FROM THE PREZ

Cyclists. I hope I am not jinxing things by writing this, but as you may have noticed, it has been an amazingly warm and snow-free winter. When the snowstorm hit in late October of 2011, many of us anticipated a rough winter, but it has been mild enough for riding most of the time. Actually, all of the time if you are tough enough. Unfortunately, local skiing has been awful, but you can’t have it both ways. I’ll take the warmth.

Richard Baldock led a ride last Saturday, and six of us had an enjoyable spin from the Velodrome out to Dryville and back. Sunny skies and a high temperature around fifty degrees is about all a cyclist can ask for at this time of year. I saw a rider out wearing knickers in the morning, and another out bare-headed, but that’s not for me. I’m sticking with tights, cycling boots and a balaclava until it hits sixty degrees. And always a helmet.

G. Mack asked me for some cycling photos for use in the newsletter, which got me on the computer looking through last year’s files. It was great browsing through photos of club rides with people wearing shorts and short sleeve jerseys. It felt a little warmer, if only for a while.

It’s probably noted elsewhere in the Quick Release, but let me highlight the ride for Pat Ytsma on June 10, 2012.

Let’s each make it a priority to participate in this event and support the education fund for Pat’s children.

Stay warm.

Jack Helfrich  LWA President

PAT YTSMAS BENEFIT RIDE

The Pat Ytsma Ride Safe Bike Tour to benefit Pat’s Children’s College Fund will take place on Sunday, June 10, 2012, in Breinigsville. Kirk Koehler, project manager at Spillman Farmer Architects, Pat’s former firm, has organized the event with the help and support of numerous co-workers and friends of Pat, who died tragically on December 8, 2011, after being struck while riding his bicycle on the Fahy Bridge in Bethlehem.

The benefit will include two ride options of 20 and 40 miles, both promised to be flat. Cyclists are encouraged to secure pledges for their participation, and incentives will be awarded to riders based on different pledge levels. These incentives include Traffic Skills and Basic Bicycle Mechanic classes donated by the Coalition for Alternative Transportation (CAT) and provided by the Bethlehem Bicycle Cooperative.
BENEFIT RIDE, continued

In addition, a classic steel Trek cruiser, donated by Bike Line of the Lehigh Valley, will be awarded to the participant with the most pledges. Bike Line is handling the sag support for the rides and offering pre-ride tune-ups. The benefit has also secured support from Bicycling Magazine, which recently published an article about Pat’s life and tragic death and will be sending out flyers and emails about the event to its subscribers. Kirk is still looking for other corporate sponsors for the ride.

Further information about the Pat Ytsma Ride Safe Bike Tour for both participants and corporate sponsors can be found at http://www.patytsmabiketour.com/. Participants can register on line and non-riders can make direct donations to the children’s education fund on that site.

G. Mack

WEEKEND ON MARYLAND’S EASTERN SHORE

One of the best things about being part of a club is riding new places with a bunch of friends. This April we’ve arranged a weekend event that will let you do just that. The Lehigh Wheelmen will be running the first club sponsored getaway in Easton, Maryland Friday April 13 - Sunday April 15. We have 20 rooms booked at the Comfort Inn at a fantastic rate of $79.00 per room per night, with breakfast included. We will have rides for all levels of riders on each day. This is a wonderful area for non-riders as well with plenty of things to do.

On Friday afternoon we’ll ride to the shores of the Chesapeake Bay and the quaint town of St. Michaels (about 26 miles round trip). There you can visit the Chesapeake Bay Maritime Museum and get a sense of the history and life of the region. Or, just poke around town before heading back to the hotel.

On Saturday we will drive to Blackwater National Wildlife Refuge (about 30 minutes) and ride from there. We have routes of 20, 28, 32 and 55 miles. The long route will head to Hoopers Island with great views of the bay along the way. On the way back the route will wind through the salt marshes that make up the refuge. Bald eagles are a common site here, as are geese, heron, and other marsh birds. The shorter routes will take you through the marshes and along the bay on quiet back roads. This area is virtually flat and the riding is suitable for any level or interest. It’s also perfect for recumbents and tandems.

