



# QUICK RELEASE

newsletter of the  
LEHIGH WHEELMEN ASSOCIATION Inc.

October - November 2009

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## LIFE!

### Phil Eempio, President

Life is full of adventures, some you do not care to take or repeat and some are blessings (sometimes in disguise).

With the arrival of fall and Thanksgiving around the corner take a moment to be thankful for:

- The people in your life, for they may not be there tomorrow.
- Your health and your family and loved one's health.
- That you found the love for the bike and the freedom and empowerment it brings to you.
- Your place in this world – there are greater people than you and lesser, that's what makes life so grand.
- The little things – cause that's what's really important
- Cell phones – without them we couldn't call for help whether we are on the bike or not.
- The furry four legged house pets that are part of our family, they are full of unconditional love and acceptance.
- A beautiful fall day with no rain and 60-degree weather or a good muddy cross race!!
- Knowing you have the ability to jump on your bike, melt away the stress, get fit and love the environment.
- Padded shorts!
- The people I've met cycling and racing and the stories they tell
- The promoters that tire away creating routes, getting volunteers, etc, etc, etc-too many to detail
- Your job, many people have lost theirs.

*Phil Eempio*

### Webmasters Corner

#### Terry Terfinko, Webmaster

Our website is a central resource for lots of cycling information. In addition to club information we have a LINKS section that contains items of interest from other clubs and organizations. I have posted several events under the out of bounds section this year and plan to continue adding new links as they become available. If there is a cycling event that you feel should be posted, send me an email with the information and I will add it. We also have the EVENTS tab for Wheelmen specific events. When the 2010 dates are decided, I will update this tab with information on our annual events like the club picnic, Gap Gallop, Donut Derby, etc

*Terry Terfinko*

### LWA Meetings

Held the 3rd Tuesday of every month.

Next meeting is:

**Tuesday, November 17, 2009  
7:00 PM-8:00 PM**

#### MEETING LOCATION:

**The Education Center at the Integrated Health Care Facility** located at 250 Cetronia Road, behind The Tilghman Square Mall.

Enter the lobby, then take the elevator to the third floor and turn left. The entrance to the Education Center is the first door to the left.

Visit the Lehigh Wheelmen home page at [www.lehighvalleywheelmen.com](http://www.lehighvalleywheelmen.com)

Due date for *Quick Release* articles is the 20<sup>th</sup> of every month.

## Speed Racer Report

Pete Siegfried, VP Racing

Ok, so the season is over. Well, for most of us. Some are doing Cross racing. I'm interested! I got to see one of those on the Velodrome property. It looked hard and very technical. I'm thinking that maybe my ankles and nether regions may not fair too well. Anyway, for me even though I may not have raced as much as I would have liked, but I was busier than I have ever been. Learning more and more about running races is time consuming.

It's time to start riding with the touring group or just noodling around for a few weeks to reduce stress. Then get through Christmas and then train for next year. I don't have much to say this month except that we should always pedal with a purpose. If you are recuperating from a hard work out or if you are working on strength, always be aware of what you are doing and work towards that end. If you are recuperating ride easy and don't let someone else goat you into going hard. If you are doing hill repeats, don't let someone convince you to do speed work. If you are out having fun then have fun.

OK, I like to have a story whenever I can. In the last note I sent you I included a story from Kip Jansen about a rainy New England race in which he did better than he thought he would and never gave up. He was nice enough to provide me with another story about The Hillier than Thou race.

Without further adieu here is his story.

### 2009 Hillier Than Thou 100 mile Race

Have you ever ridden 100 miles? Have you ever ridden 11 major climbs in one day? Combine the two and you have a race called the Hillier Than Thou 100 Mile. Kip Jansen (myself), Bryan Barrett, and Royden Detweiler competed in this event late August 2009.

It was a foggy misty morning and the neutral start is mostly downhill for the first several miles, I usually play it safe and leave space between riders so I got pushed near the back. We turned right up the first hill and the race was open. That's when all hell broke loose the front guys hammered it, that's when I figured I better get up there if there was going to be a split. The elevation gain for the first climb is 997' with a 300' less steep break in the middle, so it compares to Hawk Mtn. I cranked it up and was picking off riders while trying to keep a steady pace to get up to the leaders, about 2/3 of the way up I was able to bridge up to the lead group. I got up to Bryan and let him know that I was with the group. It was a big mistake to have been that far back and have to work that hard to get back up front. I felt that the first climb was very fast and it was confirmed to me by Bryan when he told me that climb has never been that fast. We were now only 10 miles in and the first climb already took something out of me and we had another 90 miles to go, OUCH. I put that thought out of my mind and focused on staying with the group. By the way at mile 15 the group went from 80+ at the start down to 18.

Somewhere before the first check point the group made a wrong turn and had to double back, and then resume on the course, at this point the large chase group caught up. Because of this the first check point was mayhem, you have to get your number signed and get water. Riders were scrambling to get out quickly. I got away with a small group but gapped them on the next hill trying to catch the leaders. It was to no avail, so on the flats I slowed down to join a chase group. Bryan was up the road and out of sight but I was still determined to ride hard.

The hills and roads that we were riding are a lot like the north side of Hawk Mtn. tarred and chipped, narrow, twisty with pot holes. It was also wet and some gravel on the roads from the storm the night before. I don't think that I have ever squeezed my brakes so hard while hoping not to skid off the road on the hairpin turns on a few of the descents. Most of the hills were over 10% grade, many at 15% to 18% and some at 20%. I had put on an 11-32 cassette (along with my

39 chain ring), that I used for the Mt Washington hill climb, and I have to admit that I used the 28 and 32 cogs quite a bit on the steep grades.

