



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

August 2010

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Unsung Heros

Phil Esempio, President

Recently, I had to cancel an event the club has held for a number of years simply because I couldn't find someone to organize and run it, after the original organizer needed to back out as the result of a scheduling conflict. This happened in spite of the fact that the club had 3 months notice to find a new point person for the event. To say the least, this was a development that, at least initially, I found very disappointing, even troubling.

Clubs like LWA live and die by the efforts that club members make to keep events happening. This is no small task, considering that most of our members are working adults, and many have family commitments to attend to as well. In my year and a half as club President, I have seen a very small proportion of club members – less than 10% - take responsibility to organize the majority of events that all of us members enjoy. What it took me a while to realize is that this is not necessarily a bad thing; in any organization, those with the leadership and organizational skills to run a big event are always in the minority. What I have been impressed with in my time with the club is the way members are willing to pitch in and help, even on short notice. This, I feel, is one of the greatest strengths of LWA as a bicycle club – the willingness of members to help out with the events we do run.

For any large event, there's a tremendous amount of legwork that has to be done in the months leading up to it. But, on the day of the event, it's the folks on the front line – the person making up PBJ's at a rest stop on the Gap Gallop, the poor soul waving a flag and directing traffic at the Tour de FCCC, the officials that work criteriums from an hour before the first race until 2 hours after the last race, that are truly indispensable. Riders at an event rarely remember the organizer; in fact, it's unusual for them to have any contact with him or her. But they do remember a well stocked rest-

stop, or the registration volunteer that helped them out 5 minutes before the deadline, or even the sag vehicle that rescued them when they had a terminal mechanical 20 miles from nowhere; really, it's these volunteers that are the face of our club.

So, the next time you do a club event – one of ours, or even another club's event – remember to thank the people you have contact with. If they weren't there, neither would you be!

Phil Esempio

See page 3 for volunteer opportunities

Save the Dates

April 1 through October – Thursday night Crit – Bob Rodale Fitness Park
June 18 through August 27 – World Series of Cycling – Friday night racing - VPCC
August 21 & 22 PA & Atlantic Regional Master Track Championship – VPCC
September 6 – Donut Derby - VPCC
October 3 - Gap Gallop-Northampton Community College
December 12 – End of Year Party – Beak Creek Ski Lodge

Board Nominations

We need new "blood" to help make this club vibrant!

Nominations are being accepted for several positions on the board. For more information regarding duties of the board visit <http://www.lehighvalleywheelmen.com/files/Documents/LWA%20By%20Laws.pdf>

If you or a friend are interested, please contact a Phil at pesempio@pmc-group.com.

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

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

LWA Meetings

Held the 3rd Monday of every month.

Next meeting is:

Monday, August 16, 2010
Business Mtg – 7:45 -8:15 PM
Speaker – 8:15 – 9 PM

MEETING LOCATION:
Valley Preferred Cycling Center – Velo deck

Lehigh Wheelman Future Champions – Junior Update

Gwen Hoover

Our junior team has several of the top young racers in the state and in the nation. Here is a glimpse at some of our kids recent results

Junior National Track Championships were held at the Valley Preferred Cycling Center (Trexlerstown) in early July. Hundreds of youth bicycle racers (ages 10-18) traveled from all over the country to compete. Local cyclists had a tremendous showing, including several from Bikeline/LWA (the Wheelmen's junior team). Individual events were contested as well as an overall "omnium" combining points from each of the events (think Decathlon in track and field). Full results can be found at www.usacycling.org

Greg Ratzell (Men 15-16) 3rd place overall in the Omnium
5th place in the match sprints, after posting the second fastest time of 12.198 sec in the 200m sprint qualifier
2nd place in the 8 km scratch race
4th place in the 500m time trial
3rd place in the 15 km points race
Greg was also 4th in the State Time Trial championships in June and 2nd overall in the Tour de Syracuse stage race in May

