touring	
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ghoover@ptd.net	610-216-1484
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Phlsphyguy@yahoo.com	610-316-6125

Did You Ride Today?

Jack Helffrich, President

"You are either part of the problem or part of the solution"

~Eldridge Cleaver, 1968

I don't agree with this quote as it applies to every activity in which we engage as humans, but I was thinking that it does apply well to cycling. This is possibly due to the fact that when we mount our bikes and venture out onto the roadways, we are a distinctly visible minority and we surrender our anonymity.

Whenever I am out riding I try to remember that, to some extent, I am either going to make a friend or an enemy of cycling of every motorist I encounter. Not personally, but the attitude that I create is going to be applied to all cyclists.

Friends: Give a "thank you" wave to overtaking motorists when they give you a wide berth. Ride on the paved shoulder when one is available and stay no more than two abreast when on a group ride. Signal your turns, take your food wrappers home with you, throw the banana peel in the woods, and buy something you really don't need from a business when you stop and use their restroom.

Enemies: Use inappropriate hand gestures, blatantly disobey traffic signals and congregate in the middle of the road when regrouping on rides.

In the friends of cycling vein, a big THANK YOU goes to Rob Erbeau for organizing the "Ride of Silence" in Allentown in May. Cycling in general and the LWA in particular received some very favorable publicity from this event. It was a unique opportunity to support our sport, to ride downtown (not all that scary) and to experience a quiet group of cyclists. The latter was true because my wife and I were on our tandem.

THANK YOU also to the dozen or so members who volunteered to help marshal at the first *Lehigh Valley Classic* bicycle race in Allentown. It was a significant sacrifice to give up the freedom of riding around the course in order to support the event. Thanks to Susie Molnar for being our contact person with the Allentown Police Department, and to volunteers: Neil Dicker, Dave Drummer, Rob Erbeau, Donalee Frary, Kathleen Guthrie, Pete Helper, Gwen Hoover, Nadia Latzgo (a twelve year old who also brought her parents), Dick McCreight, Susie Molnar, Sean & Lin Sorrentino and Terry Terfinko.

Another THANK YOU goes to Bill Derby for organizing the memorial ride for Rudy Dippl. It was great getting together with Rudy's family and his cycling friends from the Souderton, PA area to remember Rudy and to recall how much he meant to each of us. The first half of the ride was enjoyable; the second half was memorable.

Finally, THANK YOU to all who have led rides this year. Cycling is a great fitness activity and a nice way to see the country, but the best part is the people you meet while riding. Next time you are on a group ride, remember to thank the leader for making it possible.

Regards,

Jack Helffrich

LWA Meeting

Scheduled Meeting

NO SCHEDULED MEETING

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

Treasurer's Report

Jane Derby, Treasurer

Statement of Cash Flow 05/15/08 to 06/14/08

Income:

Membership Dues	\$	308.00
		308.00

Expenses:

Purchase Of AED	(1192.50)	
Rental of Storage Area	\$ (98.58)	
Meeting Costs	(6.36)	
Membership Costs	(153.59)	
Postage-deposit from Beth PO key	(1.00)	
Postage-Rental of PO Box	(54.00)	
Quick release	(40.00)	
Veloce-Paint	(15.81)	
	\$ (1,479.84)	

Change in Cash \$ (1,171.84)

Bal. Wachovia 5/15/08	\$	4,612.89
Change in Cash	\$	(1,171.84)

Bal. Wachovia 06/14/08 (\$627.50 is AED money) (\$2813.55 club general money)	\$	3,441.05
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Bal. Susquehanna MM 05/15/08	\$	16,534.94
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Interest May 30	\$	14.78
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Bal. Susquehanna MM 06/14/08	\$	16,549.72
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Membership Report

Dave Drummer

Name	From
Jan Billings	Easton
Chuck Bloser	Emmaus
Tim Brooks	Bethlehem
Tony Cerrone	New Tripoli
"Doc" Docherty	Allentown
Christy Gruber	Emmaus
Andrew Hudson	Macungie
Jamie Kline	Emmaus
Kathy Kline	Emmaus
Evelyn Korbich	New Tripoli
Scott Korbich	New Tripoli
David Kozinski	Bangor
Brad Kreschollek	Bethlehem
Josh Luey	Emmaus
Kathleen Madara	Bethlehem
Tom Madara	Bethlehem
Scott Mulvaney	Bethlehem
Jeff palmeiri	Breiningville
Brian Saylor	Easton
John Schubert	Coopersburg
Emily Slane	Cherryville
Nicole Smith	Easton
Al Wiemann	Northampton
Liz Wiemann	Northampton