After a few climbs our group was down to 5 and in the distance I saw Bryan, so I dug a little deeper and pushed to try to catch up. Now there were only 2 of us, and as I got to the next check point Bryan was leaving. I yelled so that he would see me and to let him know that I was closing, and to slow the pace a bit so that I could catch. I then proceeded to take a very quick stop, gulping Gatorade as fast as I could with half of it splashing on my face. With bottles filled I took off, I had to ride hard to catch but not too hard so I wouldn't blow up and because of my fast stop I'm now riding solo. Then I saw the guy that I was riding with behind, so I waited and was quietly contemplating if I had just made a big mistake by slowing. We worked together and after 5 miles we were not gaining that much.

We came to a descent and I figured that this was it; I would never catch them on the next climb so I did something that I probably should not have. I bombed the downhill! The road was twisty and wet and I knew the group would be using their brakes and slowing for the corners. I never touched the brakes and hit a speed of over 47 mph and maintained as much speed as I could through the turns. I caught them and was relieved and brimming with confidence or in shock from a death defying act, I couldn't tell. The guy I was riding with was gone; I dropped him on the downhill! I did talk to him later and he said that he did use his brakes, wise choice.

Our group of 4 or 5 just kept slogging up every climb and at around mile 74 I got dropped on a steep pitch that hurt my legs, so I sat down and spun a smaller gear and watched the group go away. I flew down the mountain and could see them in the valley and I wasn't ready to give up, I was tired but still determined. Pushing hard on the flats for the next 5 miles I was able to claw my way back to the group again. I had a mile or two to recover before the "Iron Bridge" climb. Some say that it is harder than Fiddlers Elbow. It's almost as steep, around 20%, but much longer; close to a mile. I couldn't hold the pace, I put it in the 39x32 and zig zagged the hill (yes, that steep). This after completing 80 miles and doing my best to keep a high pace I was wearing out. It was time to go into survival mode and continue at the best pace that I could without blowing up; I had 20 miles to go and most of the field behind me. By our rough count 10 were up the road and 2 were pulling away from me that put me in 13th overall and top 5 in my category, I just needed to ride steady and was hoping the other riders were as tired as me. I was pretty wasted and every hill or rise I had to put it in 1st gear. At mile 92 I started counting miles and they went by so slow. I then saw a 1 mile to go mark then a 1/2 mile to go, it was the last climb and I felt much better. I crossed the finish line and was amazed that I didn't cramp or blow up, unfortunately 3 riders passed me in the last 12 miles and I placed 7th for 35+ and 16th overall at 5:48, an hour off my previous best time from years ago. Bryan and Royden had very good rides too with Bryan finishing at 5:33, 2nd 45+ and Royden at 6:14, 2nd 55+ and getting a flat.

Also, it was a warm humid day, I drank 11 bottles, my bike was dirty with sweat, Gatorade, mud and worms. We rode through mountains, pastures, villages, smooth roads, and rough roads; everything. We did 11 major climbs totaling 10,700 ft of elevation. It's one of those events that you don't forget, it was an unbelievable day. Join us next year!

*Kip Jansen*

Thanks Kip! That's a great story. Never give up. Please send me stories about your races. I will use them in the newsletter. Following are some race results

See you on the road.

*Pete Siegfried,*

# *Lehigh Wheelmen 2009*

**Sunday December 13<sup>th</sup>  
Bear Creek Mountain Resort  
Mountainside Room**

**6 p.m. Cocktails (Cash Bar)**  
**7 p.m. Buffet Dinner**  
**\$15 Club Members**  
(Includes \$10 Drink Tickets)  
**\$30 Non Members**  
**\$ 5 Children w/Adult**

**Must RSVP and Pre-Pay by Sunday December 6<sup>th</sup>**

**RSVP to Mary Earley @ [m.earley@rcn.com](mailto:m.earley@rcn.com)**

Pre-Pay on Bikereg at

<http://www.bikereg.com/events/Register.asp?EventID=9574>

or send checks payable to Lehigh Wheelmen Assoc to:

**Mary Earley  
1550 Cherry Lane  
Macungie, PA 18062**

**Walk-Ins & Payment will not be accepted day of event!**

***Free Weekday Ski Pass Included for Each Person Attending!***

## Bike Line / Lehigh Wheelmen Racing Results 2009

Race	Date	Race type	Racer	Category	Result
<b>Mount Joy Road Race</b>	<b>4/11/2009</b>	<b>RR</b>	<b>Nadia Latzgo</b>	<b>Junior Wm. 13-14</b>	<b>1st</b>
Lower Providence Crit	4/19/2009	Crit.	Nadia Latzgo	Juniors 13-14	2nd
Binghamton Circuit Race	4/26/2009	CR	Nadia Latzgo	Junior Wm. 13-14	1st
Memorial Hall Crit	5/3/2009	Crit.	Nadia Latzgo	Women Cat 4	2nd
Habitat/Humanity Circuit/Lower Providence	5/10/09	CR	Andy Kraynak	45+	14th of 24
Habitat for Humanity Circuit Race	5/10/2009	CR	Nadia Latzgo	Women Cat 4	5th
Tour of Syracuse, NY Crit	5/16/09	Crit	Tom Ratzell	Mas 45+	6
Tour de Syracuse	5/16/2009	Crit.	Nadia Latzgo	Junior Wm. 13-14	2nd
<b>Tour de Syracuse</b>	<b>5/16/2009</b>	<b>TT</b>	<b>Nadia Latzgo</b>	<b>Junior Wm. 13-14</b>	<b>1st</b>
<b>Tour de Syracuse</b>	<b>5/16/2009</b>	<b>RR</b>	<b>Nadia Latzgo</b>	<b>Junior Wm. 13-14</b>	<b>1st</b>
<b>Tour de Syracuse</b>	<b>5/16/2009</b>	<b>GC</b>	<b>Nadia Latzgo</b>	<b>Junior Wm. 13-14</b>	<b>1st</b>
New Bethlehem Crit	5/29/09	crit	Andy Kraynak	45+	FIF
Bethlehem, PA Crit	5/30/09	Crit	Tom Ratzell	Mas 45+	8
Bethlehem, PA Crit	5/30/09	Crit	Tom Ratzell	Sr 3/4	8
Pro-Am Series / Trexlertown, PA	6/2/2009	15 lap point a lap	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/2/2009	25 lap scratch	David Gulick	Stagiaire	4th
Pro-Am Series / Trexlertown, PA	6/2/2009	miss and out	David Gulick	Stagiaire	6th
Pro-Am Series / Trexlertown, PA	6/2/2009	5 lap scratch	David Gulick	Stagiaire	FIF
<b>Tuesday Bear Creek Future Stars</b>	<b>6/2/2009</b>	<b>TR- 1k scratch</b>	<b>Melissa Garcia</b>	<b>Jr Wm</b>	<b>1st</b>
Tuesday Bear Creek Future Stars	6/2/2009	TR- Ukn distance	Melissa Garcia	Jr Wm	2nd
Tuesday Bear Creek Future Stars	6/2/2009	TR- 500 meter	Melissa Garcia	Jr Wm	2nd
Track - Ttown, PA	6/2/09	Track	Tom Ratzell	Sr 2/3	one 4th, one 5th
5L Pt-lap / 2L Handicap / 3L	6/2/09	Track	Greg Ratzell	Jr 13-15	2, -, 2
Thursday Night Training Series	6/4/09	Pts. Crit	Scott Farmer	open	5th
Philadelphia Amateur Time Trial	6/6/2009	TT	A.J Buck	55+	3rd
2009 Philadelphia Amateur TT - 8.3 miles	6/6/09	TT	Bryan Barrett	45+	3rd
<b>Master &amp; Rookies Track Series</b>	<b>6/6/2009</b>	<b>TR</b>	<b>Scott Farmer</b>	<b>Masters</b>	<b>1st</b>
<b>Philadelphia Amateur Time Trial</b>	<b>6/6/2009</b>	<b>TT</b>	<b>Melissa Garcia</b>	<b>Jr Wm 13/14</b>	<b>1st</b>
track day vpcc	6/6/2009	TR	Mike Holub	master/cat 4	fif
2009 Philadelphia Amateur Time Trial	6/6/2009	TT	Roy Detweiler	55+	6th
Lake Auburn Road Race / Auburn ME	6/6/2009	RR	Chip Berezny	55+	10th
Lancaster, PA Crit (F&M)	6/6/09	Crit	Tom Ratzell	Mas 45+	3
Lancaster, PA Crit (F&M)	6/6/09	Crit	Tom Ratzell	Sr 3/4	7
Lancaster, PA Crit (F&M)	6/6/09	Crit	Greg Ratzell	Sr 4/5	10
Philadelphia Amateur TT State Championship	6/6/2009	TT	Nadia Latzgo	Junior Wm. 13-14	2nd
Great Falls Criterium / Auburn ME	6/7/2009	Crit	Chip Berezny	55+	3rd
Pro-Am Series / Trexlertown, PA	6/9/2009	5 lap scratch	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/9/2009	20 lap pt race	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/9/2009	30 lap madison	David Gulick	Stagiaire	5th
<b>Tuesday Bear Creek Future Stars</b>	<b>6/9/2009</b>	<b>Flying 1 mile</b>	<b>Melissa Garcia</b>	<b>Jr Wm</b>	<b>1st</b>
<b>Tuesday Bear Creek Future Stars</b>	<b>6/9/2009</b>	<b>TR-1k win &amp; out</b>	<b>Melissa Garcia</b>	<b>Jr Wm</b>	<b>1st</b>
Tuesday Bear Creek Future Stars	6/9/2009	4 Lap Tempo	Melissa Garcia	Jr Wm	2nd
Oxford Road Race	6/13/09	RR	Bryan Barrett	45+	5th
Masters Series / Trexlertown, PA	6/13/2009	TR- Ukn distance	David Gulick	Masters	6th