Nadia Latzgo (Women 15-16)
3rd 500 meter time trial
3rd Points race
7th Match Sprint
7th Scratch Race
Nadia was also 1st place and state champion in the Road Time Trial in June and 1st in the Tour de Syracuse stage race in May

Evelyn Korbich (women 13-14)
1st Points race
3rd Scratch race
5th 500 meter time trial
Evelyn was 1st in the State Time Trial Championships in June, 2nd overall at the Tour de Syracuse in May (

Our club put on the Nicole Reinhart Memorial Tour de FCCC junior stage race later in July. Nearly 100 youth racers from a dozen states attended. We got so many compliments on the event which was held on Saturday in Maxatawny Township at the Rodale Institute (Time Trial and Road Race) and Sunday at Rodale Park (Criterion). BikeLine/LWA racers had quite a showing with the following podium results. Full results can be found at www.lehighwheelmen.org

Evelyn Korbich (1st overall GC women 13-14)
Greg Ratzell (1st overall GC men 15-16)
Nadia Latzgo (2nd overall GC women 15-16)
Alec Ratzell (4th overall GC Men 10-12)

Finally, late July featured the State Criterium Championship

Alec Ratzell (1st men 10-12)
Greg Ratzell (1st men 15-16)
Nadia Latzgo (1st women 15-16)
Evelyn Korbich (1st women 13-14)

Other active racers and touring youth members include Brandon Krasley, Jake Hoover, Ben Whitby, William Pestcoe and Zach Houlik. We welcome any kids who are interested in getting more involved in the sport of cycling. Please call or email Gwen Hoover, junior development coordinator ghoover@ptd.net or 610-216-1484.

Gwen Hoover

Editor's Corner

Sallie Urffer

Apathy seems to be everywhere these days. People pointing fingers saying "not me"! Then there is the "Not Principle" It's not you it's me"....yeah right it you...or it's not about the money! HA! I love it when a person continually says; I just don't have the time! I want to say, you just don't want to make the time and how many hours of TV do you watch?

I'm worried about this club. I've been a LWA member for over 10 years and have watched the committed few, become burned out because a small number of people step up and volunteer. Then when something doesn't happen, like the picnic this year, those few that bust their butts for the club are beaten up. We must all take responsibility – if you want a club or race team – the time is now to step up become involved before it all goes away.

We need volunteers for the Donut Derby and Gap Gallop. If we have many volunteers, we may only need your help for an hour! For the Donut Derby volunteers are needed for road marking, registration, donut duty at Bowers Park, sweeping the course, Race Finish, and breakdown. Gap Gallop volunteers are needed for registration, rest stop, sweeping the course, lunch, tee shirt sales, road marking, runner and breakdown. If you can help, please contact me (sjurffer@rcn.com).

Also, please contact a board member if you are interested in joining the board and what position if you would like to fill. Every year we elect a President, VP touring, VP racing, Treasurer, Secretary, and at-large members.

Your help will be greatly appreciated. Happy pedaling!

Sallie Urffer

Volunteers Are Needed

Donut Derby & Gap Gallop

- *Route marking*
 - *Set-up*
 - *Registration*
 - *T-shirt sales*
 - *Rest Stops – GG*
 - *Purchasing and sorting food for rest stops - GG*
 - *Lunch Coordinator*
 - *Donut Stop – DD*
 - *Finish assisting-DD*
 - *Timing – DD*
 - *Route Sweeping*
 - *Break down*
-
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Contact Sallie Urffer –
sjurffer@rcn.com if you
have any questions or are
willing to volunteer!



*Your help will keep this
club rolling strong!*

**BOARD NOMINATIONS ARE
ALSO BEING ACCEPTED.**

PA Bicycle Driver's Manual Refresher

Chapter 3 – page 12-16 excerpts

Intersections are where all of your traffic riding skills come together. If you ride smoothly through the intersection, you can handle almost any riding environment.

