



# QUICK RELEASE

newsletter of the  
**LEHIGH WHEELMEN ASSOCIATION Inc.**

**September 2010**

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## How to watch a cyclocross race

**Phil Eempio, President**

As those of you know me are aware, this is the time of year when my bike thoughts turn to gluing tubulars, proper dismount and remount technique, and which grade of mud I will be dealing with. In other words...it's cyclocross season! And this year, in the 2010/2011 cyclocross season, there are a number of local races where it's possible for those uninitiated to the sport, to get a first-hand look at what cyclocross is all about.

One of the unique aspects of cyclocross racing, as compared to other forms of bicycle racing, is that it is very accessible to spectators. Even track racing doesn't get you up close to the action they way 'cross does – you can get right up to the edge of the course tape, and it's possible to walk the whole perimeter of the course during a single race, since a cyclocross race is usually no more than about 4 to 5 kilometers in length, and designated pedestrian crossings allow spectators to reach any section of the course in less distance than that.

But to get the best experience while watching a cross race requires some knowledge of where the best places to watch are, as this will vary from race to race, depending on the conditions and the course layout. In nearly any race, the barriers are a great place to watch, when large fields of up to 125 riders try to traverse these wooden planks while carrying their bikes. Chaos regularly ensues here, especially in the early laps as riders who may be faster on the bike try to stay ahead of those racers with better dismounting and remounting technique. No race is ever won in the first set of barriers, but many have been lost there.

Any course that contains a sand pit – a popular addition to cyclocross courses in recent years – is

sure to draw a crowd. Sand pits, especially longer ones, provide a dilemma for racers: either dismount and run through the sand to the other side, or attempt to power across it at speed. Neither approach is without risk; while "riding it out" may save time, the effort to do so may cause the racer to "blow up", especially if the sand pit is overly deep or long. Running in a deep sand pit can be just as challenging, and getting sand in one's cleats can make the remount part of the maneuver quite interesting...especially for those watching.

And if it's muddy, or raining, all you need to do is pick any spot where the course goes steeply uphill or downhill. Steep uphill sections ('run-ups', in 'cross parlance) can be a real point of separation in muddy conditions – an accomplished runner with good toe spikes can often take huge chunks of time out of his or her competitors on a long, muddy run-up. And slick, greasy downhill sections leading into a mud-filled corner are a test of both bravado and equipment; the question becomes, just how late can you brake without ending up in the course tape?

Most important for any cyclocross spectator, though, is the ability and willingness to make noise to cheer on the riders. Be sure to bring your cowbells to the race, and to truly emulate the amazing enthusiasm of the Belgian 'cross fan, bring your trombone!

*Phil Eempio*

*Nittnay Cross will be held at the Velodrome on September 11. It's a HUGE event. Join the fun.*

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.

## LWA Meetings

*Held the 3rd Monday of every month.*

Next meeting is:

**Monday, September 20, 2010**  
**Business Mtg – 7:45 -8:15 PM**

**MEETING LOCATION:**  
**Valley Preferred Cycling Center – Velo deck**

## Save the Dates

**April 1 through October** – Thursday night Crit – Bob Rodale Fitness Park

**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. Every year we elect a President, VP touring, VP racing, Treasurer, Secretary, and at-large members.

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 Phil at [pesempio@pmc-group.com](mailto:pesempio@pmc-group.com).

## Gap Gallop – October 3, 2010

We need a lot of help with the Gap Gallop. Any and all help you can provide will be greatly appreciated. If you or a friend are interested, please contact Phil at [pesempio@pmc-group.com](mailto:pesempio@pmc-group.com).

## Editor's Corner

**Sallie Urffer**

Is it really September? Donut Derby is on Labor Day and Gap Gallop is on October 3. Fall is around the corner.

This is my favorite time of the year to ride...but I was stupid again and decided to drive into the garage with the bike on the roof rack. Now I need to buy a new bike. That should be easy; I work at Performance Bike on Airport Rd. But there are too many choices. I'm down to three choices, but can you believe I have ridden Campy for 14 years. Fuji doesn't come in Campy...now what? Hopefully soon I'll have it figured out so I can ride again. Then I'll post a ride from Performance.

There have been a lot of accidents on rides this year. It's important that all of us be reminded to be safe when riding in groups. I haven't ridden on many group rides this year because I haven't liked the group dynamics very much, because I've seen a lot of bad habits. Check out the Guide to Riding in Groups for all Riders written by Pete Nestor. It's posted on LWA's website. Following is a taste.

Happy pedaling!

*Sallie Urffer*

## Guide to Riding in Groups For All Riders

For as much fun as solo riding can be, group riding extends and enriches your bicycling experience by adding social dimensions as well as technical and physical challenges.

A bonus is being introduced to new routes on the rich matrix of low traffic roads offered by the Lehigh Valley's beautiful countryside. Riding, like most other activities, is most fun when you're progressing and learning. Riding in groups with the LWA is truly a rewarding learning experience.

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### Before your first group ride

- **Familiarize yourself with the LWA group ride designations** and honestly assess your riding level in relationship to those descriptions.

### Join a ride

- **Introduce yourself** to the ride leader and tell them of your ride experience. Be honest. If it is your first group ride, let them know it is your first but that you believe you can maintain the pace. (Refer back to the first item about ride designations in the previous section.) Spend most of your time toward the rear of the group and observe the other riders.

## 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](mailto: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](mailto:sjurffer@rcn.com)



## LWA Discount Sponsors

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

### **Action Wheels\***

531 W. Broad St.  
Bethlehem, PA 18018  
610 866 1113

### **Bike Line Allentown \***

1728 Tilghman St.  
Allentown, PA 18104  
610-437-6100

### **Bike Line Bethlehem \***

2112 Schoenersville Rd.  
Bethlehem, PA 18018  
610-691-0943

### **Cycledrome\***

8150 Hamilton Boulevard  
Trexlerstown, PA 18087  
(610) 398 6631

### **Water Gap Coffee Co.**

[www.gapcoffee.com](http://www.gapcoffee.com)  
20% off

### **Keswick Cycle Co \***

408 N. Easton Road  
Glenside, PA 19038  
215-885-7433

### **Eric J. Loch Diamonds & Fine Jewelry\*\***

3370 Lehigh St.  
Allentown, PA  
610.967.3479  
[www.LochsJewelers.com](http://www.LochsJewelers.com)  
\*\*Free Lithium Battery

### **Longswamp Bed & Breakfast**

1605 State Street  
Mertztown PA 19539  
610- 682-6197  
[www.longswamp.com](http://www.longswamp.com)

### **Nestor's Sporting Goods\***

2510 MacArthur Rd.,  
Whitehall, PA 18052,  
610-433-6051

### **Saucon Valley Bikes \***

824 Main St.  
Hellertown, PA  
610-838-1500  
[www.sauconvalleybikes.com](http://www.sauconvalleybikes.com)

### **Sleeping Dog Cycles\***

330 W. Weis St.  
Topton, PA 19562  
610-682-1000

### **South Mountain Cycles And Coffee Bar \***

303 Main St., Lower Level  
Emmaus, PA 18049  
610-967-4490

### **Spokes Bike Shop\***

16590 Route 61  
Hamburg, PA 19526  
610-562-8900

### **Therapeutic & Sports Massage**

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

### **Weaver's Bike Shop\***

729 Park Rd.  
Fleetwood, PA 19522  
610-944-9565

\*10% off all parts and accessories