IN PRAISE OF LBS

I am 63 years old, so you know that I did not grow up texting. Not even while not driving. My youth took place at a time later than the one room schoolhouse where each pupil had a personal slate and chalk, but before hand held calculators and personal computers. I took courses in typing (an activity now referred to as keyboarding) and shorthand. The latter was done with a pencil. You remember pencils? I know LOL. I also remember TTFN, but that’s only from watching Tigger on Winnie the Pooh with my kids when they were actually still kids.

So I was bemused, befuddled and bewildered when I encountered the initials 'lbs' while searching the internet. From the context, it obviously did not mean pounds. Although why lbs. is an abbreviation for pounds has always mystified me.

LBS came up repeatedly when I was researching information about my recent cycling "incident." I was forced to use quotation marks here because it was not an accident. And this article is not about the incident, but it probably does need some clarification.

Friday, March 2, I rode out to the Velodrome to join Dick McCreight for an LWA ride out to Huffs Church. Pedaling through lovely, downtown Alburtis, I heard a tremendous racket apparently coming from one of the bikes behind me. Turned out that the noise was coming from my bike. I managed to remain vertical (for which I was given generous style points by the trailing riders), but I slid to a stop with the rear derailleur and chain lying on the asphalt, separated from the bike.

My initial relief at not being injured was soon replaced by concern about the bike. What would become of my Trek Madone 6, the green machine I had splurged on for my retirement? I could feel the green slipping out of my wallet. Understandably, this was difficult to sort out. I was riding straight on a smooth, level road, in a middle gear, at moderate speed. I was not shifting or applying the brakes. I was not sure if a lifetime frame warranty would benefit me unless the cause of the incident could not be explained.

That day, I took the bike to BikeLine of Allentown where I had purchased it two years earlier. Scott Kleinschuster took photos and arranged for the frame to be sent to Trek for analysis. Making a rather long story short, after several rounds of discussion between BikeLine, Trek, Shimano and myself, Scott was able to convince Trek to provide a replacement frame.

So if you have managed to read this far and still recall the original premise, you have probably guessed that LBS is short for Local Bike Shop. I doubt this story would have had a happy ending without the LBS. I know several people who have bought high end bikes on the

Visit the Lehigh Wheelmen home page at www.lehighwheelmen.org
Due date for Quick Release articles is the 20th of every month.
IN PRAISE OF LBS, continued

internet. I now wonder what recourse would they have in a situation like this? When I rode cross country in 2002, one member of our group, a cyclist in his late sixties, stated that he had bought every bicycle, part and apparel from his LBS. I cannot make that claim - it's tough enough finding tights that fit me on the internet. I really don't expect to find them in a local store.

Still, this episode reinforced the advantage of dealing with real people whom I know by name (Scott, Derek, Papo, and Bob) and who know me by name (Jack). My general rule is that the more costly and complex an item is (cameras, bicycles, appliances), the more likely I am to buy it locally. This time it really paid off. It's great having so many excellent bike shops in the area, and many of them offer a 10% discount to LWA members.

Most of us have a favorite (BikeLine for me). Let's support them with our business.

One down side of this incident is that the green machine paint scheme is no longer available. What do you think of orange?

Jack Heffrich  LWA President

PAT YTSMA BENEFIT RIDE
JUNE 12, 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 on line and non-riders can make direct donations to the children’s education fund on 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.

Further information about the Pat Ytsma Ride Safe Bike Tour for both participants and corporate sponsors can be found at http://www.patytsmabiketour.com/.

G. Mack

CREW MEMBERS NEEDED TO SUPPORT LWA ENTRANT GEOFF BRUNNER #411
IN RACE ACROSS AMERICA
OCEANSIDE, CA, to ANNAPOLIS, MD
JUNE 13 - 24, 2012

Fellow LWA member, Geoff Brunner, is participating again this year in the solo division of the Race Across America. He is searching for one, possibly two, additional crew members to join his team. All expenses are covered. Support a fellow LWA cyclist and be part of a team focused on racing 3000 miles in less than 11 days!