At intersections, move to the correct lane position depending on which way you will be going, just as you would if you were driving your car.

Right Turns

Obviously right turns are the easiest. Just stay in the right lane, look around for traffic and go around the corner. To avoid getting squeezed against the curb, ride in the middle of the right lane if it's narrow, just as you would on a straightaway. Remember that the rear end of a car pulls to the right as it makes a right turn.

At a stop sign or legal right turn on red, yield to traffic coming from the left on the cross street. You are always required to yield to pedestrians in crosswalks. Cyclists follow the same set of rules as car drivers do. A right-turn signal is a useful courtesy to drivers who would have to wait for you if you were going straight. Make your right-turn signal by pointing your right arm.

Changing Your Lane Position

To prepare for most intersection maneuvers, you need to change your lane position. Even between intersections or when making a right turn.

But when making a left turn, you often have to move across more than one lane. Before you change your lane position, you must look back for traffic. Your sense of balance is in your head, so you need some practice to turn your head, not shoulders, without swerving. Your bike tends to follow your shoulders. Don't trust your ears! Practice looking back in a parking lot. Turn your head to look, even if you have a rear-view mirror. A mirror can help you keep track of the traffic directly behind you, but no mirror will show cars or other bicycles at your side or in your blind spot.

Getting A Driver's Cooperation

If you make your intentions clear, the driver will almost always let you into line. Extend your left arm to signal you want to move to the left. Look back, turning your head to look back is a signal too. MAKE sure the driver has noticed your signal before moving. Don't be afraid to take and maintain the lane to make your turn and to secure your safety.

Left Turns

Change lanes until you reach the left-turn position in traffic. If the lane carrying left-turning traffic also carries through traffic, ride at its left side. If it's a left-turn only lane, ride at its right side. On an ordinary 2 lane street, turn left from just right of the center yellow line. You may think it's dangerous to move to the middle of the lane, but it's the best position for a left turn. When you are in the correct position, all the traffic you need to deal with is in front of you.

Yield to traffic from the left, right and straight ahead, in that order. Remember when turning left from the left side of a lane, do not let left-turning cars behind you pass you on the right. Keep near the middle of the lane so that left-turning cars behind you must stay behind you until you yield the lane and move to the right.

Going Straight Through

When going straight, make sure turning traffic passes you on the correct side and not cutting you off. Stay completely out of any turn lanes. You may need to move into the second or third lane from the curb to avoid the right turning traffic.

When you approach an intersection where cars are waiting, never pass the first car, people don't always use their turn signal and always make sure all traffic from other directions has stopped.

Classified Ads

ARTICLES FOR SALE

Specialized Team Road Shoes sz.47 yellow (\$FREE); Oakley Half Jacket carbon with titanium lenses and access., \$40; Dura-Ace HollowTech Octalink Crank arms 175 with FSA chainrings 53/39, \$35; Dura-Ace HollowTech Crankset 175/53-39 FC-7800, \$100; Bell 2 Bike Carrier (fits any) \$40; Thule Crossroads 450 set, \$110;. Call Brett (614) 483-9109

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 Dick McCreight @dick.mccreight@juno.com

WANTED

FREE ADS FOR MEMBERS

Ads must be private (non-commercial) buy/sell/wanted/etc. having to do with bicycling and/or other sports. **Ads must be submitted by the 20th of the month to appear in the following month's newsletter.** Send ads to Sallie @ sjurffer@rcn.com



LWA Discount Sponsors

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

*10% off all parts and accessories

Action Wheels*

531 W. Broad St.
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Allentown, PA 18104
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Bike Line Bethlehem *

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Bethlehem, PA 18018
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South Mountain Cycles And Coffee Bar *

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610-562-8900

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Sallie Urffer, CNMT, LPTA
Whitehall, PA 18052
610-774-0426
MassageWithSallie@gmail.com

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Fleetwood, PA 19522
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