



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

February 2011

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Time to renew!

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Happy Winter!

In the interest of keeping up with my snow shoveling I will have to keep this month's article a bit short.

I would like to thank all the members who attended our January meeting. Steve Lehman stopped by to give the club a presentation on his international cycling tours. After what has seemed like weeks of never ending snow it was really exciting and motivating to see his warm and sunny photos from his South American and Italian trips. Steve has been gracious enough to extend a 5% discount to all club members who would be interested in booking one of his tours so if you weren't able to make the January meeting check out Steve's website which will be listed on the LWA page shortly.

For February, LWA member Ed Gibney has arranged to have a CPR/AED training, which will be conducted after the business of the general monthly meeting. The cost for current club members is only \$10, which includes a CPR/AED certification upon completion of the training. Club member Dean Hower has helped to arrange a representative from the D&L National Heritage Corridor to provide a presentation on our extensive local rail trail system for all of you who love to ride off road as much as on it.

Even though as I write this article in the midst of a potentially huge ice storm I keep thinking about the spring thaw. At some point all this snow will hopefully stop and we might actually get a chance to ride together outside without extreme outerwear.

Until then we will do our best to help everyone stay engaged in club activity with events at our monthly meetings as well as special club events like the upcoming St. Patrick's Day season kick-off party scheduled for March 13th at Asia. As always you can find the full schedule and description of events on the LWA website ride/events calendar and we encourage all our members to join us at all our club meetings and events.

Stay warm and ride safe!

Mark Zappe, President

LWA Meetings

Held the 3rd Monday of every month.

Next meeting is:

February 21, 2011
Business Mtg 700 PM-730pm
AED/CPR Certification
730-830pm

Cost for certification \$10
payable at the meeting

MEETING LOCATION:
The Education Center at the
Integrated Health at 250 Cetronia
Road, behind 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

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

Editor's Corner:

Coming in March, is LWA's March Racing series held every Sunday in March at the industrial park off of Route 100 behind Yoccos. We need volunteers to cover intersections. If you are available 12-3 one of the Sunday's, please contact Pete Siegfried, VP Racing at Srcer866@aol.com

Please visit my Examiner.com articles for more information about cycling and cycling in the Lehigh Valley. I'm just getting started and would love your input on what you would like to know more about.
<http://www.examiner.com/user-sallie-pedals>

Happy pedaling!

Sallie Urffer, Editor

The Speed Racer Report:

As we are fighting with winter weather and our expanding midsection, we are thinking about what we want to do for the coming season of riding. Are you thinking about racing? Would this be your first year? Are you wondering what reasons you might have for racing? Pros and Cons? Perhaps I can be of some help.

Racing can be a very exciting and fulfilling activity. It can help you develop better handling skills and provide you with more confidence. It can bring you many new friends, and experiences. So, how do you get started?

The first thing you should do is find a local training race. It is a good place to get the feel of how races work. It's also a place where you can make mistakes with less criticism. You don't need a license right away. You get a one day license for \$10.00 and they will apply that to the full cost of a full license later.

Keep your expectations low. Racing is not easy, even if you are fit. The learning curve is steep. Take advice from riders who are more experienced. Doing so can make your first experience more fun. Relax. Get a good warm up. It is hard to stay in to a group if you are not warmed up. Don't grip your handle bars too tight. Relax your arms. Breathe deeply.

OK, so you decide to pursue racing further. You should take the Air Products courses. They help you get more comfortable with racing in close quarters. i.e. Elbow to elbow, wheel to wheel. That can be frightening at first. Get your full license. If you are a member if LWA, you are automatically on the team so you need to Email me at Srcer866@aol.com to get on the roster and receive important information about team events and so forth.

After you are on the team your team mates will help you learn all you need to know. There are also books you can read to learn more about racing. Don't be discouraged, as there is a lot to know. Becoming a racer can take up to three years. Many racers will try for half a summer or a full year and never really feel that they could make it. I personally quit racing every couple of Thursday Night Training races for two or three years before I suddenly found myself staying in the race. "Finally some visible improvement!"

Racers race for different reasons. Some are very competitive and will do anything to win. Some Like the camaraderie of being a part of a team. As a team member you don't have to win on your own. You can help someone else win. It is a team sport after all.

Some just want to be more fit. Some don't like the close quarters so they race time trial events. This is mainly safer and can require a special discipline. The ability to push yourself by yourself. Other racers have other reasons or combinations of reasons. Yours will be unique I am sure.

There are numerous kinds of racing.

- **Road Races:** Road races are races that are long races. They are usually over open roads out in the country, or a mix of roads city and country roads. These roads may be closed or not closed. There are always Corner Marshals to make intersections safer. These races are usually straight forward races. [First across the finish line wins].
- **Criterion Races:** These are races over a small course. Usually one or two miles around a loop. They can be a scratch race which is first man across the line at the end of a set number of laps wins. Sometimes they can be a points race where there are sprints every set number of laps signified by a bell as you cross the start/ finish line. You accumulate points and at the end the rider with the most points wins.
- **Time trial:** These races are "Man against himself". They can be of varying terrain and distances. Racers use special equipment to increase the wind resistance and lighten the bike. They also can take place on the **Road** and on the **Track**.

