



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

May 2011

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Time to renew!

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Happy May!

Well I have to say that it's about time that Spring arrived. I was starting to think that I'd never get to ride without leggings and arm warmers ever again. Luckily the days have started to get warmer and the nights have grown longer and the Monday night rides have gotten bigger each week it seems. It's so nice to see everyone jazzed about riding and the anticipation of the events of the coming summer.

Thanks to our very successful season kickoff party we've enjoyed a very full calendar with rides nearly every day of the week and I'd like to thank everyone involved. With the LWA's 60th anniversary being this year we are searching for lots of really fun ways to celebrate with events like a special club picnic with organized rides, 60th t-shirts, and of course food! There will hopefully be some other great things coming down the road in the coming weeks that we're not ready to divulge just yet but we'll keep everyone posted as things develop.

I hope everyone has a great month of safe riding and I look forward to seeing everyone at the group rides and club events!

Mark Zappe, President

Recurring Weekly Rides:

Monday: 5:30pm – VPCC- A,B & C Rides
Tuesday: 10:00am – Preston Lane Park
Coopersburg – C ride
Tuesday: 5:40pm – LLBean – B ride
Wednesday: 9:00am – Various – Check website – B & C rides
Wednesday: 5:45pm – SL Bike Shop - B ride
Thursday: 5:30pm – Stabler – B & C rides
Thursday: 6:00pm – Eagles Nest Park – C ride
Friday: 9:00am – Various – Check website – B ride
Saturday: 10:00am – VPCC – D Ride
Sunday: 10:00am – Rodale Fitness Park – A,B & C rides-check web

Celebrating 60 years...

and still riding strong!

We will be having an Anniversary Celebration ride and picnic on July 16, 2011 at Upper Saucon Park in Coopersburg near DeSales University and Southern Lehigh HS.

Polar Bottles with the 1951 patch and the current patch have been ordered and should be arriving soon. Members (with a current membership card) can purchase them for \$6, non-members \$10.

Also Anniversary t-shirts will be available for purchase. The design is still in the works.

LWA will also have an advertising board at Valley Preferred Cycling Center. Along with that board we receive a couple of Season Passes to Friday night races. We will be doing a drawing to give them to members.

A little more history to celebrate LWA's 60th anniversary:

The man who started the club was Earl Beecher. He had a bike shop at Ninth & Linden in Allentown, Beecher's Bike Shop.

Sallie Urffer, Editor

LWA Meetings

Held the 3rd Monday of every month.

Next meeting is:

May 16, 2011

Business Mtg 7:30 PM

MEETING LOCATION:

**Valley Preferred Cycling Center
Plaza**

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:

Track season will be starting this month. May 14 is the first day for Master's and Rookies on Saturdays and May 17 for Tuesday evenings. It should be a great year with Master Track Nationals being held at Valley Preferred Cycling Center the end of July. Everyone will be training hard to put on a great showing for the hometown crowd.

Cycling, like running, is a linear kind of sport, moving the body almost exclusively in one direction and putting continuous demands on the same muscles. This continual use of some muscles to the exclusion of others can cause imbalances in the body, both in the short and long term. For example; overuse of the quadriceps can lead to tight, short hamstrings and low-back strain. Tight hips or weak adductors on one side can lead to an overall imbalance since one side of the body consistently works harder than the other, contributing to more tightness or placing unnecessary strain on key joints, ligaments, and tendons especially in the knees and ankles. If a knee flares out while pedaling, it may be due to weakness or chronic tightness. If body parts are overly tight or weak, you may risk wearing down ligaments or tendons and opening yourself up to potential tears.

The way a cyclist sits also contributes to muscular tension and imbalances. Poor postural alignment or a weak core will place much more demand on the back and upper body. For example, arms spread too wide can place strain on the shoulders, too narrow can constrict the chest. If the pelvis is tilted too far forward or backward the lower back can be strained or the hips can be compressed. The spine itself, often hunched over the handlebars, is not in a neutral position, creating undue strain while leaning forward.

There are various ways to stay limber, yoga and massage will be addressed here. Massage has been a gold standard for pro cyclists and athletes for many years. Yoga has become prominent in the West for people of all ages and abilities to keep the body strong and limber while keeping the mind focused.