Race	Date	Race type	Racer	Category	Result
track day vpcc	6/13/2009	TR	Mike Holub	master	
Nutmeg Classic Criterium / New Britain CT	6/13/2009	Crit	Chip Berezny	55+	4th
Nutmeg Classic Criterium / New Britain CT	6/13/2009	Crit	Chip Berezny	45+	FIF
Track - Ttown, PA	6/13/09	Track	Tom Ratzell	Mas 30+	one 4th
9L / 12L Pts / rain...	6/13/09	Track	Greg Ratzell	Sr 5	5, -
Cheyney Challenge Road Race	6/14/09	RR	Bryan Barrett	45+	4th
Second Annual Cheyney Challenge RR	6/14/2009	RR	Roy Detweiler	55+	2nd
Cheyney Challenge Road Race / Cheyney PA	6/14/2009	RR	Chip Berezny	55+	4th
<b>Tuesday Bear Creek Future Stars</b>	<b>6/16/2009</b>	<b>1 K-Point a Lap</b>	<b>Melissa Garcia</b>	<b>Jr Wm</b>	<b>1st</b>
<b>Tuesday Bear Creek Future Stars</b>	<b>6/16/2009</b>	<b>1K Win &amp; Out</b>	<b>Melissa Garcia</b>	<b>Jr Wm</b>	<b>1st</b>
Tuesday Bear Creek Future Stars	6/16/2009	TR- 500m Final	Melissa Garcia	Jr Wm	2nd
5L / Miss&Out / 9L Pt-Lap	6/16/09	Track	Greg Ratzell	Jr 13-15	3, 3, 3
Pro-Am Series / Trexlertown, PA	6/17/2009	15 lap scratch	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/17/2009	5 lap scratch	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/17/2009	15 lap point race	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/17/2009	miss and out	David Gulick	Stagiaire	FIF
Phoenixville Crit / Phoenixville, PA	6/20/2009	Crit	David Gulick	45+	9th
<b>Mystic Velo Crit / Ninigret RI</b>	<b>6/20/2009</b>	<b>Crit</b>	<b>Chip Berezny</b>	<b>55+</b>	<b>1st</b>
Phoenixville, PA Crit	6/20/09	Crit	Tom Ratzell	Mas 45+	3
Phoenixville, PA	6/20/09	Crit	Greg Ratzell	Sr 4/5	18
Cargas Criterium	6/21/2009	Crit	A.J Buck	55+	9th
Housatonic Hills Road Race	6/21/09	RR	Bryan Barrett	35+	36th
Cargas Crit / Lancaster, PA	6/21/2009	Crit	David Gulick	45+	11th
Atlantic Regional Jr Track Championship	6/21/2009	TR- 5K Points	Melissa Garcia	Jr Wm 13/14	3rd
Atlantic Regional Jr Track Championship	6/21/2009	TR- 500m TT	Melissa Garcia	Jr Wm 13/14	2nd
Atlantic Regional Jr Track Championship	6/21/2009	TR- 4K Scratch	Melissa Garcia	Jr Wm 13/14	1st
Cargas criterium	6/21/2009	crit	Mike Holub	Master 45+	39th
Cargas Criterium	6/21/2009	Crit	Roy Detweiler	55+	11th
Cargas Criterium	6/21/2009	Crit	Roy Detweiler	45+	22nd
Cargas Crit ./ Lancaster PA	6/21/2009	Crit	Chip Berezny	55+	2nd
<b>Jr Championships - 500m TT</b>	<b>6/21/09</b>	<b>Track</b>	<b>Greg Ratzell</b>	<b>Jr 13-14</b>	<b>Gold</b>
<b>Jr Championships - 12L Scratch</b>	<b>6/21/09</b>	<b>Track</b>	<b>Greg Ratzell</b>	<b>Jr 13-14</b>	<b>Gold</b>
<b>Jr Championships - 24L Points Race</b>	<b>6/21/09</b>	<b>Track</b>	<b>Greg Ratzell</b>	<b>Jr 13-14</b>	<b>Gold</b>
<b>Atlantic Regional Jr. Track Championships</b>	<b>6/21/2009</b>	<b>5k Points race</b>	<b>Nadia Latzgo</b>	<b>Junior Wm. 13-14</b>	<b>1st</b>
<b>Atlantic Regional Jr. Track Championships</b>	<b>6/21/2009</b>	<b>500m TT</b>	<b>Nadia Latzgo</b>	<b>Junior Wm. 13-14</b>	<b>1st</b>
Atlantic Regional Jr. Track Championships	6/21/2009	4k Scratch racer	Nadia Latzgo	Junior Wm. 13-14	2nd
Pro-Am Series / Trexlertown, PA	6/23/2009	15 lap tempo	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/23/2009	miss and out	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/23/2009	5 lap scratch	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/23/2009	5 mile final	David Gulick	Stagiaire	FIF
Tuesday Bear Creek Future Stars	6/23/2009	500m Chariot	Melissa Garcia	Jr Wm	2nd
<b>Tuesday Bear Creek Future Stars</b>	<b>6/23/2009</b>	<b>4 Lap Tempo</b>	<b>Melissa Garcia</b>	<b>Jr Wm</b>	<b>1st</b>
Tuesday Bear Creek Future Stars	6/23/2009	TR- 1 Mile Final	Melissa Garcia	Jr Wm	2nd
8L Pts / Win&Out / 10L	6/23/09	Track	Greg Ratzell	Jr 13-15	2, -, 3

Race	Date	Race type	Racer	Category	Result
Thursday Night Training Series	6/25/09	Pts. Crit	Scott Farmer	open	4th
Masters Series / Trexlertown, PA	6/26/2009	3km scratch	David Gulick	Masters	5th
Masters Series / Trexlertown, PA	6/26/2009	5 km point race	David Gulick	Masters	FIF
Masters Series / Trexlertown, PA	6/26/2009	elimination	David Gulick	Masters	6th
Masters Series / Trexlertown, PA	6/26/2009	20 lap pt race	David Gulick	B Feature	3rd
Masters Series / Trexlertown, PA	6/26/2009	30 lap scratch	David Gulick	A Feature	FIF
Brownstown Road Race	6/27/2009	RR	Melissa Garcia	Wm 3/4	DNF
Brownstown, PA Circuit Race	6/27/09	CR	Tom Ratzell	Mas 45+	2
Brownstown, PA Circuit Race	6/27/09	CR	Greg Ratzell	Sr 4	15
Brownstown Road Race	6/27/2009	RR	Nadia Latzgo	Women Cat 3/4	6th
National Road Championships, Louisville	6/28/2009	RR-Tandem	A.J Buck	110+	2nd
Clark's Valley TT - 40K	6/28/09	TT	Bryan Barrett	45+	2nd
PA TT 40 KM @ Clarks Valley	6/28/2009	TT	Roy Detweiler	55+	4th
Masters Nationals Tandem Road Race / Louisville KY	6/28/2009	RR	Chip Berezny	110+	2nd
PA Elite State Time Trial	6/28/2009	TT	Nadia Latzgo	Women Cat 4	7th
National Road Championships, Louisville	6/29/2009	RR	A.J Buck	55+	9th
Masters Nationals Road Race / Louisville KY	6/29/2009	RR	Chip Berezny	55+	29th
Pro-Am Series / Trexlertown, PA	6/30/2009	15 lap point a lap	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/30/2009	5 lap scratch	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	6/30/2009	elimination	David Gulick	Stagiaire	8th
<b>Tuesday Bear Creek Future Stars</b>	<b>6/30/2009</b>	<b>500m Scratch</b>	<b>Melissa Garcia</b>	<b>Jr Wm</b>	<b>1st</b>
Tuesday Bear Creek Future Stars	6/30/2009	TR- 1k Scratch	Melissa Garcia	Jr Wm	3rd
<b>Tuesday Bear Creek Future Stars</b>	<b>6/30/2009</b>	<b>4 Lap Tempo</b>	<b>Melissa Garcia</b>	<b>Jr Wm</b>	<b>1st</b>
National Road Championships, Louisville	7/1/2009	TT-Tandem	A.J Buck	110+	2nd
Masters Nationals Tandem Time Trial / Louisville KY	7/1/2009	TT	Chip Berezny	110+	2nd
Rt. 29 TT time-23:28	7/1/09	TT	Schwartz	35-44	6 <sup>th</sup>
National Road Championships, Louisville	7/3/2009	Crit	A.J Buck	55+	4th
Masters Nationals Tandem Road Race / Louisville KY	7/3/2009	Crit	Chip Berezny	55+	13th
Master National Criterium / Louisville, KY	7/4/2009	Crit	David Gulick	Master 45-49	32nd
Pro-Am Series / Trexlertown, PA	7/7/2009	5 lap heat	David Gulick	Stagiaire	4th
Pro-Am Series / Trexlertown, PA	7/7/2009	5 lap final	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	7/7/2009	15 lap point race	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	7/7/2009	10 lap scratch	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	7/7/2009	30 lap madison	David Gulick	Stagiaire	6th
Tuesday Bear Creek Future Stars	7/7/2009	TR- 500m Standing Start	Melissa Garcia	Jr Wm	3rd
Tuesday Bear Creek Future Stars	7/7/2009	5 Lap Scratch I	Melissa Garcia	Jr Wm	3rd
Tuesday Bear Creek Future Stars	7/7/2009	TR- 1k win & Out	Melissa Garcia	Jr Wm	1st
6L / Elimination / 10L / 15L Pts	7/7/09	Track	Greg Ratzell	Jr 13-15	2, 1, 2, 1
Tour of Mount Nebo	7/11/09	RR	Bryan Barrett	50+	11th
Masters Series / Trexlertown, PA	7/11/2009	20 lap point race	David Gulick	Masters	FIF
Masters Series / Trexlertown, PA	7/11/2009	3km scratch	David Gulick	Masters	FIF
Masters Series / Trexlertown, PA	7/11/2009	10 lap snowball	David Gulick	Masters	FIF
Masters Series / Trexlertown, PA	7/11/2009	20 lap scratch	David Gulick	B Feature	4th

