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**PAT YTSMA BENEFIT RIDE**

**JUNE 10, 2012**

A reminder to all interested LWA members to register for the Pat Ytsma Ride Safe Bike Tour to benefit Pat’s Children’s College Fund which will take place on Sunday, June 10, 2012, in Breinigsville. The ride is dedicated to the memory of Pat Ytsma, who died tragically on December 8, 2011, after being struck while riding his bicycle on the Fahy Bridge in Bethlehem.

Participants can register online and non-riders can make direct donations to the children’s education fund on [http://www.patytsmabiketour.com](http://www.patytsmabiketour.com).

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. 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 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. 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](http://www.patytsmabiketour.com).

**G. Mack**

**JOIN THE LWA**

The LWA, established in 1951, continues to be the Lehigh Valley’s largest cycling organization, with a full program of recreational rides and racing. The club offers both road and off-road rides, which are listed on the club website.

LWA memberships are $15 an individual and $25 for a family. You can join the LWA online at the club website [www.lehighwheelmen.org](http://www.lehighwheelmen.org). Simply click on the JOIN tab below the club logo to complete your application.

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**Visit the Lehigh Wheelmen home page at [www.lehighwheelmen.org](http://www.lehighwheelmen.org)**

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

At the recommendation of George Mack, my good friend, fellow cyclist, Meals on Wheels driver and William Allen High School classmate (1966), I just finished reading Walter Issaacsion's biography of Steve Jobs. I believe it's the most interesting bio I have ever read.

Chapter 11 is titled “The Reality Distortion Field”. It describes how Jobs would assert something and convince people to believe it, without regard for the truth. “In his presence, reality is malleable” is one of the quotes used to describe how he frequently viewed situations.

I think of this when I observe cyclists - on motorcycles as well as bicycles - riding without helmets. The instructor at the motorcycle safety course that I attended several years ago noted that there are two types of motorcyclists - those who have fallen and those are going to fall. Most of us are going to hit the deck at some point, so we should be prepared for it. With the forces and dynamics involved, the situation quickly moves beyond our ability to control it. Take a look at the mangled helmet of someone who has been involved in a crash and imagine what their head would have looked like if it had been the first thing to contact the pavement.

And yet many cyclists have a reality distortion field that deludes them into thinking they are immune to accident and injury.

Sadly for Steve Jobs, although his pancreatic cancer was detected early, he believed that a diet of vegetables and juices, acupuncture and herbal remedies could cure him. His distorted view of reality did not change reality, and largely due to his delay in accepting aggressive treatment, he eventually succumbed to cancer at age 56.

That said, as LWA member Paul Carpenter notes, helmets are not a safety device. They do not make you any less likely to have an accident, they only protect you during the accident. For accident prevention, there is nothing better than a rear view mirror. Most of us would not consider driving in a car without side and windshield mirrors, but many or most cyclists still ride without any view of what is going on behind their backs. A mirror is even more important for a cyclist because we are traveling at a different rate of speed than motor vehicle traffic. As cyclists, we are constantly being passed by cars and trucks traveling at varying speeds on a multitude of road configurations.

Things change too quickly for me to feel comfortable looking over my shoulder to determine what is going on behind me. But a quick glance in the mirror confirms what I need to do. With all the texting, cell phoning, coffee-drinking, etc., occurring with drivers these days, I think it is essential to know who is doing what behind my back.

Ride safe.

Jack Helfrich LWA President

BICYCLE SAFETY LAW CHANGE

On February 2, 2012, Governor Corbett signed a new bicycle safety law, Act 3 of 2012 (formerly House Bill 170), which becomes effective on April 2. The new legislation, a comprehensive amendment to the Motor Vehicle Code, provides a clearer definition of the rights and responsibilities of cyclists and motor vehicle drivers in the state and should provide a greater margin of safety for cyclists interacting with vehicular traffic.

The new law now requires motorists to allow at least four feet of space between their vehicle and a bicycle when passing a bicyclist. The law also makes it legal for a driver to cross a double yellow line into an opposing lane of traffic when necessary to allow for the four feet clearance when passing a bicyclist on the right. If there are oncoming cars in the other direction, the motorist would have to wait until it is safe to pass the bicyclist and provide the mandated four feet clearance. The law further allows a bicyclist to ride slower on the road than the posted maximum speed, and makes it illegal for a vehicle to cut off a bicyclist when the motorist is turning right. The law is designed to reduce injuries which frequently occur when a bicyclist and driver are involved in an accident.

Richard Baldock Membership Administrator

LWA CLUB EVENTS

The tentative schedule of club events was discussed at the March club meeting. Upcoming events of note include the following:

-Ride Leaders’ Kickoff ride
-May 16th: Ride of Silence
-Grill and Chili Nights: April 16, May 14, June 18, July 16, August 20, September 17.