Classified Ads

ARTICLES FOR SALE
YOU MUST BE A MEMBER TO POST-NOT A FRIEND OF A MEMBER
Cannondale Mountain Bike , F600, CAAD 3 (Cannondale Advanced Aluminum Design 3), Serial #56040LK11390, System Integration Headshop Fork, Mavicx139 wheels, Pana Racer FirexCPRO 2.1 tires, Size 26" x 2.10, Shimano Drive Train, Gearset Sprocket, Instruction Book included, color is red. \$450. Jan at 610-366-0234
a pair of roller blades, (Size 12 or 13). Purchased at Nester's. Excellent shape. Call Jan at 610-366-0234 .
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
2005 Trek 1500 WSD 54cm. Shimano Ultegra Rear, Shimano 105 front. In excellent condition-just too small for me. \$450.00 OBO Contact either Dave or Kathy Moser: dmoser@cyoptics.com or Kathleen.Moser@LVH.com
The following are from Brian Kerecz and he can be reached at: briankerecz@gmail.com
2 Brand new Yakima Raptor Bike Racks. Used on car for about two weeks. I am changing to rear mount to accommodate kayaks on roof. MSRP=\$99.00 ea. Asking \$65.00 ea
2 Sets of Universal Mighty Mounts-brand new. MSRP: \$45.00 ea Asking: \$25.00 OBO each set.
Yakima SKS Lock Set (4 locks) MSRP=45.00 Asking: \$25.00
Ritchey Excavader Mountain Bike Tire (26x 1.9) Never Used originally \$32.00 Asking: \$6.00
Kenda Mountain Bike Tire (26x 1.95) Brand New never used. Originally \$22.00 Asking \$6.00
BRAND NEW Exustar Mens Road Shoes. Still in box and never used. Sz 10.5 Originally: \$90.00 asking \$29.00
Pearl Izumi Womens Vortex Mountain Biking Shoes Sz 9.5. Brand New-never used-still in box. Originally: \$110.00 asking \$35.00
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 ONLY!
IF YOU WANT TO PLACE AN AD THEN JOIN THE CLUB!

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



Bike Line/LWA Racing Team



Team News

Pete Siegfried, VP Racing

The Speed Racer Report

It's been an interesting couple of months, and we've had a bunch of great races here and abroad. Our own races have been fast and furious and it seems that the Thursday night riders at the crit don't want the fast guys to get away and win the race by staying away.

The weather has been interesting: Some good rain storms that just missed us and we get the ride in anyway and one that allowed us to get the early race in and then started blowing like heck and knocked a tree across the course just in time to stop the late race. Well, I don't know about anyone else, but I needed the break that week.

I hope you all got to see the Tour of Italy. Great race! Unbelievable climbing. I enjoyed watching the King of the Mountain competition. The final Time Trial was so steep that many riders complained that it was too hard after that mountain stage the day before.

Allentown enjoyed a great success with the first race of the Commerce Bank Triple Crown. Many of our local heroes were in that race including Jackie Simes. He told me it was pretty hard. A few of our local women were in the women's race. They all said it was very tough. I could see [myself] that it was fast. I don't think I would have had an easy time just staying in that one.

As spectators I saw many of our local elite riders at the race. All having fun going from place to place to get a view of different parts of the course. Kip Janson and I walked with my wife Kathy and watched from 17th street where attacks were happening, and then to the start finish line for the end. Great Day!

Our ex-president Lori Reinert was there and she was being sent down by her boss to watch the races. She even got Mr. Butz a ride on a motorcycle through the course.

The track is open now and by this time you will have been to the first Friday night race. I have already been to my first Masters and Rookies day on Saturday. Great day but holy cow it was hot. It hasn't cooled down since.

Ok, I think that's all I have this month. I hope to see some of you out on touring rides. I'd like to join some of you on Sundays. I need to focus on something other than the wheel in front of me sometimes.

