



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

September 2011

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Time to renew!

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Celebrating 60 years...

and still riding strong!

We have had several events throughout the past couple of months; hopefully you were able to participate in one or all of them.

Special Anniversary t-shirts are still available in white or navy blue for \$10. These shirts have an attractive embroidered 1951 logo. Polar Bottles with the 1951 patch and the current patch are still available for \$10. Both are available from a board member and will also be available at the Gap Gallop and Year End Party

Sallie Urffer, Editor

Gap Gallop

Gap Gallop will be October 2nd. Century, half century and metric century routes will be fully supported. Register online at <http://www.bikereg.com/events/register.asp?eventid=13646> Day of Registration will also be available. If you wish to volunteer to support this event please email phil.esempio@gmail.com .

Happy Riding!

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

Geoff Rogers, Vice President Touring

Amateur Radio Classes

The Delaware-Lehigh Amateur Radio Club has provided communications for the Gap Gallop Century ride for the past two years and many times back in the 1970s. I rode the century through the 70s carrying a handi talkie with me. I'm now operating as a sag wagon for the ride. We have also helped out at the MS150 charity ride and other centurys. Our club is holding classes to help interested persons to obtain a FCC amateur radio license. The entry level license allows you to use voice on VHF and higher bands (the ones we use for the ride). The classes are free with a charge only for a text book. The classes will be on Tuesday nights starting September 13th and last for nine weeks. You can also go further with higher class licenses to enable you to talk to other Hams in foreign countries. If interested go to <http://www.dlarc.org/club-info/classes> .

Al Wiemann
w3ce@ptd.net

LWA Meetings

Held the 3rd Monday of every month.

Next meeting is:

September 19, 2011
Business Mtg 7:30 PM
MEETING LOCATION:
Valley Preferred Cycling Center
Plaza

Visit the Lehigh Wheelmen home page at www.lehighwheelmen.org

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

Rallying, Recovering and Rolling the Dice

Last week I did the [Pennsylvania Perimeter Ride Against Cancer](#)—the hardest charity ride I know—this year delivering 520 miles and about 40,000 feet of climbing over six days from Elkins, West Virginia to Palmerton, Pennsylvania. It was beautiful. It was sometimes brutal. It was awesome and awe inspiring. We raised \$185,000 for the week. I couldn't be happier. Well except for what feels like some pretty overly optimistic planning on my part.

See back in oh, February when I was planning out my year, I figured I'd do three stage races as my big [Team CF](#) events this year. Cape Epic (April) and Trans-Sylvania (June) were well spaced. Then I'd take a little summer break and come out roaring in August with the Perimeter Ride from August 1st through the 6th and the [Breck Epic](#) in Colorado from the 14th through the 19th.

On paper this looked like a good plan. August is typically a slow time in publishing, so I figured work would be doable. The Perimeter Ride with all its big miles and long, hard climbs would be a good springboard after a somewhat casual July. It all made sense. At the time at least. However, as I laid half awake Saturday morning, muscles tired and aching, struggling to will myself to kit up for the final 75 miles to home, my fine, carefully mapped plan felt more like fool hearted folly.

I'd forgotten how draining the PPRAC can be. There's no taking it easy up 12 percent grades. And there's no faking it through 90-mile days. Though it's overall an uplifting, amazing, and very fun week, it's also mentally and emotionally draining. Tears flow each evening as fellow riders share their personal and familial battles with cancer. The sharing, the close quarters, the flopping on gym floors combined with the packing, unpacking, and juggling the logistics of the day, day after day, sap most of your energy by week's end. Then there was the sad reality of packing up and being away from my family for another week so soon.