Interested, motivated athletes can contact Geoff by email at gb.j327@gmail.com.

This will be Geoff’s second attempt at RAAM. He completed the event last year in exactly 12 days 0 hours 0 minutes. You can read an online article about his experiences last year at Lehigh Valley Live.

First Annual LWA Eastern Shore Weekend, p. 5

Geoff finishing RAAM in 2011 with a little help from his son.

LWA QUICK RELEASE  MAY 2012  2
It was not my last ride with cutoff sweat pants as my cycling shorts, nor a t-shirt with cutoff sleeves as my cycling jersey, but it was my last ride without a helmet.

In the years since that ride, I have had other falls and other crashes. Two of those crashes were hard enough to crack a helmet, and one of those crashes ended up with a ride in an ambulance, but neither of those crashes scared me as much as that day when my head landed a few feet from a cement culvert while I was not wearing a helmet.

I still ride on that road once in a while, I still take that right hand curve around the barn at speed, and I always glance at that culvert as I go by and remember.

G. Mack Quick Release Editor

NOTE: Thanks to Dave Wieder for providing Exhibit A for this article, a picture of his helmet damaged in a crash in 2011.

ANNUAL CLUB PICNIC VOLUNTEERS NEEDED

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 deanthebikeman@hotmail.com , 610-462-0617, or Fritz Walker walkrfh@gmail.com , 610-481-6853, if you wish to volunteer. Thanks!

Dean Hower

MAGNET MADNESS

LWA logo magnets have arrived and are being sold at $2 each. They will be available at all club events and at numerous posted rides. Several officers have taken some for sale before or after rides they lead. Magnets are 5” circles and suitable for outdoor or indoor use (car, refrigerator, etc.).

Richard Baldock Magnet Project Coordinator
LWA Membership Administrator
LWA MEMBERSHIP (as of 3/18/12)

Single memberships: 234
Family/household memberships: 66

LWA WELCOMES NEW MEMBERS

The LWA welcomes the following new members, who have joined the club since the April newsletter. The order is most recent to earliest.

Jeremy Jones
Audrey Schoepple
Daniel Basch
Bernhard Resch
Micheners ~ Maria & Michael
Eric Suro
Chuck Canfield
Mike Wing
Scott Sargent
Johnstons ~ Marsha & Brian
Leo Portela & Peggy Rennick
Cerrones ~ Tony, Maryjane, Ryan & Rachele

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  LWA Membership Administrator

LWA CYCLIST WINS MEDAL IN MOUNTAIN CLIMB

On March 3, 2012, LWA cyclist Paul Pietrusewicz demonstrated his climbing prowess as he ascended Chili Mountain to win the coveted I Climbed Chili Mountain award at Asbury United Methodist Church’s 4th Annual Awesome Chili Cookoff, a charity event for Athletes for Christ. To win, Paul sampled over 30 chilies, consuming a total of nearly one half gallon of chili! Pietrusewicz waited patiently at the summit while LWA President Jack Helffrich struggled to join him at the top. The event raised over $2000 for the church organization.

Dick McCreight

QRQ OF THE MONTH

Thanks to Dave Drummer, Kathy Marcus, Jack Helffrich, and Richard Baldock, who submitted interesting and very different responses to the April QRQ ---

What was your most memorable day on a bike?

Dave: The 1992 Wolverine 24 hour ride, in Detroit. Gary Rollman and I rode tandem, a total of 352 miles, the most by anyone that year.

Kathy: Enjoying my friends' company on a cold, late fall ride when we both noticed a Bald Eagle flying above the field at the same time.

Jack: Dipping the front wheel of my bicycle into the Atlantic Ocean in May 2002 after having ridden across the United States.

Richard: Columbus, OH: TOSRV’89, 4000 riders, Saturday, 105 miles ~ 45F, torrential downpours, roads flooded, strong headwinds, borderline hypothermia, cleat-sucking mud at rest stops, quitting impossible.

Next contest question provided by Jack Helffrich---

"What do you think of the new PA law requiring four feet of clearance from passing automobiles?"