Rubber side up,

VP of Racing

Pete Siegfried

Junior Team Notes

Gwen Hoover, Junior Coordinator

Junior News and Notes

No report this month

Recreational Riding Schedule

Dave Drummer, VP Touring

Thanks to those members who have indicated that they would be willing to occasionally lead a C group for a cue sheet ride or to offer the ride in the afternoon as well as in the morning. Anyone who is interested in helping with this, please contact me: beammeup@fast.net.

Looking ahead to July, the Pagoda Ride is scheduled for July 4th. The traditional ride leaves the Velodrome at 9:00, or you may want to

join me on a shorter version of this ride that starts in Bowers at 9:30. The short route includes all of the great climbs to the Pagoda and up Baldy Hill (or Forgedale road), and then finishes with a downhill plunge back to the park in Bowers. A great way to be a bit more conscious for that afternoon picnic!

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.

Wednesday, July 2, 2008

Germansville Loop



B R / 40 mi 8:30AM Covered Bridge Park-Wehr's Dam

A ride through Trexler Game Preserve then west to Germansville. Rest stop @ Bagel place on RT. 309. Some hills but the views are worth it.

Directions: Map on Website

Event Organizer: Karen Nestor

Leader: Karen Nestor 610-395-8491 karen@nestors.com

Leader 2: Pete Nestor 610-390-2967 peter@nestors.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 6/29/2008 1:10:25 PM by Karen Nestor

The "Centennial" Challenge



C H / 28-30 mi 5:45PM Velodrome

For those of you who like just a little bit of pain (enough to recall what it feels like when your lungs are collapsing, your feet are cramping, and your throat begins to close up), come out on Wednesday nights for the weekly climbing ride! Who could resist an invitation like that ?!?

Directions: map on website

Event Organizer: Sheri Kline

Leader: Sheri Kline 267-374-0354 skline@knoll.com

Leader 2: Sylvia Radvansky 484-515-9654

- 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: 6/26/2008 11:27:05 AM by Sheri Kline

Updated: 6/26/2008 1:02:14 PM by Sheri Kline

Thursday, July 3, 2008

Thursday Night Ride



B R / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)

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.

Event Organizer: Art Hunsberger

Leader: Art Hunsberger 484-547-2695 ahh3@ptd.net

- Rain Cancels
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 5/18/2008 11:43:11 AM by Art Hunsberger

Women on Wheels



C R / 30 mi 5:45PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills. When needed we split into 2 groups B and C.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 6/24/2008 7:54:12 AM by Donalee Frary

Friday, July 4, 2008



Pagoda Ride



B H / 65 mi 9:00AM Velodrome

This is our traditional 4th of July ride to the Pagoda. Great opportunity to burn some major calories before your picnic. There is a significant amount of climbing up to the Pagoda and also on the return up Long Lane.

Directions: Map on website

Leader: Terry Terfinko 484-707-2866 terfintt@verizon.net

- 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

LWA Quick Release

- Will regroup often

- **No minors, please.**

Posted: 4/15/2008 7:47:09 PM by Terry Terfinko

Updated: 5/13/2008 5:46:16 PM by Terry Terfinko

Just a Little Bit Less of the Pagoda Ride - 49 or 53 miles



Q H / 53-49 mi 9:30AM William Delong Park (Bowers)

A cue sheet ride of 49 or 53 miles. This is a shorter version of the traditional ride to the Pagoda in Reading, so it does not include the mostly flat terrain to and from the Velodrome. The longer route climbs Baldy Hill and returns to Bowers for a total of 53 miles. The shorter ride returns via Forgedale Road for a total of 49 miles.

Directions: map on website

Event Organizer: Dave Drummer

Leader: Dave Drummer (will ride at a B pace) 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: 5/13/2008 12:21:31 PM by Dave Drummer

Updated: 5/23/2008 2:00:24 PM by Dave Drummer

Sunday, July 6, 2008

Evergreen Lake #1, 26 or 40 miles



Q R / 39-26 mi 9:00AM Bicentennial Park

Bicentennial Park to the Blue Mt. and a break at Evergreen Lake campground. This wiggly 40 mile ride has a hilly start and a smooth finish. There is also a 26 mile loop.

Directions: Map on website - The ride will start from the Eastern side of the park, with the entrance off of Hanover Street.