There are different kinds of Track Races. Usually a night or afternoon of racing will contain several different races.

- **Snowball Race:** This is a race that a rider earns points by crossing the finish line on every lap. Each lap the points increase by one for the winner of each lap. 1st lap 1 point, 2nd lap 2 points, 3rd lap 3 points, and so on until the last lap usually 9 laps. The winner of the last lap receives 9 points. The Idea is that you have to decide what laps you want to win so that you accumulate enough points to win the race but not to wear yourself out trying to win every lap.
- **Point a lap:** This race is exactly what it sounds like. One point per lap for the winner of each lap until the end. The rider with the most points wins.
- **Tempo Race:** Points are awarded to the first and second riders on each lap. 2 points and 1 point. Riders accumulate points until the last lap when points are awarded to the first three riders. 3, 2, 1. Then the rider with the most points wins.
- **Points race:** There will be a set number of laps. Every so many laps the sprint bell will ring and riders will sprint. The rider with the most points wins.
- **Scratch race:** After a set number of laps the first rider across the line wins.

These are the basic races. There are many more. On any given day the races will change so that you or the crowd will never be bored.

I could talk for a long time about racing and not run out of material. So, get out there and get started. See you in March.

Pete Siegfried, VP of Racing

Out-of-Bounds Ride:

To all members that are interested. I have spoken to many of you about the Harpoon Brewery to Brewery ride and some of you showed great interest in doing the ride this year. Registration will be opening up fairly soon. If you are still interested please click on, or paste the following link into your browser and sign up for their email list.
<http://www.harpoonbrewery.com/index.cfm?pid=28553> This will allow them to contact you with registration information.

Cheers,

Geoff Rogers, VP of Touring

Goodbye to an old Friend and Long Time Member

Baron Bregenzner passed away at 68 on December 25, 2010.

Sharing Memories:

Affectionately known as "The Big Wheel", Baron was a past president and long-time active member of the Lehigh Wheelmen Association. Over the years, he developed many excellent rides such as the 'Spitzenberg Scramble' and 'Rhodes Road' ride that are still ridden today. He led many rides into the Hawk Valley area, and it ultimately became a favorite destination of mine as well. Much of the success of the current organization dates back to his time in office.

Not only did Baron seem to know every road in the area, he also seemed to remember the NAME of every road. Occasionally during a ride, he would describe to me where we were going, but I would invariably be lost by the time he had mentioned the name of the road for the second turn.

I once showed up for a Saturday morning ride called the 'Cracker Jack Ride' that Baron had posted in the Quick Release, the LWA's monthly newsletter. I had not given much thought to the name, but since my nickname is 'Jack', I figured it would be a match. Well, Baron had bought and brought along an assortment of cycling gifts which he handed out during the ride in exchange for knowing or doing something related to cycling. The highlight of the ride was the climb up Donat's Peak Rd., where prizes were awarded for the fastest and slowest climbers.

It was always interesting to ride or just be with Baron. He was a true gentleman with a kind and caring heart. He invariably asked, "Are you ready to ride?"

Jack Hellfrich

I didn't know Barron really well, but I will never forget how much I enjoyed the rides he led. I came to the Wheelmen from a long background of riding by myself in the Poconos. I happened upon the Quick Release somewhere, and decided to make the drive to the Valley to ride with a group. Barron was among the riders that day, and he along with several others made me feel very welcome and included. Barron wasn't the ride leader that day, just another guy out for a good time, which he clearly was having. I enjoyed riding with a group so much that I was eager to make more hour-long drives to the valley to ride with the LWA, which I did several times. I didn't know many of the ride leaders, but I recall Neil Dicker saying in passing during one of the rides that Barron's rides were "just perfect". At that time the only way to get notified about rides was in the QR. In the next issue I saw a listing for a ride titled "Rhoads Road". The leader was to be Barron. In his description he cleverly said, "**Come along and you too will be able to say I rode the Rhoads Road road ride**". I did. It was a wonderful ride, and Neil's observation was also perfect. I'll always remember that ride, and any time I'm riding on Rhoads Road, I'll think of Barron. May his spirit, congeniality, and enthusiastic attitude for life, good times and good friends live in all of us!

