



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

June 2010

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CLUB OFFICERS

Phil Eempio	President
pesempio@pmc-group.com	610-363-8318
Gerald Polachak	VP Touring
njbowmannj@yahoo.com 610-252-3422
Pete Seigfried	VP Racing
Sracer866@aol.com 610-285-4006
Stephanie Begovich	Secretary
stephbvc@yahoo.com 610-694-9117
Sallie Urffer	Treasurer & QR Editor
sjurffer@rcn.com 610-554-2931
Lin Roeder	Membership
Lin.roeder@gmail.com 610-597-3994
Terry Terfinko	Webmaster
terfintt@verizon.net 610-966-2329
Gwen Hoover	Junior Coordinator
g Hoover@ptd.net 610-216-1484

What's in YOUR seat bag?

Phil Eempio, President

Recently, I was at one of our local bike shops when a customer asked the owner of the shop what he should "bring" to a group ride. The owner, a cyclist himself, was a bit speechless, and ended up giving the customer a generic answer that probably didn't help much, probably because it's not something we really think about much. As a result, I started giving some thought to the items I generally carry in my seat bag, as well as those I carry only on special occasions, such as centuries or long, epic mountain bike rides:

- 1. Spare tube** – This may seem obvious to those of us that ride almost every day, but it's the single most important item to carry, since a flat tire is the most common breakdown on the road or trail. Make sure the tire is the correct size for your tires (700 x 23C, 26 x 2.0" etc.), as well as the right valve type (Presta or Schraeder) and length. Even if you run tubeless tires, having a spare tube can bail you out in a pinch. For long rides (over 50 miles or 3 hours), I will often carry 2 tubes, and sometimes an entire spare folding tire in a jersey pocket.
- 2. Tire levers** – These are an absolute requirement for most tires, although you usually don't need them to remount the tire. Usually come in sets of 3, although 2 are plenty to dismount and reinstall a tire on a clincher rim.
- 3. Pump or CO₂ cartridge inflator** – Back in the day, I almost always carried a Zefal frame pump on my road bikes, and still have one on my tandem. Unfortunately, most modern road bikes no longer have a pump peg on the head tube to hold one, and in many cases have brake cables routed under the top tube which prevent mounting one there in any case. Mini-pumps have come a long way in the last few years, and are an
- 4. Bicycle multi-tool** – A simple multi-tool, with a variety of Allen wrenches and other bicycle-specific tools, is nice to have in the event of an unforeseen breakdown. Some larger multi-tools will even have spoke wrenches and chain tools (see below) built right into them, which can save valuable real estate in your under-seat bag.
- 5. Spoke wrench** – You should carry this only if you know how to true a wheel. Good to have for longer, all-day rides like a century, but not usually necessary for shorter rides. Make sure the one you have is right for the type of spokes your wheels have. These can be a real lifesaver in the event of a broken or damaged spoke.
- 6. Chain tool and spare link or pin** – This is another item that's really only necessary for longer road rides, but is an absolute requirement for mountain biking. Some 10- and 11-speed road chains can't even be fixed on the road, so check with your local shop if you're not sure of this. Continued on pg2.

Visit the Lehigh Wheelmen home page at www.lehighvalleywheelmen.com

Due date for *Quick Release* articles is the 20th of every month.

7. **Dollar bill** – This is for use as a “boot” in case you need to perform an emergency tire repair, should you end up with a torn or blown-out sidewall during a ride. The paper that currency is made from is incredibly strong, and will easily withstand the full pressure of a road tire without bursting.
8. **Cell phone or calling card** – some breakdowns just can’t be fixed on the road!

For the most part, you can usually fit all of the essentials in a bag that mounts under the saddle of your bike; I think most riders prefer this, as it looks clean, and keeps everything out of the way until you need it. Other options for carrying spares are kits that fit into a water bottle cage (good if you have a bottle mount that isn’t easy to access during the ride, such as under the down tube), bags that mount to the top tube, and handlebar-mounted bags. If you prefer to use a hydration pack while you ride (particularly common among mountain bikers), you can choose a pack that has a separate storage compartment for your tools and spares.

Also, if you’re unfamiliar with the use of any of these tools, it’s a good idea to practice using them beforehand at home. There’s nothing worse than trying to effect a repair for the first time on the side of the road, with traffic whizzing by, as the sun slowly sets behind you...but then, that’s why you should always carry Item 8. Sometimes, phoning a friend (or spouse, or significant other) is the very best option!

Phil Eempio

LWA Meetings
Held the 3rd Monday of every month.

Next meeting is:

Monday, June 21, 2009
Business Mtg – 7:45 -8:15 PM
Speaker – 8:15 – 9 PM

MEETING LOCATION:
Valley Preferred Cycling Center – Velo deck

Editor’s Corner
Sallie Urffer

Racing at Valley Preferred Cycling Center has begun! Saturday’s and Tuesday’s have had some great racing. Participants are your neighbors and friends, pros and armatures, young and old and several LWA members.

I wasn’t prepared for our first racing day on May 15. The junior girls kicked my butt. Nadia Latsko, one of LWA’s juniors, was one of them. I remember a couple of years ago, she said she really didn’t want to race! Now she’s strong and racing hard. There are so many days that I wish I would have found this sport when I was young. Riding the hills of Limeport gave me so much freedom and self empowerment. There is a song from a unique band, Gandolf Murphy and the Slambovia Circus of Dreams (www.slambovia.com) entitled Look Ma No Hands. It reminds me of that time when I was young and free, having fun on my bike. I hope you get to enjoy riding your bike like you were a kid with no cares in the world!

Happy pedaling!

Sallie Urffer

Jr. Racing Report

Gwen Hoover, Jr Coordinator

Save the date. Nicole Reinhart Memorial Tour de FCCC junior stage race. July 17 and 18. Volunteers needed. Open to all junior cyclists ages 10 - 18.

Gwen Hoover

Save the Dates

- April 1 through October – Thursday night Crit – Bob Rodale Fitness Park
- June 18 – World Series of Cycling – Friday night racing begins - VPCC**
- June 19 – Bethlehem Criterium – Liberty HS**
- June 27 – Fitness Park Criterium – Bob Rodale Fitness Park**
- July 5 – Pagoda Ride – Rodale Fitness Park
- July 7 – JBN Criterium – Bethlehem Industrial Park
- July 8-11 – Junior National Championships - VPCC
- July 17 & 18 - FCCC – Junior Stage Race
- July 19 Sports Fest Criterium – Dieruff HS
- August 1 – Club Picnic & Metric Century – Covered Bridge Park
- October 3 - Gap Gallop
- December 12 – End of Year Party – Beak Creek Ski Lodge



Nadia Latsko - Pro Am Tuesday

Picture used with the permission of Hannah Hayduk

Ruff Riders

Article on dogs and cyclists on the North Carolina backroads.

By John Rothchild

<http://www.lehighvalleywheelmen.com/files/Documents/DogArticle.pdf>



LWA Discount Sponsors

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

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South Mountain Cycles And Coffee Bar *

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*10% off all parts and accessories

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