Leader: Dave Drummer 610-298-3382 beammeup@fast.net

- Rain Cancels
- Rest stop(s) along the way
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often

Posted: 6/23/2008 5:43:38 AM by Dave Drummer

Monday, July 7, 2008

The Monday Night Ride



C R / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and volunteers will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website

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: 3/24/2008 7:12:12 PM by Robert Erbeau

Updated: 6/3/2008 8:19:19 PM by Robert Erbeau

Wednesday, July 9, 2008

Getting Ready Part 3



B H / 50 mi 9:00AM Velodrome

A great ride! Come on out with strong legs as we head towards the Spitzenberg, climb it and then head for the hills as we return to the velo. A rest stop at the Coastal is planned to refuel and rehydrate. Come on out and see some beautiful views as we prepare for Neil's Birthday Ride aka this year as the Polka Dot Challenge. The date for this event is 9/21/08. Save the date!

Directions: map on website

Event Organizer: Neil Dicker

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

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 6/18/2008 2:22:12 PM by Neil Dicker

Thursday, July 10, 2008

Women on Wheels



C R / 30 mi 5:45PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

When needed we split into 2 groups B and C.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 6/24/2008 7:54:59 AM by Donalee Frary

Saturday, July 12, 2008

RAGBRAI Prelude



C F / 50 mi 10:00AM Oaks, PA

A social ride the week before the big ride in Iowa. The pace will be casual to keep the legs loose but fresh. We will ride to the Philly Art Museum, then return. A stop at LeBus for lunch is planned.

Directions: From the Valley, take RT 100 South to RT 422 East. Get off at the Oaks/Egypt Rd Exit. Go under the overpass to the first right (New Mill Rd). Turn right and park in the lot on your left or in the road.

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: 6/22/2008 9:26:49 AM by Robert Erbeau

Monday, July 14, 2008

The Monday Night Ride



C R / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and volunteers will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website

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: 3/24/2008 7:10:01 PM by Robert Erbeau

Updated: 6/3/2008 8:19:56 PM by Robert Erbeau

Wednesday, July 16, 2008

Gerald's First



B R / 40 mi 9:00AM 123 Clover Hollow Road, Easton, PA

Ride from my house with a lunch to follow. I will make the main course, have drinks, with snacks. I would appreciate it if everyone would bring something small to add to the lunch.

Directions: 78 or 22 to 33 North about 2 miles north to exit for 248

248 south about 1/2 mile Left onto Northwood ave. (not marked) Northwood is lft. just past motel (on right) Northwood ends in one block. Go straight into my development. Make first lft. and I am down about 12 houses on the lft. any questions call 610-252-3422

Event Organizer: Gerald Polachak

Leader: Gerald Polachak 610-252-3422 njbowmannj@yahoo.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: 6/19/2008 6:09:52 AM by Gerald Polachak

Thursday, July 17, 2008

Women on Wheels



C R / 30 mi 5:45PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

When needed we split into 2 groups B and C.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 6/24/2008 7:55:33 AM by Donalee Frary

Posted: 6/18/2008 2:54:23 PM by Dave Drummer
Updated: 6/27/2008 12:24:10 PM by Dave Drummer

Saturday, July 19, 2008

Nicole Reinhart Memorial Tour de FCCC Stage 1 - Time Trial



8:00AM Rodale Institute, Maxatawy, PA

Full Event info and registration

<http://www.bikereg.com/events/register.asp?eventid=5729>

Directions: 222 South from the Velodrome – take a right turn on Grim Road (there is big blue sign Rodale Farm Institute at this road) – go to the first stop sign and then make a Left. There will a small school house on left side

Event Organizer: Gwen Hoover

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

- Rest rooms available

- Bring food

- Bring water

Posted: 6/22/2008 3:41:33 PM by Gwen Hoover

Nicole Reinhart Memorial Tour de FCCC Stage 2 - Road Race



2:00PM Rodale Institute, Maxatawy, PA

Full Event info and registration

<http://www.bikereg.com/events/register.asp?eventid=5729>

Directions: 222 South from the Velodrome – take a right turn on Grim Road (there is big blue sign Rodale Farm Institute at this road) – go to the first stop sign and then make a Left. There will a small school house on left side