Massage

Massage may be the most powerful medicine cyclists can get without a prescription. It relieves sore muscles, speeds recovery, helps to prevent injury, and helps you feel immediate relief. Few activities demand more from your body than cycling, and few athletes benefit more from massage than cyclists.

There are many types of massage techniques. For optimal results, always allow your body 2 hours after a massage before working out.

Types of massage are listed on [Associated Bodywork & Massage Professionals](#) website as are practitioners. Also in many states massage therapists are licensed. Pennsylvania is one of those states that require a license.

Yoga

Yoga and cycling are two very different activities that complement each other. Some of the most common complaints of cyclists--shoulder and back pain, neck strain, and joint aches--are attended to by the practice of yoga. Yoga can enhance performance for some cyclists by working under used muscle groups, increasing inner and outer focus, and creating a sense of calmness and overall balance. Incorporating yoga into your training helps prevent injury, while at the same time energizing and encouraging the muscles to release unnecessary tension. The gains are multiple, on or off a bike: increased stamina, less stress, better stability, and improved focus. Since yoga's aim is to create an overall sense of awareness and balance in all the various muscle groups, it is perfect to address the tensions and strain that can come from cycling. A well-rounded yoga practice will incorporate poses that move the body laterally, forward, back, and into positions that stretch the spine as well as encourage freedom of breath. Yoga's focus on alignment and stability--particularly from the pelvis, hips, groin, and abdominals-- carries into your mental attitude too. For a cyclist, mental tension itself will tighten muscles and cause the body to move with undue strain.

Some poses that will help any cyclist include:

For back and legs: [Reclining Big Toe Pose](#) (Supta Padangusthasana) relieves backache and stretches the hips, hamstrings, and calves. The best method to stretch the hamstrings.

For groins and hips: [Happy Baby Pose](#) (Ananda Balasana) relieves backache, gently stretches the groins and brings awareness to the hips.

For balance: [Tree Pose](#) (Vrksasana) challenges you to stand on one leg while improving your balance.

For ankles and low back: [Garland Pose](#) (Malasana) stretches the ankles, groin, and low back. If your heels don't reach the floor, rest them on a folded blanket.

For upper back, hamstrings & calves: [Downward-Facing Dog](#) (Adho Mukha Svanasana) is a widely recognized yoga pose that when done properly produces an all-over intense stretch.

For core: [Dolphin Plank Pose](#) strengthens and tones the core, thighs, and arms.

For quadriceps and hips: [Bridge Pose](#) (Setu Bandha Sarvangasana) rejuvenates tired legs, stretches the quads and front of the hips counteracting the effects for leaning forward while on the bike, as well as the effects of daily life.

For wrists and shoulders: [Upward Plank Pose](#) (Purvottanasana) counteracts the effects of leaning on the handlebars by stretching the front of the body.

For the brain and legs: [Legs-Up-the-Wall Pose](#) (Viparita Karani) is an all around pose that allows for deep relaxation, which also allows the legs to recover from the stresses of cycling.

[Yoga Journal pose finder](#) will help you to do the poses correctly.

Additionally, there are various types of yoga. [Iyengar](#) style yoga is slow and excellent for ensuring proper alignment and symmetrical movement, while [Ashtanga](#) focuses on the breath and moving or flowing into a series of poses. You may need to try various classes to find the style that is best for you.

Happy pedaling!

Sallie Urffer, Editor

Classified Ads for Members Only

ARTICLES FOR SALE
Trek 7600FX Hybrid in excellent condition. Size 15" or small. Contact Kathy 610-351-3968 or email kcm631@yahoo.com Pictures are available.
2 pair of Pearl Izumi winter womens cycling tights no chamois size small \$40 Email Laurie at laurie4550@yahoo.com
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

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



LWA Discount Sponsors

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

Action Wheels *

530 W. Broad St. #1
Bethlehem, PA 18018
610-866-1113
www.action-wheels.com

BikeLine Allentown *

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

BikeLine Bethlehem *

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www.bikeline.com

Cycledrome *

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South Mountain Cycles & Coffee Bar *

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