



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

Volume 35, Issue 8

August 2008

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See above under touring	
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gwhoover@ptd.net	610-216-1484
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Did You Ride Today?

Jack Helffrich, President

Editors Note: This was a great message that it was decided to run it again for August.

"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 he 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

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	368.00
Return of Bike Case Deposit (not used)	(50.00)
\$	318.00

Expenses:

Rental of Storage Area	\$ (98.58)
Membership Costs	(11.09)
Ride Leader Incentive	(50.00)
Veloce Expenses	(378.21)
Quick release	(19.42)
Web Cost	(60.00)
\$	(578.46)

Change in Cash \$ (260.46)

Bal. Wachovia 6/14/08 \$ 3,441.05
 Change in Cash \$ (260.46)

Bal. Wachovia 07/17/08 \$ 3,180.59
 (\$627.50 is AED money)
 (\$2553.09 club general money)

Bal. Susquehanna MM 06/14/08 \$ 16,549.72

Interest June 30 \$ 15.57

Bal. Susquehanna MM 07/17/08 \$ 16,565.29

Membership Report

Dave Drummer

NO Report this month



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
THULE Trunk Mount 2 Bike Rack (model #515-5033) Very good condition. Fits many different trunks. Asking \$29.00 Contact Chris at Kplotka@ptd.net
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

See a detailed report in the upcoming September QR.... In the meantime, here is a word from our past president:

Hey everyone...it's your ex officio...and you thought I was gone for good! Well here is the update on my racing season....it wasn't great! Starting in January I herniated 2 disks in my low back, only to be followed by breaking the titanium plate on my collarbone and needing surgery in March. Finally, I'm back on the bike in May and my fitness is in the toilet! It doesn't help that the track isn't open either.

Racing on the track began June 2, I wasn't strong, but had two 3rd place races and one 2nd place race and I ended with a 3rd overall for the day. Not bad....but my asthma is really bad. The next week, was awful, I only had a 5th place finish, but began coughing from what I thought was my asthma to the point of bringing up blood. Well, given that I'm a Director in Healthcare, I knew something was really wrong....AND....it was. I developed bronchitis that turned into pneumonia. So now I'm off the bike AGAIN! I didn't race again until July 12, a month later. It wasn't good...but I finished 5th overall. But had a relapse and personal obligations that kept me from racing until the final day of racing at VPCC. It was a good day...not great...a little coughing. I finished third overall for the day and had a 2nd place finish in a miss and out...one of my favorite races. Atlantic Regionals are coming up and then I'm done for the year.

It was a trying year, but the lesson that we can all learn is perseverance and let your body heal.... listen to it.

Happy Pedaling!
Sallie

Junior Team Notes

Gwen Hoover, Junior Coordinator

Junior News and Notes

No report this month

Recreational Riding Schedule

Dave Drummer, VP Touring

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

LWA Quick Release


Aug 2008

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, August 6, 2008

Montgomery/Berks Ramble B or C pace

 **C R** / 30 mi 8:30AM 251 Buchert Rd Gilbertsville, PA 19525

Elaine will lead a C pace 30 mile ride with some rolling hills. Bill Derby will lead the longer B pace ride that adds a 5.5 mile loop(with hill) to Elaine's ride Both rides will take a break at the Butter Valley Golf Course.

Directions: 251 Buchert Rd Gilbertsville, PA 19525. Call for directions (610-267-1721)

Event Organizer: Elaine Becker

Leader: Elaine Becker (C ride) 610-367-1721

bikee@dejazzd.com

Leader 2: Bill Derby (B Ride) 610-395-2546 bderby@ptd.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
- Will regroup often
- **No minors, please.**

Posted: 7/20/2008 8:46:14 AM by Elaine Becker

Updated: 8/2/2008 1:59:22 PM by Elaine Becker

Thursday, August 7, 2008

Saucon Valley Challenge

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

Today we will ride the hills of Saucon Valley. This will be a moderately challenging ride. If you rode the hills with me last year, we will ride some of the same hills but skipping the extreme ones.

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: 8/2/2008 5:21:51 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 7:57:27 AM by Donalee Frary

Friday, August 8, 2008

Pedaling for Pizza



C R / 21 mi 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 [view "Maps of Start Locations" page](#)

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 1:53:05 PM by Karen Winkler

Saturday, August 9, 2008

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



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

A cue sheet ride of 40 or 57 miles, that includes 1, 2, or 3 climbs. All routes start with the Centennial Road climb at the 12 mile point. The 58 mile ride also climbs Longview Road and Corning Road, for a total of 4190 feet of climbing. The optional routes can include Longview or Corning or neither. Adapted from the legendary Three Hills ride, designed by Dave Rumler and Diane Ziegler.