Event Organizer: Gwen Hoover

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

- Rest rooms available

- Bring food

- Bring water

Posted: 6/22/2008 3:42:16 PM by Gwen Hoover

Updated: 6/22/2008 3:44:44 PM by Gwen Hoover

Sunday, July 20, 2008

Nicole Reinhart Memorial Tour de FCCC Stage 3 - Criterium



8:00AM Rodale Park, N 40.32.801 W 75.36.794

Full Event info and registration

<http://www.bikereg.com/events/register.asp?eventid=5729>

Directions: Map on Website

Event Organizer: Gwen Hoover

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

- Rest rooms available

- Bring food

- Bring water

Posted: 6/22/2008 3:43:24 PM by Gwen Hoover

Wednesday, July 23, 2008

Best of the Wurst - B or C pace



9:00AM Dave's House

The ride meanders through the Hawk Valley and Lyon Valley areas, and will be followed by lunch on my deck. I will provide an assortment of wurst for the grill, and of course, plentiful homebrew, or wine or cider, if you prefer. Riders should bring a covered dish (and alternate grillable food if they prefer not to eat wurst, though I can hardly imagine such a thing!)

Directions: Contact Dave if you need directions.

Leader: Dave Drummer 610-298-3382 beammeup@fast.net

Leader 2: Dick McCreight

- Rain Cancels

- Bring food

- Bring water

- Cue sheets will be provided

- Will regroup often

Thursday, July 24, 2008

Women on Wheels



5:45PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

When needed we split into 2 groups B and C.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info

- Rain Cancels

- Rest stop(s) along the way

- Rest rooms available

- Bring food

- Bring water

- Will wait for slow riders

- Will regroup often

Posted: 6/24/2008 7:56:13 AM by Donalee Frary

Friday, July 25, 2008

Pedaling for Pizza



5:30PM Coopersburg Giant

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supremely Intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website

Event Organizer: Karen O'Brien Winkler

Leader: KO 610-317-9611 yptouring@yhoo.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: 4/13/2008 1:52:05 PM by Karen Winkler

Wednesday, July 30, 2008

Nockamixon Ride



9:00AM Lenape Park

Rolling country roads on this eastern loop down to lake Nockamixon.

Directions: Lenape Park in Old Zionsville, map on website

Leader: Terry Terfinko 484-707-2866 terfintt@verizon.net

- Rain Cancels

- Rest stop(s) along the way

- Rest rooms available

- Bring food

- Bring water

- Will wait for slow riders

- Will regroup often

- **No minors, please.**

Posted: 6/12/2008 5:46:39 AM by Terry Terfinko
Updated: 6/18/2008 11:35:16 AM by Terry Terfinko

Thursday, July 31, 2008

Women on Wheels



C R / 30 mi 5:45PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

When needed we split into 2 groups B and C.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 6/24/2008 7:56:53 AM by Donalee Frary



Bethlehem Crit 2008 Photo by: Glenn R. Toth



Bethlehem Crit 2008

Photo By: Glenn R. Toth



Bethlehem Crit 2008

Photo by: Glenn R. Toth

Announcements, Tidbits and Other Really Great Rides

Annual Ramapo Rally Ride at Mahwah, N.J.

Hold the date – August 17, 2008. This will be a ride you don't forget!

Choose from six beautiful, well-marked routes - 12, 25, 45, 62, 100 and 125 miles. These are rider-tested routes. The emphasis is on the enjoying the ride and the scenery. The 12-mile route is designed for beginners and families. The 25- and 45-mile routes are rolling. The rolling 62- and 100-mile routes head Southwest through the Splitrock Reservoir area as well as into the greenery along miles of the Black River Wildlife management Area with the turn-around for the century (100) in Chester NJ. For those stronger riders looking for a challenge, we are offering a 25 mile hilly extension to the century for a double metric (125) — a climb up Schooley's Mountain - along the ridge - and a rewarding downhill. Escorted rides will leave at pre-determined times on Rally morning for all ride levels. Whichever you choose, you'll love the company, well marked routes, rest stops stocked with fruit and home-baked goodies, and the views!

Register by August 1st to receive a FREE Polar Water Bottle.

Post-ride enjoy a light meal, music and browse our through our merchandise for bicycle gifts including our own BTCNJ T-Shirts, Jerseys and more!

SAG Support is top-notch!