Race	Date	Race type	Racer	Category	Result
Iron Hill / West Chester, PA	7/11/2009	Crit	David Gulick	Cat 3/4	DNF
<b>Saturday Masters &amp; Rookies</b>	<b>7/11/2009</b>	<b>TR- Ukn Tempo</b>	<b>Melissa Garcia</b>	<b>Wm 4</b>	<b>1st</b>
Saturday Track Races / Trexlertown PA	7/11/2009	TR	Chip Berezny	Masters	FIF
Tour of Mt. Nebo	7/11/2009	RR	Nadia Latzgo	Women Cat 3/4	10th
JBN / Allentown, PA	7/12/2009	Crit	David Gulick	Cat 3/4	23rd
JBN Bike Race	7/12/2009	Crit	Roy Detweiler	55+	10th
JBN Bicycle Race	7/12/2009	Crit	Chip Berezny	55+	5th
JBN Bicycle Race	7/12/2009	Crit	Chip Berezny	45+	FIF
JBN Bicycle Race	7/12/2009	Crit	Chip Berezny	35+	DNF
JBN Bicycle Race	7/12/2009	Crit	Chip Berezny	Cat 1/2/3	DNF
JBN Crit	7/12/2009	Crit	Tim Blangger	Cat 3/4	54
Pro-Am Series / Trexlertown, PA	7/14/2009	Keirin Heat	David Gulick	Stagiaire	4th
Pro-Am Series / Trexlertown, PA	7/14/2009	Keirin Rep	David Gulick	Stagiaire	3rd
Pro-Am Series / Trexlertown, PA	7/14/2009	Elimination	David Gulick	Stagiaire	11th
Pro-Am Series / Trexlertown, PA	7/14/2009	20 lap scratch	David Gulick	Stagiaire	7th
Tuesday Bear Creek Future Stars	7/14/2009	TR-1k Handicap	Melissa Garcia	Jr Mn/Wm	3rd
8L Tempo / 3L / Win&Out / 12L Sno	7/14/09	Track	Greg Ratzell	Jr 13-15	4, -, 2, 1
Ed Peters Memorial -Fitness Park	7/17/2009	Crit	Roy Detweiler	55+	10th
Masters Series / Trexlertown, PA	7/18/2009	4 km super temp	David Gulick	Masters	FIF
Masters Series / Trexlertown, PA	7/18/2009	18 lap win & out	David Gulick	Masters	FIF
Masters Series / Trexlertown, PA	7/18/2009	3km scratch	David Gulick	Masters	FIF
Masters Series / Trexlertown, PA	7/18/2009	20 lap scratch	David Gulick	B Feature	FIF
Nicole Reinhart Memorial Tour de FCCC	7/18/2009	TT	Melissa Garcia	Jr Wm 13/14	2nd
Nicole Reinhart Memorial Tour de FCCC	7/18/2009	RR	Melissa Garcia	Jr Wm 13/14	2nd
Nicole Reinhart Memorial Tour de FCCC	7/18/2009	Crit	Melissa Garcia	Jr Wm 13/14	2nd
Sportsfest Irving Park Criterium	7/18/2009	Crit	Roy Detweiler	55+	6th
Sportsfest Irving Park Criterium	7/18/2009	Crit	Roy Detweiler	Cat 4	9th
Masters State Crit Champoinships / Fitness Park	7/18/2009	Crit	Chip Berezny	55+	2nd
Saturday Track Races / Trexlertown PA	7/18/2009	TR	Chip Berezny	Masters	FIF
Sportsfest Irving Park	7/18/2009	Crit	Tim Blangger	45+	22
Sportsfest Irving Park	7/18/2009	Crit	Tim Blangger	Cat 4	20
Nicole Reinhart Tour de FCCC	7/18/2009	<b>TT</b>	<b>Nadia Latzgo</b>	Junior Wm. 13-14	<b>1st</b>
Nicole Reinhart Tour de FCCC	7/18/2009	<b>RR</b>	<b>Nadia Latzgo</b>	Junior Wm. 13-14	<b>1st</b>
Nicole Reinhart Tour de FCCC	7/18/2009	<b>Crit.</b>	<b>Nadia Latzgo</b>	Junior Wm. 13-14	<b>1st</b>
Nicole Reinhart Tour de FCCC	7/18/2009	<b>GC</b>	<b>Nadia Latzgo</b>	Junior Wm. 13-14	<b>1st</b>
SportsFest / Allentown Pa	7/19/2009	Crit	Chip Berezny	55+	9th
SportsFest / Allentown Pa	7/19/2009	Crit	Chip Berezny	45+	FIF
SportsFest / Allentown Pa	7/19/2009	Crit	Chip Berezny	35+	DNF
SportsFest / Allentown Pa	7/19/2009	Crit	Chip Berezny	Cat 3	DNF
Tour de FCCC, TT	7/19/09	TT	Greg Ratzell	Jr 13-14	4
Tour de FCCC, Road Race	7/19/09	RR	Greg Ratzell	Jr 13-14	3
Tour de FCCC, Crit	7/20/09	Crit	Greg Ratzell	Jr 13-14	3
Tour de FCCC, Trexlertown, PA	7/20/09	Stage Race	Greg Ratzell	Jr 13-14	3
Pro-Am Series / Trexlertown, PA	7/21/2009	flying mile	David Gulick	Stagiaire	6th
Pro-Am Series / Trexlertown, PA	7/21/2009	Elimination	David Gulick	Pro-Am	DNF
Pro-Am Series / Trexlertown, PA	7/21/2009	10 lap scratch	David Gulick	Pro-Am	FIF