Directions: map on website Park in the lot along North Street that is closest to Cedar Crest Blvd. [view "Maps of Start Locations" page](#)

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

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

Posted: 7/25/2008 10:34:15 AM by Dave Drummer

Updated: 7/25/2008 10:39:49 AM by Dave Drummer

Monday, August 11, 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 [view "Maps of Start Locations" page](#)

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: 7/12/2008 3:15:16 AM by Robert Erbeau

Monday Night 'A' Ride



A H / 35-45 mi 5:45PM Velo

Definitely a 'group' ride as opposed to a 'drop' ride, as emphasis will be on a steady tempo, usually with one or more climbs of note since KOM's are fun, after all. BUT PLEASE HONESTLY ASSESS YOUR ABILITY because, while no one minds waiting to regroup at the top of a climb, slowing the pace down on the flats or rollers can compromise our return time if the ride is longish and we're fighting daylight. Naturally as we get closer to home the ride may break up for those who are feeling particularly feisty. Note that there may occasionally be gravel roads included; conditions vary.

Directions: If you don't know where the Velo is by now....

Event Organizer: Brian Wacik

Leader: Brian Wacik 610-533-0015 brianwacik@rcn.com

- Rain Cancels

- Bring food

- Bring water

Posted: 8/4/2008 7:10:37 AM by Brian Wacik

Updated: 8/4/2008 7:11:37 AM by Brian Wacik

Thursday, August 14, 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 7:57:53 AM by Donalee Frary

Friday, August 15, 2008

Pedaling for Pizza



C R / 21 mi 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 [view "Maps of Start Locations" page](#)

Event Organizer: Karen O'Brien Winkler

Leader: KO 610-317-9611 vptouring@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 1:53:29 PM by Karen Winkler

LWA Quick Release

Saturday, August 16, 2008



CLUB METRIC CENTURY & PICNIC



C R / 25-62 mi 8:00AM COVERED BRIDGE PARK/WEHR'S DAM

ANNUAL CLUB METRIC CENTURY AND PICNIC

Directions: DIRECTIONS ON WEBSITE

Leader: VARIOUS 610-398-0205

jackhelffrich@hotmail.com

- Bring food

- Bring water

- Cue sheets will be provided

- Will wait for slow riders

- Will regroup often

Posted: 2/17/2008 6:51:09 PM by Jack Helffrich



Club Picnic 100k B Ride



B R / 100 km 8:30AM Covered Bridge Park

Annual club picnic and metric century ride. This will be a nice B level pace, though hammerheads are free to go out in front and follow the cue sheet. We're timing this to be back by 1:00 for the picnic.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Fritz Walker

Leader: Fritz Walker 610-395-1270

walkerfh@airproducts.com

Leader 2: Dave Drummer

- Rest stop(s) along the way

- Rest rooms available

- Bring food

- Bring water

- Cue sheets will be provided

- Will wait for slow riders

- Will regroup often

Posted: 7/27/2008 6:49:04 PM by Frederick Walker



Club Picnic 50k C Ride



C R / 50 km 10:00AM Covered Bridge Park

Annual club picnic 50k C ride. Great ride, at a nice steady C pace.

Directions: Map on website [view "Maps of Start Locations" page](#)

Event Organizer: Fritz Walker

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

- Rest stop(s) along the way

- Bring food

- Bring water

- Cue sheets will be provided

- Will wait for slow riders

- Will regroup often

Posted: 7/27/2008 7:04:36 PM by Frederick Walker



Annual Club Picnic D Ride



D R / 17 mi 10:00AM Covered Bridge Park

This will be a nice easy-paced tour of some of the roads in

the Covered Bridge area. Come join us, then enjoy the club picnic.

Directions: Map on website [view "Maps of Start Locations" page](#)

Event Organizer: Fritz Walker

Leader: Jack Helffrich 610-398-0205

jackhelffrich@hotmail.com

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

Posted: 7/27/2008 7:10:03 PM by Frederick Walker

Updated: 7/27/2008 8:15:56 PM by Jack Helffrich

Monday, August 18, 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 [view "Maps of Start Locations" page](#)

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: 7/12/2008 3:15:47 AM by Robert Erbeau

Monday Night 'A' Ride



A H / 35-45 mi 5:45PM Velo

Definitely a 'group' ride as opposed to a 'drop' ride, as emphasis will be on a steady tempo, usually with one or more climbs of note since KOM's are fun, after all. BUT PLEASE HONESTLY ASSESS YOUR ABILITY because, while no one minds waiting to regroup at the top of a climb, slowing the pace down on the flats or rollers can compromise our return time if the ride is longish and we're fighting daylight. Naturally as we get closer to home the ride may break up for those who are feeling particularly feisty. Note that there may occasionally be gravel roads included; conditions vary.

Directions: If you don't know where the Velo is by now....