Pre-Registration postmarked by August 1 is just \$25 for BTCNJ members and \$30 for non-BTCNJ members. For registration postmarked after August 1, the cost will be \$30 for BTCNJ members and \$35 for non- BTCNJ members. On the day of the event, all registration will be \$35

Rally Day Sign-In

Registration opens at 7:00 AM and closes at 10:00 AM

Century and 125-mile registration closes at 8:00 AM, sharp!

Century and 125-mile riders must depart no later than 8:15 AM

Rally support & services close at 5:00 PM

Pre-Registration postmarked by August 1 is just \$25 for BTCNJ members and \$30 for non-BTCNJ members. For registration postmarked after August 1, the cost will be \$30 for BTCNJ members and \$35 for non- BTCNJ members. On the day of the event, all registration will be \$35

For further information, please go to our website at: <http://www.btcnj.com/ramaporally/> or to register go to Active.com and look for **Online Ramapo Rally Registration**

See you there!

The Muhlenberg Bicycle Lending Program

This program (planned to kick off this Spring) will enable interested students to borrow a bicycle on a short term basis. This initiative is a joint effort of students, faculty and staff.

They currently have three bicycles to get the program started...but they would like a few more. That's where you come in-we are looking for hybrid style bicycles in good working order. If you have a used bicycle in good condition that you would be willing to donate, please contact miles at: md232620@muhlenberg.edu

LiveStrong Challenge

Please mark August 24, 2008 on your calendars. That is the date for this years 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

LBC Covered Bridge Metric Century

Sunday August 17, 2008

Rides of: 25K, 50K, and 100K (15, 31 and 62 miles). The ride meanders through the heart of Lancaster County, offering up acres of unspoiled rolling farmland and six historic covered bridges. Registration is \$15.00 if you pre-register online with Active.com on or before July 18th 2008 and \$30.00 after that. Children 12 and under are free. The fee covers: lunch, water stops, SAG wagons, cue sheets, road markings, ice cream and a good time. Additionally, a commemorative T-shirt can be purchased for \$15.00 by July 18, 2008: Pre order to ensure availability. For more information, please visit our website: <http://www.lancasterbikeclub.org/cbm.php>

Univest Grand Prix Cyclosporitif

September 6, 2008

Have a true European style cycling experience and ride a Cyclosporitif (a European term for a timed recreational ride on a professional level course) Join fellow enthusiasts on a challenging 40 or 60 mile road ride on the famed Univest grand prix racecourse just a few hours before the pros take the stage. A few highlights:

- Chip Timing
- Technical Support
- SAG
- Feed Zones
- Lunch
- T-Shirt
- Raffle Ticket for great prizes

After your ride, watch the international field race their finishing laps in Souderton, PA in person and on the live Jumbotron TV. Proceeds benefit Penn Foundation.

For more information: www.cyclosporitif.com or

<http://www.bikereg.com/events/register.asp?eventid=6553>

Contact: Brian@spartacycling.com or 267-744-4538

July 2008

July 2008						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Jun	30 Jun	1	BR Germansville Loop, Covered Bridge Park- Wehr's Dam 8:30AM CH The "Centennial" Challenge, Velodrome 5:45PM	3 BR Thursday Night Ride, Goodman Campus / Lehigh University (Stabler Arena) 5:30PM CR Women on Wheels, Velodrome 5:45PM	4 Independence Day BH Pagoda Ride, Velodrome 9:00AM QH Just a Little Bit Less of the Pagoda Ride - 49 or 53 miles, William Delong Park (Bowers) 9:30AM	5
6 QR Evergreen Lake #1, 26 or 40 miles, Bicentennial Park 9:00AM	7 CR The Monday Night Ride, Velodrome 5:45PM	8	9 BH Getting Ready Part 3, Velodrome 9:00AM	10 CR Women on Wheels, Velodrome 5:45PM	11	12 CF RAGBRAI Prelude, Oaks, PA 10:00AM
13	14 CR The Monday Night Ride, Velodrome 5:45PM	15	16 BR Gerald's First, 123 Clover Hollow Road, Easton, PA 9:00AM	17 CR Women on Wheels, Velodrome 5:45PM	18	19 BH Nicole Reinhart Memorial Tour de FCCC Stage 1 - Time Trial, Rodale Institute, Maxatawy, PA 8:00AM BH Nicole Reinhart Memorial Tour de FCCC Stage 2 - Road Race, Rodale Institute, Maxatawy, PA 2:00PM
20 BR Nicole Reinhart Memorial Tour de FCCC Stage 3 - Criterium, Rodale Park, N 40.32.801 W 75.36.794 8:00AM	21	22	23 QR Best of the Wurst - B or C pace, Dave's House 9:00AM	24 CR Women on Wheels, Velodrome 5:45PM	25 CR Pedaling for Pizza , Coopersburg Giant 5:30PM	26
27	28	29	30 BR Nockamixon Ride, Lenape Park 9:00AM	31 CR Women on Wheels, Velodrome 5:45PM	1 Aug	2 Aug