Race	Date	Race type	Racer	Category	Result
Pro-Am Series / Trexlertown, PA	7/21/2009	50 lap points	David Gulick	Pro-Am	DNF
12L Pts / 5L / Elimination / 10L	7/21/09	Track	Greg Ratzell	Jr 13-15	4, 4, -, -
5L / 6L Tempo / 3L Handicap	7/24/09	Track	Greg Ratzell	Jr 13-15	2, 1, -
PA State Track Championship	7/25/2009	TRACK	Kip Jansen	40+ TTT 4k	1ST
Grandview / Lancaster, PA	7/25/2009	Crit	David Gulick	Cat 45+	12th
<b>PA State &amp; Atlantic Regional Track</b>	<b>7/25/2009</b>	<b>TR</b>	<b>Chip Berezny</b>	<b>55+</b>	<b>1st</b>
<b>PA State &amp; Atlantic Regional Track</b>	<b>7/25/2009</b>	<b>TR</b>	<b>Chip Berezny</b>	<b>55+</b>	<b>1st</b>
<b>PA State &amp; Atlantic Regional Track</b>	<b>7/25/2009</b>	<b>TR</b>	<b>Chip Berezny</b>	<b>30+</b>	<b>1st</b>
<b>PA State &amp; Atlantic Regional Track</b>	<b>7/25/2009</b>	<b>TR</b>	<b>Chip Berezny</b>	<b>30+</b>	<b>1st</b>
Grand View Grand Prix	7/25/2009	RR	Nadia Latzgo	Women Cat 3/4	9th
Grand View Grand Prix	7/25/2009	TT	Nadia Latzgo	Women Cat 3/4	11th
Grand View Grand Prix	7/25/2009	Crit.	Nadia Latzgo	Women Cat 3/4	12th
Grand View Grand Prix	7/25/2009	GC	Nadia Latzgo	Women Cat 3/4	2nd
<b>Liberty / Malvern, PA</b>	<b>7/26/2009</b>	<b>Crit</b>	<b>David Gulick</b>	<b>Cat 3/4</b>	<b>1st</b>
Liberty / Malvern, PA	7/26/2009	Crit	David Gulick	Cat 35+	FIF
Liberty Criterium	7/26/2009	Crit	Roy Detweiler	Cat 4	14th
State And Regional Track / Trexlertown PA	7/26/2009	TR	Chip Berezny	55+	1st
Pro-Am Series / Trexlertown, PA	7/28/2009	5 lap scratch?	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	7/28/2009	Elimination	David Gulick	Stagiaire	11th
Pro-Am Series / Trexlertown, PA	7/28/2009	Snowball	David Gulick	Stagiaire	DNF
Pro-Am Series / Trexlertown, PA	7/28/2009	30 lap point race	David Gulick	Stagiaire	DNF
Tuesday Night Jr Racing	7/28/09	Track	Greg Ratzell	Jr 13-15	?
Tour of Lancaster	8/1/2009	RR	Melissa Garcia	Wm 3/4	16th
Masters Series / Trexlertown, PA	8/1/2009	unknown distance	David Gulick	Masters	6th
Masters Series / Trexlertown, PA	8/1/2009	20lap point race	David Gulick	Masters	FIF
Masters Series / Trexlertown, PA	8/1/2009	4km snowball	David Gulick	Masters	FIF
Masters Series / Trexlertown, PA	8/1/2009	20 lap scratch	David Gulick	B Feature	2nd
Masters Series / Trexlertown, PA	8/1/2009	30 points race	David Gulick	A Feature	DNF
Tour of Lancaster County	8/1/2009	<b>RR</b>	Nadia Latzgo	Women Cat 3/4	7th
Tour of Lancaster	8/2/2009	TT	Melissa Garcia	Wm 3/4	13th
Tour of Lancaster	8/2/2009	Crit	Melissa Garcia	Wm 3/4	13th
4th Cycle Sports Circuit Race / Doylestown, PA	8/2/2009	CR	David Gulick	Cat 3/4	8th
Tour of Lancaster Co., PA Crit	8/2/09	Crit	Greg Ratzell	Sr 4	15
Tuesday Bear Creek Future Stars	8/4/2009	TR-6 lap Point a Lap	Melissa Garcia	Jr Wm	2nd
Tuesday Bear Creek Future Stars	8/4/2009	TR-5 lap Scratch	Melissa Garcia	Jr Wm	2nd
Tuesday Bear Creek Future Stars	8/4/2009	TR-15 lap points	Melissa Garcia	Jr Wm	2nd
Pro-Am Series / Trexlertown, PA	8/4/2009	5 lap heat	David Gulick	Stagiaire	4th
Pro-Am Series / Trexlertown, PA	8/4/2009	super sprint elimination	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	8/4/2009	5 mile scratch	David Gulick	Stagiaire	7th
Pro-Am Series / Trexlertown, PA	8/4/2009	flying mile final	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	8/4/2009	2k handicap	David Gulick	Stagiaire	FIF
6L Pt-Lap / 5L / 15L Pts / Win&Out	8/4/09	Track	Greg Ratzell	Jr 13-15	3, 3, 2, -
Deodate Road Race	8/8/2009	RR	Nadia Latzgo	Women Cat 3/4	2nd
Christiana Crit / Christiana PA	8/9/2009	Crit	Chip Berezny	55+	4th