Event Organizer: Brian Wacik

Leader: Brian Wacik 610-533-0015 brianwacik@rcn.com

- Rain Cancels
- Bring food
- Bring water

Posted: 8/4/2008 7:12:18 AM by Brian Wacik

Thursday, August 21, 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 7:58:29 AM by Donalee Frary

Friday, August 22, 2008

Pedaling for Pizza



C R / 21 mi 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 [view "Maps of Start Locations" page](#)

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 1:53:54 PM by Karen Winkler

Monday, August 25, 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 [view "Maps of Start Locations" page](#)

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
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- Will regroup often

Posted: 7/12/2008 3:16:11 AM by Robert Erbeau

Monday Night 'A' Ride

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Event Organizer: Brian Wacik


Leader: Brian Wacik 610-533-0015 brianwacik@rcn.com

- Rain Cancels
- Bring food
- Bring water

Posted: 8/4/2008 7:12:50 AM by Brian Wacik

Thursday, August 28, 2008

Women on Wheels

 **C R** / 30 mi 5:45PM Velodrome

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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


LWA Quick Release

- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 6/24/2008 7:59:10 AM by Donalee Frary

Friday, August 29, 2008

Pedaling for Pizza

 **C R** / 21 mi 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 [view "Maps of Start Locations" page](#)

Event Organizer: Karen O'Brien Winkler

Leader: KO 610-317-9611 vptouring@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 1:54:19 PM by Karen Winkler

 **C R** / 30 mi 5:45PM Velodrome
Posted: 6/24/2008 7:56:53 AM by Donalee Frary



Bethlehem Crit 2008

Photo By: Glenn R. Toth

Announcements, Tidbits and Other Really Great Rides

THE POLKA DOT JERSEY CHALLENGE

**COURAGE
PERSISTANCE
PERSEVERANCE**

All necessary qualities to earn the **Polka Dot Jersey** in cycling. These qualities I use every day as I fight cancer. Cutaneous T-Cell Lymphoma [CTCL] is a rare disease affecting over 20,000 people in the U.S. Join me, Neil Dicker in a cycling or walking event to support the Cutaneous Lymphoma Foundation on September 21, 2008. Be your own **Polka Dot Jersey**.

For more details and to register and make donations go to our website: www.polkadotjerseychallenge.com

Or call Neil Dicker at 610-396-7336

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](http://www.lancasterbikeclub.org/cbm.php)

Univest Grand Prix Cycloportif

September 6, 2008

Have a true European style cycling experience and ride a Cycloportif (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:

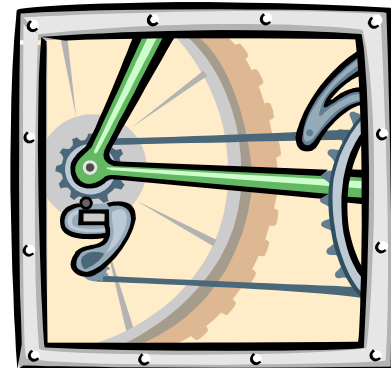
- Chip Timing
- Technical Support
- SAG
- Feed Zones
- Lunch
- T-Shirt
- Raffle Ticket for great prizes

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.cycloportif.com or






























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

















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



August 2008

 = For LWA Members Only

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 Jul	28 Jul	29 Jul	30 Jul	31 Jul	1  BR Hawk Mt. Ride, Tammy's House-1622 Fieldstone St., Allentown, PA 18106 8:30AM  CR Pedaling for Pizza , Coopersburg Giant 5:30PM	2   CH Green Lane Park Hill Ride, Bally, Pa, school at corner of Rt 100 and Niantic Rd. 10:30AM
3  BR Oley Valley Metric Century, Velodrome 9:00AM	4  CR The Monday Night Ride, Velodrome 5:45PM  BR There will be a 'B' Ride, Velodrome 5:45PM  AH Monday Night 'A' Ride, Velo 5:45PM	5	6   CR Montgomery/Berks Ramble B or C pace, 251 Buchert Rd Gilbertsville, PA 19525 8:30AM	7  BH Saucon Valley Challenge, Goodman Campus / Lehigh University (Stabler Arena) 5:30PM  CR Women on Wheels, Velodrome 5:45PM	8  CR Pedaling for Pizza , Coopersburg Giant 5:30PM	9  QH Three Hills (or 2, or 1) - 40 or 57 miles, Emmaus High School 8:30AM
10	11  CR The Monday Night Ride, Velodrome 5:45PM  AH Monday Night 'A' Ride, Velo 5:45PM	12	13	14  CR Women on Wheels, Velodrome 5:45PM	15  CR Pedaling for Pizza , Coopersburg Giant 5:30PM	16    QR CLUB METRIC CENTURY & PICNIC, COVERED BRIDGE PARK 8:00AM (100k B Ride 8:30AM, C & D Ride 10:00AM)
17	18  CR The Monday Night Ride, Velodrome 5:45PM  AH Monday Night 'A' Ride, Velo 5:45PM	19	20	21  CR Women on Wheels, Velodrome 5:45PM	22  CR Pedaling for Pizza , Coopersburg Giant 5:30PM	23
24	25  CR The Monday Night Ride, Velodrome 5:45PM  AH Monday Night 'A' Ride, Velo 5:45PM	26	27	28  CR Women on Wheels, Velodrome 5:45PM	29  CR Pedaling for Pizza , Coopersburg Giant 5:30PM	30
31	1 Sep	2 Sep	3 Sep	4 Sep	5 Sep	6 Sep

 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

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

Aug 08

LWA Discount Sponsors

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

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610-967-3117

Bennigans Grill & Tavern °

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