	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
Ride Pace Ratings:	D	Easy / Beginner	C	Casual / Social	B	Intermediate	A	Advanced	T	Training / Expert	Q	Cue Sheets Provided - Ride at your own pace			
Terrain Ratings:	F	Flat	R	Rolling	H	Hilly	X	Extremely Hilly				For LWA Members Only			

Bike Line / Lehigh Wheelmen Racing Results

2008 Bike Line/LWA

RACE TITLE / LOCATION	DATE	TYPE	RACER	CATEGORY	RESULT
Bike Line Criterium Training Series	3/2/2008	Pts Crit	Chip Berezny	"A"	11th
Bike Line Criterium Training Series	3/2/2008	Pts Crit	Bryan W. Barrett	"A"	FIF
Bike Line Criterium Training Series	3/9/2008	Pts Crit	Chip Berezny	"A"	FIF
Bike Line Criterium Training Series	3/9/2008	Pts Crit	Scott Farmer	A	FIF
Bike Line Criterium Training Series	3/9/2008	Pts Crit	Scott Farmer	B	FIF
Strasburg Road Race	3/15/2008	RR	Chip Berezny	50+	3rd
Strasburg Road Race, Paul Aemessegeo	3/15/2008	RR	Bryan W. Barrett	50+	2nd
Bike Line Criterium Training Series	3/16/2008	Pts Crit	Chip Berezny	"A"	4th
Bike Line Criterium Training Series	3/16/2008	Pts Crit	Bryan W. Barrett	"A"	9th
Bike Line Criterium Training Series	3/16/2008	Pts Crit	Paul Aemessegeo	5	2nd
Bike Line Criterium Training Series	3/23/2008	Pts Crit	Chip Berezny	"A"	1st
Bike Line Criterium Training Series	3/23/2008	Pts Crit	Bryan W. Barrett	"A"	4th
Kirkwood Road Race	3/29/2008	RR	Chip Berezny	50+	1st
Kirkwood Road Race	3/29/2008	RR	Greg Ratzelleg Ratzell	13-14 Boys	2nd
Kirkwood Road Race, Paul Aemessegeo	3/29/2008	RR	Bryan W. Barrett	50+	3rd
Bike Line Criterium Training Series	3/30/2008	Pts Crit	Chip Berezny	"A"	FIF
Bike Line Criterium Training Series	3/30/2008	Pts Crit	Bryan W. Barrett	"A"	FIF
Bike Line Criterium Training Series	3/30/2008	Pts Crit	Paul Aemessegeo	5	1st
Bikeline Fitness Park Training Race	4/3/2008	PTSCRIT	Greg Ratzelleg Ratzell	"B"	FIF
Bikeline Fitness Park Training Race	4/10/2008	PTSCRIT	Greg Ratzelleg Ratzell	"B"	FIF
Mount Joy Road Race	4/12/2008	RR	Greg Ratzelleg Ratzell	13-14 Boys	1st
Mount Joy Road Race	4/12/2008	RR	Greg Ratzell	13-14 Boys	1st
Mount Joy Road Race	4/12/2008	RR	Tom Ratzell	Mas 40+	9th
Bikeline Fitness Park Training Race	4/17/2008	PTSCRIT	Greg Ratzell	"B"	FIF
Bikeline Fitness Park Training Race	4/17/2008	PTSCRIT	Tom Ratzell	"A"	FIF
Lower Providence	4/20/2008	Crit	Andy Buck	50+	FIF
Lower Providence Criterium	4/20/2008	Crit	Bryan W. Barrett	50+	5th
Lower Providence Criterium	4/20/2008	CRIT	Dan Kiningham	50+	19th
Lower Providence Criterium	4/20/2008	Pts Crit	Greg Ratzell	13-14 Boys	DNF
US 40KM Time Trial Challenge	4/20/2008	TT	Bryan W. Barrett	50+	5th
Lower Providence Spring Classic Crit	4/21/2008	Pts Crit	Chris Dordal	Jr	13th
Sturbridge Road Race	4/26/2008	RR	Dan Kiningham	55+	17th
Tour de Ephrata	4/26/2008	RR	Bryan W. Barrett	50+	2nd
Palmer Road Race	4/27/2008	RR	Dan Kiningham	55+	1st
Tour de Ephrata	4/27/2008	TT	Bryan W. Barrett	50+	3rd
Tour de Ephrata	4/27/2008	Crit	Bryan W. Barrett	50+	5th