Race	Date	Race type	Racer	Category	Result
Tour de Christiana	8/9/2009	RR	Nadia Latzgo	Women Cat 3/4	3rd
Pro-Am Series / Trexlertown, PA	8/11/2009	2km scratch	David Gulick	Stagiaire	3rd
Pro-Am Series / Trexlertown, PA	8/11/2009	20 lap point race	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	8/11/2009	super sprint elimination	David Gulick	Stagiaire	8th
Pro-Am Series / Trexlertown, PA	8/11/2009	30 lap madison	David Gulick	Stagiaire	6th
9L Pts / 5L / ? / Miss&Out	8/11/09	Track	Greg Ratzell	Jr 13-15	3, 1, -, 3
Emrick Blvd Crit	8/15/09	Crit	Bryan Barrett	45+	20th
Emrick Blvd Crit	8/15/2009	crit	Mike Holub	master 45+	21st
Emrick Blvd Crit / Bethlehem PA	8/15/2009	Crit	Chip Berezny	55+	4th
DeSales Circuit Race	8/16/2009	CR	Kip Jansen	35+	FIF
DeSales Circuit Race	8/16/09	CR	Bryan Barrett	45+	10th
Oley Valley Road Race	8/16/2009	RR	Melissa Garcia	Jr Wm 13/14	3rd
Ed Peters Weekend-DeSales Circuit	8/16/2009	RR	Roy Detweiler	55+	4th
State RR, Oley, PA	8/16/09	RR	Greg Ratzell	Jr 13-14	2nd overall
<b>Oley Valley RR - State Championship</b>	<b>8/16/2009</b>	<b>RR</b>	<b>Nadia Latzgo</b>	<b>Junior Wm. 13-14</b>	<b>1st</b>
Master Track Nationals / Colorado Springs, CO	8/18/2009	1 km TT	David Gulick	Master 45-49	16th
Master Track Nationals / Colorado Springs	8/18/2009	TR	Chip Berezny	55/59	2nd
Master Track Nationals / Colorado Springs	8/19/2009	point race	David Gulick	Master 45-49	11th
Master Track Nationals / Colorado Springs	8/19/2009	TR	Chip Berezny	55/59	2nd
Master Track Nationals / Colorado Springs	8/19/2009	TR	Chip Berezny	55/59	4th
<b>Master Track Nationals / Colorado Springs</b>	<b>8/20/2009</b>	<b>TR</b>	<b>Chip Berezny</b>	<b>55/59</b>	<b>1st</b>
Master Track Nationals / Colorado Springs	8/21/2009	TR	Chip Berezny	55/59	3rd
Saturday Masters & Rookies	8/22/2009	3 km Points	Melissa Garcia	Wm	3rd
Saturday Masters & Rookies	8/22/2009	TR- 2 km Tempo	Melissa Garcia	Wm	5th
Master Track Nationals / Colorado Springs	8/22/2009	Sprints	David Gulick	Master 45-49	11th
<b>Master Track Nationals / Colorado Springs</b>	<b>8/22/2009</b>	<b>TR</b>	<b>Chip Berezny</b>	<b>55/59</b>	<b>1st</b>
<b>Nanticoke Criterium</b>	<b>8/22/2009</b>	<b>Crit.</b>	<b>Nadia Latzgo</b>	<b>Women Cat 4</b>	<b>1st</b>
Hillier Than Thou 100 mile	8/23/2009	RR	Kip Jansen	35+	7th
Hillier Than Thou - 100 mile Timed RR	8/23/09	RR/TT	Bryan Barrett	45+	2nd
Master Track Nationals / Colorado Springs	8/23/2009	madison	David Gulick	Master 45+	7th
Master Track Nationals / Colorado Springs	8/23/2009	TR	Chip Berezny	40+	5th
Master Track Nationals / Colorado Springs	8/23/2009	TR	Chip Berezny	50+	4th
Master Track Nationals / Colorado Springs	8/23/2009	TR	Chip Berezny	45+	5th
Pro-Am Series / Trexlertown, PA	8/25/2009	12 lap point race	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	8/25/2009	2km scratch	David Gulick	Stagiaire	6th
Pro-Am Series / Trexlertown, PA	8/25/2009	super sprint elimination	David Gulick	Stagiaire	5th
A. Gayfer Jr State Criterium Championship	8/29/2009	Crit	Melissa Garcia	Wm 3/4	4th
A. Gayfer Jr State Criterium Championship	8/29/2009	Crit	Melissa Garcia	Jr Wm 13/14	2nd
Lehigh Valley Winery Criterium /	8/29/2009	Crit	David Gulick	Cat 3/4	10th
Strasburg Roads Race / Strasburg PA	8/29/2009	RR	Chip Berezny	55+	6th
Lehigh Valley Winery Criterium	8/29/09	Crit	Greg Ratzell	Jr 13-14	Gold
<b>A.Gayfer Jr State Crit Championship</b>	<b>8/29/2009</b>	<b>Crit.</b>	<b>Nadia Latzgo</b>	<b>Junior Wm. 13-14</b>	<b>1st</b>
Lehigh Valley Winery Circuit Race	8/30/2009	CR	Melissa Garcia	Wm 4	5th
Breinigsville, PA Circ Race	8/30/09	CR	Greg Ratzell	Jr 13-14	1
Breinigsville, PA Circ Race	8/30/09	CR	Greg Ratzell	Jr 15-18	8