Grill & Chili post-ride events will be organized by Karen O'Brien and Deb Terfinko. Dates are tentative based upon Deb & Karen’s availability and the weather. The club will provide hamburgers, hot dogs and beverages. Please bring a side dish or dessert to share.

-August 4 Club Picnic at Covered Bridge Park Pavilion
PASSWORD CHANGE

Some members have requested information about the process to change member passwords used to sign in to the LWA website. If you wish to change your password, simply follow these steps:

- Login with your current ID and password
- Click ~ Member Info
- Click ~ Edit
- Click ~ Update your profile
- Click ~ Contact Info
- Enter ~ Password (new password you have chosen)
- Enter ~ Verify Password (new password you have chosen)
- Click ~ Update
- Message: "Your settings have been saved."

Questions about this process or other membership concerns should be directed to rv314159@rcn.com.

Richard Baldock  Membership Administrator

ANNUAL CLUB PICNIC

Our annual picnic at Covered Bridge Park in Orefield is in the planning stages and we need a few volunteers to help. The date for the picnic is Saturday, August 4, 2012. We would like some people to plan the main course and drinks provided by the club. (Club members are asked to bring a food item to share). Also we need people to do some grilling, and, of course, we need ride leaders. Please contact Dean Hower dean_the_bikeman@hotmail.com, 610-462-0617, or Fritz Walker walkrh@gmail.com, 610-481-6853, if you wish to volunteer.

Thanks!

Dean Hower

WORLD SERIES OF BICYCLING

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.

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.

QRQ OF THE MONTH WINNER AND NEW QUESTION

Congratulations to Michele Sciortino, who won the March QRQ with her answer to the question—

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

When I pass more than one cyclist on my meager 10 mile ride!

~ Michele

Michele wins an LWA insulated bike water bottle for her response.

Next contest - (25 words or less) What was your most memorable day on a bike?

If you would like to submit your own answer to the QR for possible inclusion in the next newsletter and the chance to win an LWA insulated water bottle, just email your response to gbmack@ptd.net, by April 20.

Responses will be posted in the May Quick Release.

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

G. Mack

ARTICLES FOR SALE

BICYCLE FOR SALE

Cannondale R400 · CAAD3 aluminum frame- Made in USA
Ht. - 52cm. Step over ht. 30-1/4”
Color - Blue  Wt. - Approx 22-1/2 lbs.
Drivetrain - Tiagra 27 speed (triple front, 9-speed rear)
Pedals - Coda SPD  Computer - Cateye Mity3
Rims - Mavic XP11  Tires - (New) Vredstein (blue)
Two bottle cages
Bike is in very good condition  Price - $400
Contact - Jack at 484-347-3541

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 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 gbmack@ptd.net
LWA WELCOMES NEW MEMBERS

The LWA welcomes the following new members, who have joined the club since the beginning of the new year. The order is most recent to earliest in 2012.

Scott Schneider
Cunningham family ~ Matt, Jen, Conor, Abby
Jesse Gydosh
Scott Butler
Margolis family ~ Samuel, Kimberly, Franklin
Mark Gorman
Mark Allard
Evangelista family ~ Florence, Nicholas, Michael
Allison Morse
Curtis Deitrick
William Drumbore
Joe Craig
Nick Persaud
Carl Schaeffer
Hartberger family ~ Michael, Amanda
Ron Reiss
Zachary Reborchick
Phyllis Miller
Liza Fell
DiGennaro family ~ Christy, Jim
Donald Levermore
Walton family ~ Jim, William
Paul Carpenter
Phyllis Ingram
Ed Probasco
Jim Walton

We apologize in advance for any errors or omissions. Please submit any corrections ASAP to Richard Baldock, 2012 Membership Administrator, rv314159@rcn.com.

Richard Baldock Membership Administrator

LWA RIDE LEADER WALL

Join the ride leader team by posting a ride on the LWA website. Rides can be road or off-road, morning, afternoon, or evening, any day of the week and any level of difficulty, A, B, C, or D. Ride levels and other information for ride leaders including ride leader guidelines, guides to group riding, and sign-in sheets can be found on the Documents link on the LWA homepage, http://www.lehighwheelmen.org/

To post a ride, you must first be logged in with your LWA password. Click on the link Add New Event below the current ride listings on the bottom left of the homepage.

G. Mack

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 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
Trexler Town, 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 MEETINGS
Held the 3rd Wednesday of every month.
Next meeting is: April 18, 2012
7:00 PM-8:00 PM
The Education Center at the Integrated Health Care Facility located at 250 Cetronia Road, behind The 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.