On Sunday we’ll again have several options with distances of 28, 45 and 60 miles. The longest route will let us visit Wye Mills and one of the oldest grist mills on the eastern shore.

All the loops will take us to Bellevue where we will ride the small ferry to Oxford. One of my favorite memories is having lunch on the waterfront at the marina in Oxford.

If this plan sounds good and you decide to come play with other club members, here is what you need to do:

1) Call the Comfort Inn at 410-820-8333 to reserve a room. Be sure to tell them you are part of the Lehigh Wheelmen Bicycle Club to get the $79 per night rate. The cutoff date is March 13. After that date any unreserved rooms will be released to the inn and the rate will no longer be available. We have a block of 20 rooms, and as of Feb. 20 there are 9 left.

2) Send an e-mail to Paul Smith at pocono723@yahoo.com to let him know you are coming along so we know who to expect. If you’ll be sharing a room with someone, indicate that person as well. If you don’t have a roommate and want to share a room let Paul know and we’ll try to pair you up with someone. You must be a Lehigh Wheelmen to participate.

That’s it...simple huh.

After we know who’s going, we will send out an e-mail with more details.

Paul Smith Out of Bounds Events Coordinator

LWA WEBSITE LINK CHANGE

The LWA website formerly had 2 domain names that could be used to reference the site.

www.lehighwheelmen.org www.lehighvalleywheelmen.com defunct

To reduce costs we now have only one. Please insure that any shortcuts/favorites you have to our website use the following link.

www.lehighwheelmen.org

Terry Terfinko Website Manager
LWA MEMBER ATTAINS NATIONAL OFFICIATING CERTIFICATION

Congratulations to Sallie Urffer, LWA Treasurer and a USA Cycling official, who recently graduated from a level B to a level A certification after attending a Level A Clinic taught by USA Cycling International Commissaire, Phil Miller, in Austin Texas.

Sallie was one of a group of thirteen USA Cycling officials who successfully made the transition from the local and regional level to the national level in early January. Upgrading to a higher officiating level requires a combination of factors including time since last upgrade, number of races and positions held officiating, attendance at an upgrading seminar, and performance on a written exam.

Securing a level A designation gives Sallie access to higher level races as well as opportunities to work at national championships, UCI races, and NRC races. According to Sallie, she is now one of about only 100 race officials in the country who have attained this level of certification.

More information about officiating and officiating level for USA Cycling can be found at http://www.usacycling.org/frequently-asked-questions-for-officials.htm.

G. Mack

BICYCLE DREAMS COMING TO LEHIGH VALLEY

Bicycle Dreams, an award-winning feature-length documentary about the Race Across America (RAAM), will premiere in the Lehigh Valley at the Frank Banko Alehouse Cinemas located at the ArtsQuest Center at SteelStacks in Bethlehem on Sunday, March 18, at 6:30 p.m. The screening will be presented as a benefit for The Valley Preferred Cycling Center.

The film, which has won numerous awards at film festivals all over the world, “is an up-close look at what RAAM riders go through,” says Stephen Auerbach, the director and producer of Bicycle Dreams. “They deal with searing desert heat, agonizing mountain climbs, and endless stretches of open road. And they do it all while battling extreme exhaustion and sleep deprivation. It’s a great subject for a film.” Auerbach adds, “Viewers will be overwhelmed by the amount of pain and suffering these riders go through.”

Bicycle Dreams has won major awards at the Fallbrook and Breckenridge film festivals, as well as the Yosemite, Grand Rapids, Red Rock and All Sports LA film festivals, among many others. Most recently the film added the Best Foreign Film trophy from the Krasnogorski International Festival of Sports Films in Moscow and was invited to be included in the 2011 World Cinema Showcase in New Zealand as well as the Mountain Film Festival in Istanbul, Turkey.