Race	Date	Race type	Racer	Category	Result
<b>Lehigh Valley Winery Circuit Race</b>	<b>8/30/2009</b>	<b>Crit.</b>	<b>Nadia Latzgo</b>	<b>Women Cat 4</b>	<b>1st</b>
Pro-Am Series / Trexlertown, PA	9/1/2009	5 lap scratch	David Gulick	Stagiaire	8th
Pro-Am Series / Trexlertown, PA	9/1/2009	super sprint elimination	David Gulick	Stagiaire	12th
Pro-Am Series / Trexlertown, PA	9/1/2009	20 lap point race	David Gulick	Stagiaire	FIF
Phillipsburg Crit	9/5/2009	crit	Mike Holub	master 45+	26th
Masters Series / Trexlertown, PA	9/5/2009	2 km scratch	David Gulick	Masters	6th
Masters Series / Trexlertown, PA	9/5/2009	super sprint elimination	David Gulick	Masters	12th
Masters Series / Trexlertown, PA	9/5/2009	6 km point race	David Gulick	Masters	FIF
Masters Series / Trexlertown, PA	9/5/2009	50 lap madison	David Gulick	Masters	2nd
<b>Phillipsburg Criterium / Phillipsburg NJ</b>	<b>9/5/2009</b>	<b>Crit</b>	<b>Chip Berezny</b>	<b>55+</b>	<b>1ST</b>
Phillipsburg Criterium / Phillipsburg NJ	9/5/2009	Crit	Chip Berezny	35+	FIF
Trexlertown Velodrome	9/6/2009	TRACK	Kip Jansen	MASTERS	FIF
Trexlertown Velodrome	9/6/2009	TRACK	Kip Jansen	MASTERS	Fif
Trexlertown Velodrome	9/6/2009	TRACK	Kip Jansen	MASTERS	5th
Trexlertown Velodrome	9/6/2009	TRACK	Kip Jansen	MASTERS	5th
Robeson Twsp PA State Championships	9/6/2009	RR	Nadia Latzgo	Women Cat 4	6th
<b>Olde Mill Inn Tour Of Basking Ridge</b>	<b>9/7/2009</b>	<b>Crit</b>	<b>Chip Berezny</b>	<b>55+</b>	<b>1ST</b>
Pro-Am Series / Trexlertown, PA	9/8/2009	20 lap point race	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	9/8/2009	2 km scratch	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	9/8/2009	12 lap point a lap	David Gulick	Stagiaire	FIF
Pro-Am Series / Trexlertown, PA	9/8/2009	10 mile scratch	David Gulick	Stagiaire	DNF
Bob Beal Omnium / Ninigret RI	9/12/2009	TT	Chip Berezny	55+	4th
<b>Bob Beal Omnium / Ninigret RI</b>	<b>9/12/2009</b>	<b>Crit</b>	<b>Chip Berezny</b>	<b>55+</b>	<b>1ST</b>
YUASA Right From the Start Criterium	9/13/2009	Crit	Roy Detweiler	55+	5th
YUASA Right From the Start Criterium	9/13/2009	Crit	Roy Detweiler	35+	dnf
Bob Beal Omnium / Ninigret RI	9/13/2009	Crit	Chip Berezny	55+	2nd
YUASA Right From the Start Criterium	9/13/2009	Crit.	Nadia Latzgo	Women Cat 4	2nd
Cheyney road race	6\14\2009	road race	Schwartz	5	11th
Rt. 29 TT time-23:46	6\24\2009	TT	Schwartz	35-44	3rd
PA, STATE ELITE TT Time-62:43	6\28\2009	TT	Schwartz	5	2nd
Jbn Bicycle Race	7\12\2009	Crit	Schwartz	3\4	FIF
Sports Fest	7\19\2009	Crit	Schwartz	4	7
Liberty Crit	7\26\2009	Crit	Schwartz	4	18
Rodale Park Thurs Training Crit	7\9\2009	Pts	Schwartz		3 pts
Desales	8\12\2009	Crit	Schwartz	35	FIF
Course De Marlton	8\23\2009	Crit	Schwartz	35	33
Lehigh Valley Winery	8\30\2009	Crit	Schwartz	35	15
Bob Beal Omnium / Ninigret Ri	9/12+13/09	Omnium	Chip Berezny	55+	2nd
YUASA Right From the Start Criterium	9\13\2009	Crit	Schwartz	35	DNF
Pine Grove Furnace Tt	9\19\2009	Crit	Schwartz	40-44	5 th
<b>Master Cycle Race Assn. Points Series 2009</b>			<b>Chip Berezny</b>	<b>55+</b>	<b>1ST</b>
Master & Rookies Track Series		TR	Scott Farmer	Masters	3rd
Master & Rookies Track Series		TR	Scott Farmer	Masters	fif
Master & Rookies Track Series		TR	Scott Farmer	Masters	fif
5th smuttynose brewing Co. Portsmouth Crit	9/20/09	crit	Mike Holub	Cat 3	32nd
Cargas crit and spinners cycling points series crit	6\19\2009		Schwartz	4\5	12th

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Oct-Nov 09



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