If you would like to submit your own answer to the QR for possible inclusion in the next newsletter, just email your response to gbmack@ptd.net, by April 20.

Responses will be posted in the June Quick Release.

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

G. Mack

WORLD SERIES OF BICYCLING

The upcoming 2012 World Series of Bicycling will run from June 15 through August 31 at the Valley Preferred Cycling Center.

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.
LWA RACING

LWA racing will be having DASH for Cash races at Rodale Fitness Park the first 3 Tuesdays in May.

Super Tuesdays start at VPCC the 4th Tuesday of May and Masters and Rookies racing starts at VPCC May 19.

FIRST ANNUAL EASTERN SHORE WEEKEND

On Friday April 13, forty three LWA members, including a few who joined specifically for the event, gathered at the Comfort Inn in Easton, MD, for the start of a fantastic three days of fun and riding. Most people arrived in time to take an easy ride to the waterfront town of St. Michaels, a distance of about 34 miles round trip. The route is on the only road that goes to the town, so there was a fair amount of traffic, but it was no real issue because the highway has a very smooth 4-foot wide shoulder. After a brief stop at the Crab House, where we all chuckled at the sign “Deep Water. Feed Ducks at your Own Risk” posted on the dock, everyone went on their own way to explore the town, have ice cream, or enjoy a delicious crab cake on the outdoor deck. It was a great start to the weekend.

Folks were on their own for dinner Friday night, but a fair number of the group went to Brasserie Brightwell in downtown Easton for a nice meal. At about 8:00PM everyone gathered in the hotel lobby to discuss the rides for Sat.

After breakfast Saturday, the group drove to Blackwater National Wildlife Refuge where we met at the visitor’s center for a 54-mile ride to Hoopers Island. The route took us through marshes that stretched from horizon to horizon. Some riders chose to take a shorter route that started at a marina on the way to Hoopers Island. Hoopers Island is a real watermen’s area, and has been a center for fishing, crabbing, and oyster gathering since the area was settled. Part of the charm of the area is how different things are there, evidenced by the sign at the fire hall advertising a “MusKrat and Chicken Dinner, 7:00PM - ??”. Unfortunately, LWA group had already made dinner reservation for Saturday, because the “feast” was that very evening. Maybe next year!

The weather was fantastic with bright sunshine, not too much wind, and perfect temperatures. The scenery was at times simply spectacular, with one section of road with water views on both sides for over a half mile. Several riders saw bald eagles, numerous ospreys, herons and other shore and marsh birds.

Timing worked out great and most of the group arrived at Old Salty’s Restaurant for lunch at the same time. It was a lively group, made more so by the antics of Mary Gibney. We’ll just say that her choice of a clothing item for a souvenir was “interesting.” She even modeled it for us! If you see Mary, ask her about Old Salty.

Dinner Saturday night proved to be the only glitch in the weekend’s plans. The Washington Street Pub was ready for our group with a special section reserved for us, and we were seated at 7:00PM. Unfortunately, that proved to be about the only thing that was ready. By 9:00PM we had not yet received salads! Saying service was poor would be extremely kind. Karen had a very, VERY long conversation with the owner the next day, and he will be making it up to the LWA in some way.

Sunday morning dawned crystal clear with highs predicted to be in the mid 80’s. Four rides were planned for the day, the group splitting into smaller groups to ride with people they enjoyed being with. Many riders chose the 46-mile loop, but others did a 36-mile ride, and some decided to do the 24 and go back into St Michaels and further explore the town. I can attest to the beauty of the 46-mile loop. The roads were smooth and flat with virtually no traffic. Jack, Vince and I rode together. We stopped briefly in Unionville to read the historic marker describing the founding of the town by freed slaves who served in the Union army during the Civil War. For me, a highlight was the short ferry ride from Belleview to Oxford across the Tred Avon River. After a relaxing lunch outdoors by the water, we completed the ride back to the hotel and the end of a nearly perfect weekend.

The feedback I got from nearly everyone was that the event was fantastic. We’ll be making it an annual LWA event, so keep that in mind for next April.