Bicycle Dreams has been named one of the top 10 adventure films of all time by both The Matador Network and Playground Magazine, calling it the best bicycle film since Breaking Away.

Tickets will be $11 in advance and $15 at the door the night of the show. To purchase advance tickets, order online at www.imathlete.com/events/bicycledreams. No tickets are for sale at the theater except the evening of the event.

For more information on the film, go to www.bicycledreamsmovie.com

VOLUNTEER RACE MARSHALLS NEEDED

LWA Racing is looking for volunteers to assist with marshalling corners at the March Race Series. The flyer can be found at this link:


We need a minimum of 6 corner marshals every Sunday in March between approximately 11:30 AM -2:30 PM. Any help is appreciated. If you can volunteer any or all of that time on any of those Sundays, please contact Sallie Urffer at sallie.pedals@gmail.com

Marshalling is a very important component of putting on a safe race. Without marshals the race cannot go on.

Your help would be greatly appreciated.

Sallie Urffer      LWA Treasurer

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

LWA DUES INCREASE

LWA Board Members voted in a dues increase for LWA Membership at the February meeting. Dues have been increased as follows:

$15 ~ Single  
$25 ~ Household/Family

The increase is effective as of April 1, 2012.

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

LWA QUICK RELEASE  MARCH 2012
WORLD SERIES OF BICYCLING AT VPCC

The Valley Preferred Cycling recently announced the schedule for the upcoming 2012 World Series of Bicycling which will run from June 15 through August 31 at the Valley Preferred Cycling Center. Bicycling Magazine is the principal sponsor for the whole season, but individual Friday nights will also have additional sponsors. Top cyclists from around the world are expected to make the trip to TrexlerTown this summer to prepare for the upcoming 2012 London Olympics.

In addition, VPCC executive director Marty Nothstein announced that the USA Cycling Junior National Track Championships will begin a two-year run at the VPCC this summer with racing scheduled from July 11-15. The best young cyclists in the country, including many from the Lehigh Valley, will participate in this five day event at the VPCC.

More information about the upcoming season can be found at http://www.thevelodrome.com/.

World Series of Bicycling 2012 Schedule

June 15: U.S. Sprint Grand Prix
June 22: Mike Walter 100 Lap Madison
June 29: Red Robin/Marty Nothstein BRL All-Stars
July 6: U.S. 10 Mile Championships
July 13: USA Cycling Jr. Nationals (July 11-15)
July 20: Festival of Speed
July 27: Kierin Cup
Aug 3: Tandemonium
Aug 10: Fastest Man on Wheels
Aug 17: Corporate Challenge
Aug 24: Air Products Finals
Aug 31: Madison Cup

All events are on Friday nights.

THE SPEED RACER REPORT

Hi to all! I hope everyone enjoyed a warm winter with no real difficulties. I also hope that you are all starting your riding season with good health. We are into our new season of racing. Here is a list of all of our races and a few others of interest.

March series: March 4, 11, 18, 25.
Thursday Night Training Race: April 5 through October 4.
Bethlehem Criterium: June 16, Saturday
Emrick Blvd.: June 24, Sunday
Fitness Park Criterium: August 4, Saturday.
If anyone can spare some time to help us marshal corners that would be wonderful. You can contact me at sracer866@aol.com.

Other Races:
Dash For Cash: Tuesday nights in the Fitness Park . May 1, 8, 15.
JBN Criterium: July 8 or 15.
Track Timing Series: June 1 and 15 and July 6 and 20.

Joanne Cannon, one of the racers from our women’s team, came up with the idea of using a Facebook page to notify people of cancellations of races, mainly the March series and the Thursday night crit. Maybe we will continue to use this method if it works and add the rest of our races. We will post results of our races on our website, however. So join us on Facebook at LWaracing and friend us.

Thanks and I'll see you in the next newsletter,

Pete Siegfried  VP Racing

QRQ OF THE MONTH?

Jack Helffrich, LWA President, suggested a QR Question of the Month as a little newsletter addition/ tradition/ attraction/ distraction.