Paul Smith

Race Officials wanted:

USA Cycling will be holding the annual officials clinic for new and returning officials on Sunday, February 13, 2011 at Lehigh Valley Hospital - Muhlenberg, located at Route 22 and Schoenersville Road. If you are interested in becoming a race official, please contact:

Ellen Dorsey, PA Official's Coordinator
484-264-3871 – cell 610-866-9373 - home

Riders Wanted

I've committed (perhaps I should be committed instead) to the PedalPA (www.pedalpa.com) 2011 PennCentral ride across (most of) Pennsylvania June 25 to July 2 from Greensburg (east of Pittsburgh) to Kulpsville (south of Quakertown), approximately 475 miles. This is NOT the charity Pennsylvania Perimeter ride promoted by Jack H. in the December 2010 issue. Instead, it is a commercial bicycle tour. There is a \$100 price increase on March 1 plus a moderate incentive to register prior to 3/01/2011. If four additional semi-insane people are strongly interested, we can form a group (5+) and receive a very modest discount per person. We could call the group, "Richard's Riders", or something more creative. Check out the details online and email me rv314159@rcn.com if interested.

Richard Baldock

Jr Report:

Pennsylvania Cycling Association Awards Banquet was presented by Morgan Stanley Smith Barney/Market Edge at the Allentown BrewWorks on Sunday 1/16.

The Pennsylvania Cycling Association (PCA) mission statement is "**The Pennsylvania Cycling Association is dedicated to the betterment of competitive cycling throughout the states of PA and WV.**" The PCA through its volunteer executive board and committees supports all aspects of amateur bicycle racing by offering a variety of services and support and serves as USA Cycling's local association for Pennsylvania and West Virginia.

The BAR (Best All-Around Rider) was founded on the premise of offering PA licensed riders an opportunity to earn points in selected races during the road racing season. The BAR competition culminates with the awarding of a champions jersey to the rider with the most points at season's end.

2010 PA BAR CHAMPIONS

Boys 10-12

1. Alec Ratzell

Girls 13-14

1. Evelyn Korbich also BAR Champion 2009

Girls 15-16

1. Nadia Latzgo also BAR Champion 2008, 2009

Boys 15-16

1. Greg Ratzell also BAR Champion 2009
5. Zachary Houlik

State Champions

Alec Ratzell Criterium
Alec Ratzell Road Race
Evelyn Korbich Criterium
Evelyn Korbich Road Race
Evelyn Korbich Time Trial
Nadia Latzgo Criterium
Nadia Latzgo Road Race
Nadia Latzgo Time Trial
Greg Ratzell Road Race

Gwen Hoover, Jr. Coordinator

Calling for your photos

Its being a long, cold, lonely winter, to provide some diversion, you are invited to participate in a photography project. Scan a photo from your youth of you on a bike or trike and post it on the LWA website. In the GALLERY section, use the category Miscellanea and the sub-category YOUNG RIDERS.

Reminder
Check your membership card for your renewal date - Renew NOW!

Classified Ads for Members Only

ARTICLES FOR SALE
2005 Orbea Track Bike 53cm lightly used – very good condition - \$700 or best offer. Call Greg at 703-475-1569
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

Ads must be private 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 @ sallie.pedals@gmail.com



LWA Discount Sponsors

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

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| <p>Action Wheels*
531 W. Broad St.
Bethlehem, PA 18018
610 866 1113</p> <p>Bike Line Allentown *
1728 Tilghman St.
Allentown, PA 18104
610-437-6100</p> <p>Bike Line Bethlehem *
2112 Schoenersville Rd.
Bethlehem, PA 18018
610-691-0943</p> <p>Cycledrome*
8150 Hamilton Boulevard
Trexlerstown, PA 18087
(610) 398 6631</p> <p>Water Gap Coffee Co.
www.gapcoffee.com
20% off</p> <p>Keswick Cycle Co *
408 N. Easton Road
Glenside, PA 19038
215-885-7433</p> | <p style="text-align: right;">*10% off all parts and accessories 610-682-1000</p> <p>Eric J. Loch Diamonds & Fine Jewelry**
3370 Lehigh St.
Allentown, PA
610.967.3479
www.LochsJewelers.com
**Free Lithium Battery</p> <p>Longswamp Bed & Breakfast
1605 State Street
Mertztown PA 19539
610- 682-6197
www.longswamp.com</p> <p>Nestor's Sporting Goods*
2510 MacArthur Rd.,
Whitehall, PA 18052,
610-433-6051</p> <p>Saucon Valley Bikes *
824 Main St.
Hellertown, PA
610-838-1500
www.sauconvalleybikes.com</p> <p>Sleeping Dog Cycles*
330 W. Weis St.
Topton, PA 19562</p> | <p>South Mountain Cycles And Coffee Bar *
303 Main St., Lower Level
Emmaus, PA 18049
610-967-4490</p> <p>Spokes Bike Shop*
16590 Route 61
Hamburg, PA 19526
610-562-8900</p> <p>Therapeutic & Sports Massage
Sallie Urffer, CNMT, LPTA
Whitehall, PA 18052
610-774-0426
MassageWithSallie@gmail.com</p> <p>Weaver's Bike Shop*
729 Park Rd.
Fleetwood, PA 19522
610-944-9565</p> |
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