Other photos of the event can be found in the Club Events section of the LWA Galleries on the website.

Paul Smith Out of Bounds Event Coordinator
EXPIRED MEMBERSHIP REMINDER

According to the database, there are approximately 50 expired memberships since 1/01/2012. Among the expirees were some who were at the recent Grill & Chill, some who participated in the April Maryland shore adventure, some who did the Cancer Perimeter ride in 2011, and a current officer. Hopefully most of the expirations are unintentional.

If you haven't renewed "lately," please check the expiration on your membership card and also login to the LWA website. Expired memberships should get an "Expired" message. Others can pretend to renew to find out when their membership expires (just logout unless you actually want to renew now).

Membership Administration

MEMBERSHIP GUIDELINES, NOTES, & TIPS:

a. As noted previously, online renewal/joining method is strongly preferred.
b. Please login to renew (otherwise, you may end up with multiple database records, and appear to be a new member instead of a renewal).
c. If you need login assistance (lost ID, lost PW), please email Membership for assistance [rv314159@rcn.com and rbsmith@fast.net].
d. As noted earlier, you can change your password via the instructions in the April Newsletter.
e. If you must renew via check, please consult the instructions (recently modified) available under Documents on the LWA website.
f. If you wish to upgrade your single membership to a family/household membership, you must currently do so via check ($10 difference). Follow the same instructions noted above. Your expiration date will not change.
g. If you do not receive a prompt acknowledgment when you join/renew, please email Membership again after 7 days (see email addresses above).
h. According to the Webmaster, about half of the auto-generated 30-day expiration email reminders have been read and acknowledged. The other half have been either read but acknowledgment withheld, overlooked, ignored or deleted as SPAM. Please review your "whitelist" and SPAM procedures if you think this may be the reason you did not receive a reminder email. If you renew more than 30 days prior to expiration, no reminder email will be generated. If you renew right at the 30 day mark, you might not get a reminder ~ if the monitoring application hasn't run yet for that day.
i. Some single membership plans have names listed in the family members field. The database doesn't care what is entered in this field; however, it creates a bit of confusion for Membership (it doesn't take much to confuse Membership). Please review your profile. If applicable, single memberships should add "FYI: " prior to the list of names, or clear the list, whichever you prefer.

Richard Baldock LWA Membership Administrator

VOLUNTEERS NEEDED FOR PRO CYCLING TOUR JUNE 3

We need volunteers to be course marshals in Center City and Manayunk to ensure the safety of all of the riders during the Bicycling Magazine Open (BMO) and the pro races. This is a great opportunity for groups of club members and families to get involved.

Have friends and family members support your ride in the BMO by volunteering as course marshals while they watch you complete three timed laps of the iconic Philadelphia championship road course. After your ride, stay involved by volunteering to be a course marshal while you watch the pros tackle the same course.

To volunteer sign up at http://www.procyclingtour.com. Questions contact Cynthia Underhill at cunderhill@procyclingtour.com or 610-216-0998.

LWA MEMBERSHIP MEETINGS

Held the 3rd Wednesday of every month.
Next meeting is:
May 23, 2012
7:00 PM-8:00 PM
MEETING LOCATION:
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.

Meeting minutes are posted on the LWA website after approval at the next month’s meeting.

ARTICLES FOR SALE

Cannondale R400 - CAAD3 aluminum frame- Made in USA
Ht. - 52cm. Step over ht. 30-1/4” Color - Blue Wt. ~22-1/2 lbs.
Drivetrain - Tiagra 27 speed (triple front, 9-speed rear)
Pedals - Coda SPD Computer - Cateye Mity3
Rims - Mavic XP 11 Tires - (New) Vredstein (blue)
Two bottle cages Bike is in very good condition
Price - $400 Contact - Jack at 484-347-3541

2010 Trek 7500 hybrid
Size 57cm or 22.5”. Gold 9 sp cassette
Excellent condition / ridden less than 100 miles.
$600 OBO
Email Mark at MTKautz@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 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 ghmack@ptd.net
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