Jack also suggested the first question for consideration.

“As a cyclist, when do you know that spring has arrived?”

One of Jack’s possible answers: When I pack the balaclava away for another year.

If you would like to submit your own answer to Jack’s question to the QR for possible inclusion in the next newsletter, just email your response to gmb@ptd.net.

Responses will be posted in the April Quick Release.

You can also send along a question that you think would be interesting for future newsletters.

G. Mack

YOU KNOW THAT SPRING HAS ARRIVED WHEN......
PROPOSED CHANGES TO LWA CONSTITUTION/BY-LAWS

To all LWA members,

A list of proposed changes to the LWA constitution and bylaws is attached. Following is the list an explanation of the reasons for the proposed changes. These were reviewed briefly at the February meeting. As provided in our constitution, this will be presented for a vote at the next (March 2012) membership meeting.

CONSTITUTION
Article III - Membership
Section 1.
1. Remove 'twelve years of age or older' from 'Anyone twelve years of age or older interested in cycling shall be eligible for membership.'
2. Change 'Those under eighteen years of age may be required to submit proof of parental approval' to will be required...
Section 2.
1. Remove 'in writing to the Club and' from 'All applications for membership must be in writing to the Club and be accompanied by payment of one year's dues.'
Section 3.
1. Replace 'Annual Club memberships shall automatically expire on December 31 of each year. Dues for renewed memberships must be paid not later than March 31 of the new year. A new member joining after September 1 of any year shall, upon payment of a full year's dues, be deemed a paid up member for the next year as well.' with 'Annual Club memberships will begin on the date payment is received and end on the same day of the following year.'

Article IV - Government
Section 2.
1. Change 'five Directors at large, of whom two shall annually be elected for two-year terms, and one for a one-year term' to 'Four Directors-at-large, of whom two shall annually be elected for two-year terms.'

Section 3.
1. Change 'The Editor of the Club newsletter designated by the President from time to time shall be an ex officio member of the Board of Directors.' to 'The Editor of the Club newsletter and the website manager designated by the President shall be ex officio members of the Board of Directors.'

BYLAWS
Article II - Standing Committees
Section 4.
1. Remove this section which reads, 'There shall be a Newsletter Committee, the Chairman of which shall be the Editor of the newsletter, appointed from time to time by the President.'

Article IV - Order of Business
Section 1.
1. Change item e. 'Old business' to 'Unfinished business' (to comply with Robert's Rules of Order.)

EXPLANATIONS for proposed changes:

CONSTITUTION
III.1. Because we have family memberships, we should remove the requirement that members be twelve years old.

III.2. Also, since membership is online, we don't require application in writing.

III.3. The membership year is being updated to reflect the current practice of having the membership become effective immediately, not on a calendar year basis.

IV.2. The only fundamental change I am proposing is to only have four board members-at-large instead of the current five, removing the one year term. So each year, we would elect two board members to serve two year terms, providing continuity on the board.

IV.3. In place of the one year member-at-large position, I am proposing that the website manager becomes a board position.

BYLAWS
II.4. We don't have a newsletter committee, so we should remove that language.

IV.1. And per Robert's Rules, there is no such thing as 'Old Business', and it should be changed to 'Unfinished Business'.

Our bylaws indicate that they should be presented at a meeting and voted on. If they pass, then they are printed in the newsletter and voted on again at the following meeting. So perhaps this is out of sequence.