So there I was lying in a pool of misery, loathing myself for signing up for a stage race just one week away, when Nancy Moses, a new rider who was probably our oldest female out there (the oldest man was 68) but who was the youngest in spirit and most ebullient by far walked by, stopped in her tracks and stared down at me. "Selene, if *you* look like that, we're all in trouble!" she cracked before walking away cackling. I smiled and felt my insides lighten. I had been appointed the "fitness leader" of sorts for the group. Each evening after dinner I'd stand up and dole out helpful hints for riding strong day after day (drink every 15 minutes; eat every 30; elevate your legs at night; stand up, stretch and dance on the pedals the first few miles of each day...and so forth.) Nancy had come up and thanked me more than once for the books I'd sent her and advice I'd provided in the months leading up to the ride. This was probably the biggest physical challenge of her life. If she could still be spry, happy and raring to go on day six, I could surely rally.

And rally I did. My arms and back felt a little like Pinocchio pre-magic wand as we rolled out. But within five or six miles, my limbs loosened and my groove returned for the five-hour ride back to Palmerton. I slept like the dead that night; cleaned and unpacked Sunday, and got a massage Monday morning.

Will my brilliant plan work and will I find myself rested and ready to roar Sunday morning in Breckenridge? I honestly don't know. My coach [Chris Eatough](#) thinks so. I'm optimistic. But it is a bit of a roll of the dice. The Perimeter Ride week left me more tired than I thought it would. But I recover well. And I've had a nice few weeks of no racing leading up to it. So, what the heck. This week I rest and eat and type away with my feet up and hope that I line up feeling fresh and fast next week. And if not? The sun will come up and life will go on. Sometimes you've just gotta take a risk and see what you can do. I'll let you know how it goes.

Selene Yeager, aka Fitness Chick

Trek 7600FX Hybrid in excellent condition. Size 15" or small. Contact Kathy 610-351-3968 or email kcm631@yahoo.com Pictures are available.

Fuji Track, 57c w/brakes, 2 sets clincher wheels. Excellent condition. Contact Tom 717-330-3552 or tombenn24@yahoo.com

Felt F85 Road Bike size 47. Pristine Condition. Tires are 650cc, weight is 19.4 # Carbon fork. Email lisambriggs@verizon.net

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

Donut Derby

Some pictures from the Donut Derby held September 5, 2011
THANKS Brian Cincera for coordinating a GREAT event!
221 people participated with no rain until after everyone finished!



Classified Ads for Members Only

ARTICLES FOR SALE

NEW SPONSOR:

Fitness Central Bike Shop - Open M,W,F 10-6, T,Th 10-7, Sat 10-5
4337 Route 309, Schnecksville, PA 18078 PH [610.769.7300](tel:610.769.7300) Fax [610.769.7511](tel:610.769.7511) www.facebook.com/fc.shop



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 *

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

Cycledrome *

8150 Hamilton Boulevard
Trexlerstown, PA 18087
610-398-6631
www.cycledromebikes.com

Cutters Bike Shop *

418 E. 3rd St.
Bethlehem, PA 18015
610-419-4207
www.cuttersbikeshop.com

Eric J. Loch Diamonds & Fine Jewelry**

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www.lochsjewelers.com
**Free Lithium battery

Keswick Cycle Co. *

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Glenside, PA 19038
215-885-7433
www.keswickcycle.com

Longswamp Bed & Breakfast

1605 State Street
Mertztown, PA 19539
610-682-6197
www.longswamp.com

Saucon Valley Bikes *

824 Main St.
Hellertown, PA 18055
610-838-1500
www.sauconvalleybikes.com

Sleeping Dog Professional Cycles*

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

SL Bikes*

23 W. Fourth St.
Bethlehem, PA
570-380-4793
www.slbikes.com

South Mountain Cycles & Coffee Bar *

303 Main St. Lower Level
Emmaus, PA 18049
610-967-4490
email: smcbikes@ptd.net

Spokes Bike Shop *

16590 Route 61
Hamburg, PA 19526
610-562-8900
www.spokesbikeshop.com

Therapeutic & Sports Massage

1744 Elmwood Drive
Whitehall, PA 18052
610-774-0426

Weaver's Bike Shop *

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

*10% off parts and accessories