RACE TITLE / LOCATION	DATE	TYPE	RACER	CATEGORY	RESULT	
Tour de Ephrata	4/27/2008	GC	Bryan W. Barrett	50+	2nd	
Turkey Hill	5/3/2008	RR	Andy Buck	50+	FIF	
Turkey Hill Road Race	5/3/2008	RR	Bryan W. Barrett	50+	2nd	
Memorial Hall	5/4/2008	Crit	Andy Buck	50+	FIF	
Memorial Hall Crit	5/4/2008	Crit	Bryan W. Barrett	50+	6th	
Tour of Colts Neck	5/4/2008	CR	Dan Kiningham	55+	4th	
Bethlehem Crit	5/10/2008	Crit	Andy Buck	55+	FIF	
Bethlehem Criterium / Bethlhem PA	5/10/2008	Crit	Chip Berezny	55+	1st	CR
Bob Rodale Fitness Park / Trexlertown PA	5/11/2008	Crit	Chip Berezny	55+	1st	TR
Rodale Fitness Park	5/11/2008	Crit	Andy Buck	55+	4th	
Rodale Fitness Park	5/11/2008	Crit	Andy Buck	45+	7th	
Syracuse Stage Race	5/17/2008	RR	Andy Buck	55+	3rd	
Syracuse Stage Race	5/17/2008	TT	Andy Buck	55+	4th	
Syracuse Stage Race	5/17/2008	Crit	Andy Buck	55+	2nd	
Syracuse Stage Race / Syracuse , NY	5/17/2008	RR	Chip Berezny	55+	4th	
Syracuse Stage Race / Syracuse , NY	5/17/2008	TT	Chip Berezny	55+	5th	
Union Greg Ratzellove Road Race	5/17/2008	RR	Bryan W. Barrett	50+	1st	
Carlisle 20 KM Time Trial	5/18/2008	TT	Bryan W. Barrett	Open	1st	
Carlisle 7 Mile Hill Climb	5/18/2008	HC	Bryan W. Barrett	50+	2nd	
Syracuse Stage Race / Syracuse , NY	5/18/2008	Crit	Chip Berezny	55+	1st	1st
Cyclonauts Crit / Stafford Springs CT	5/24/2008	Crit	Chip Berezny	50+	3rd	3rd
Cyclonauts Crit / Stafford Springs CT	5/24/2008	Crit	Chip Berezny	45+	dnf	4th
Hartford Downtown Crit / Hartford CT	5/25/2008	Crit	Chip Berezny	50+	5th	5th
PSU Harrisburg Crit	5/26/2008	Crit	Bryan W. Barrett	50+	5th	
Thursday night Training Series	5/29/2008	Pts Crit	Chris Dordal	Jr	dnf	
Millport Road Race	5/31/2008	RR	Bryan W. Barrett	50+	9th	
Millport Road Race / Millport PA	5/31/2008	RR	Chip Berezny	50+	fif	FIF
Habitat for Humanity - E. Norriton, Pa	6/1/2008	CR	A. Kraynak	cat 4	FIF	
CSC Manayunk Wall Climb TT	6/6/2008	TT	A. Kraynak	Master 40+	6th	
Philly Amateur TT	6/7/2008	TT	A. Kraynak	cat 4	30th	
Syracuse Stage Race / Syracuse , NY	5/17&18/2008	GC	Chip Berezny	55+	2nd GC	2nd

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

July 08

LWA Discount Sponsors

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

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Action Wheels

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