Jack Helfrich LWA President

CLASSIFIED ADS FOR MEMBERS ONLY

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<thead>
<tr>
<th>ARTICLES FOR SALE</th>
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<tbody>
<tr>
<td>BICYCLE FOR SALE</td>
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<tr>
<td>Cannondale R400 - CAAD3 aluminum frame- Made in USA</td>
</tr>
<tr>
<td>Ht. - 52cm. Step over ht. 30-1/4&quot;</td>
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<tr>
<td>Color - Blue Wt. - Approx 22-1/2 lbs.</td>
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<tr>
<td>Drivetrain - Tiagra 27 speed (triple front, 9-speed rear)</td>
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<tr>
<td>Pedals - Coda SPD Computer - Cateye Mity3</td>
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<tr>
<td>Rims - Mavic XP11 Tires - (New) Vredstein (blue)</td>
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<tr>
<td>Two bottle cages</td>
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<tr>
<td>Bike is in very good condition Price - $400</td>
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<tr>
<td>Contact - Jack at 484-347-3541</td>
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<th>FOR RENT</th>
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<tr>
<td>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 security deposit required for any rental. Contact Dick <a href="mailto:McCreight@dick.mccreight">McCreight@dick.mccreight</a>@juno.com</td>
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<th>WANTED</th>
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<tr>
<td>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 <a href="mailto:gbmac@ptd.net">gbmac@ptd.net</a></td>
</tr>
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Looking for a way to help the children of our community?

COMMUNITY BIKE WORKS provides inner city youth with meaningful work ethic alternatives to gangs by providing mentors and reachable goals that build confidence as an alternative to drugs, crime and the streets. Our children provide the community with bike inspections and reconditioned bikes while earning a bike and new helmet for their efforts.

Here are some quotes from our volunteers:

“*It feels good to be looked at as a male role model; but it’s also sad to realize that these children only have it for two hours each week.*”

“They’re involved with something they’re interested in, Bikes, and because of that interest they are willing to learn and take that extra step.”

“You get to know the child. They get to learn who you are, you get to learn who they are, and that is a most rewarding experience for both”.

Community Bike Works wants you to be a part of our team!

No mechanical experience necessary.

For more info on how you can help please call 610-434-1140, check out our website at [www.communitybikeworks.org](http://www.communitybikeworks.org) or stop by at 235 North Madison Street, Allentown, PA 18102
MEMBER PROFILE: RICHARD BALDOCK

Like most, I started out as a child, learning to ride a bicycle at age 6. Growing up in a suburb of New Orleans, I rode my bike everywhere in our sprawling subdivision. All through high school I threw a morning paper route (consuming my lifetime quota of 4:30 AM arisings) via a special-order heavy-duty bicycle with as many as 200 newspapers jammed in a huge basket. The weight must have been off the charts! My favorite sport was basketball, but I later discovered in retrospect that I was really a runner disguised as a basketball player.

A couple of months before I turned 31, I began running and discovered that I had above average natural endurance, running and racing at a fairly high level for almost 3 decades before the 50,000+ mile warranty expired on my left foot.

In 1985 I upgraded from my Kmart special to a 12-speed Schwinn Tempo bicycle, which I still ride occasionally. I never considered myself a cyclist, and mostly rode recreationally, or when recovering from a running injury, or to compete in a few "paper-man" triathlons, or to compete in my only bike race (30M road race), or to participate in my only weekend bicycle tour, namely, the Tour of Scioto River Valley (TOSRV) the second weekend of May, 1989.

The recommended training for TOSRV was a minimum of 500 miles with at least one 50 mile ride. The weather that winter/spring in Pittsburgh was daunting and most of my focus was on the Pittsburgh Marathon the first Sunday of May. Although the marathon was my weakest event, I decided that I should run Boston at least once, and Pittsburgh was the most convenient race for obtaining a qualifying time. On Marathon Sunday the wind chill was 19 F with light rain, sleet, and snow. Still, I qualified for the Boston Marathon at 2:51 with 29 minutes to spare. However, I only managed to ride my bike twice all winter/spring for a total of 34 miles. The following Saturday I awoke in Columbus, OH, to 45 F, pouring rain, strong headwinds, water 6” deep on some roads (>2500 no shows out of 6,500 registrants)! Somehow I survived the 25 miles to the first stop. Conditions improved and I managed to finish day one (105 miles, 16+ mph). I spent the night in a sleeping bag in a local gym in Portsmouth, OH. Unfortunately, I forgot earplugs, but I eventually fell asleep due to exhaustion despite a cacophony of snoring reverberating off the gym walls! The next day was pleasant and sunny, and I arrived back in Columbus earlier than expected (105 miles, 19+ mph).

After moving to the Lehigh Valley in 1996, I rode Gap Gallop a year or so later on my Schwinn. In the early 2000’s I started experiencing a baffling set of running injuries. Eventually my foot problem made it difficult to even bicycle. Finally in 2005 I had to quit running due to the pain. Ultimately, a thorough diagnosis determined that I had destroyed the subtalar joint in my left foot and had severely damaged several tendon systems. Apparently it was a case of bone grinding on bone for more than a year that was causing the pain---I just thought I had become a wimp. After reconstructive foot surgery, I was on crutches for three months, unable to place any weight on the foot during the recovery---most inconvenient. I don’t know how I would have managed without the assistance of my wife, Valerie Ryder. After fracturing my left wrist in April 2011, I am now the proud possessor of titanium screws in my foot and a titanium plate and screws in my wrist. As a result of all the extra metal, I probably lean imperceptibly to the left.

Due to a number of circumstances, I didn’t participate in any fitness activity from 2005 until Easter weekend 2010, except for maintaining my streak of running all of the Pittsburgh Great Race 10K events, 1977 to present. Running only one day a year is probably imprudent, but sanity has never been one of my strengths.

On Easter Saturday 2010 my daughter and grandson from Greensburg, PA and I rode 26 miles on the trail along the Lehigh River near Jim Thorpe. A couple of weeks later I purchased my Scattante CFR Elite triple bicycle and began the slow process of trying to recover a modicum of fitness. I doubt if I’ll ever be truly fit again, but I have made some progress in the last 22 months.

I have an M.S. in Mathematics from Florida State and worked 25 years for Westinghouse R&D and Westinghouse Nuclear Energy in Pittsburgh. For the last 15 years I have worked for Allen Organ. My entire career has been as a computer programmer/analyst. Valerie and I have been married for nearly 21 years. My children live in the metropolitan areas of Pittsburgh, Boston and Denver, respectively.

Before I became a runner I was an avid chess player. I learned to play chess at age 15 and was Louisiana Junior Chess Champion (under 18). In the early 1970’s I tied for second in the Pennsylvania State Chess Championship, and achieved my peak United States Chess Federation (USCF) rating of Expert. Unfortunately, because of limited time, I couldn’t both run at a high level and continue to play chess at a high level. Therefore, I haven’t played tournament chess in more than two decades.

Now that I’ve become a bicyclist I’m hoping to find opportunities to participate in more single day and multi-day cycling events, which will also serve as motivation to ride as often as possible. I recently committed to a tour that will ride the 185 miles of the C&O Canal path this spring from April 29 to May 4.

Richard Baldock   LWA Membership Administrator
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
Trexlertown, PA 18087
610-398-6631
www.cycledromebikes.com

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

**Fitness Central Bike Shop** *
4337 Route 309, Schnecksville, PA 18078
PH 610.769.7300 Fax 610.769.7511
www.facebook.com/fc.shop

**Eric J. Loch Diamonds & Fine Jewelry** *
3370 Lehigh St.
Allentown, PA 18103
610-967-3479
www.lochsjewelers.com
**Free Lithium battery

**Keswick Cycle Co.** *
408 N. Easton Road
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

**South Mountain Cycles & Coffee Bar** *
303 Main St. Lower Level
Emmaus, PA 18049
610-967-4490
smcbikes@ptd.net

**Spokes Bike Shop** *
16590 Route 61
Hamburg, PA 19526
610-562-8900
www.spokesbikeshop.com

**Village Bicycle Shop**
7 South Village Circle
Reinholds, PA 17569
610-742-4786
gs391@verizon.net

**Weaver’s Bike Shop** *
729 Park Rd.
Fleetwood, PA 19522
610-944-9565
www.weaversbikeshop.com
*10% off parts and accessories

LWA QUICK RELEASE
MARCH 2012

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