QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

July 2012

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WHAT’S COOKIN’?
Anyone (and everyone) who has ridden with me this year has heard about my kitchen renovation project. Ad infinitum. Ad nauseam. Yes, it should be done by now, but I was sick for a while (cough), and the work has unfortunately dragged on into the summer and prime biking weather. I sometimes find myself wishing for more rainy days so I will not be tempted to ride when I could be/should be working.

On a recent ride, Terry told me that he figured he saved about $1000 by installing his new kitchen cabinets himself, amounting to over $100 per hour. I figured that I saved the same gross amount, but the hourly rate was considerably less. Measure twice, cut once. A good philosophy, but rather time consuming.

Since retiring from full time work eleven years ago, it’s been my routine to join in the LWA group bike ride every Wednesday morning. This has been so much fun that we have recently started riding Friday mornings as well.

So there was a conflict last week when Friday turned out to be another drop-dead gorgeous day. Exhibiting rare discipline, I stayed home working on the kitchen instead of riding. Being of German descent, this is ingrained - business before pleasure. Besides, I assumed there would be a nice B-paced ride listed for Saturday morning.

Checking the website before leaving for the Velodrome on Friday night, I realized that there was no suitable ride listed for Saturday morning. Inspired, I quickly posted a 56 mile ride around Lake Ontelaunee for 7AM and departed to watch the bicycle races.

I spent the rest of the evening regretting my impulsive decision. The ride would start too early in the morning, I was too tired, nobody was going to show up, there would be another day of kitchen inactivity. That evening, reluctantly, I set my alarm for 5:30 and went to bed. I woke up even less inspired to ride. I felt sluggish pedaling to the Velodrome for the beginning of the ride. I kept hoping that maybe nobody would show up and I could go home after a brief spin. Despite the late notice and early start time, Corey and Keith showed up ready to ride. I was cornered.

Turns out, we had a wonderful time. We enjoyed each other’s company, traffic was light, the weather was great with low humidity, and we had a fun day of cycling and talking about everything but my kitchen. And Keith and Corey never made me feel that they were waiting for me, although they both could have gone faster.

Visit the Lehigh Wheelmen home page at www.lehighwheelmen.org
Due date for Quick Release articles is the 20th of every month.
I realized this while following them on the long climb up Maiden Creek Road. They were talking amiably while I was gasping for air and trying not to lose sight of them. (FYI, the Lake Ontelaunee ride, part of the Valley Veloce, now has two bridges that are closed to motorized traffic, but are still passable to bicyclists.)

We took a short break along the lake on West Shore Drive, enjoying the quiet of the shoreline. Near Crystal Cave, we decided to abandon the cue sheet for a stop at the Frying Dutchman in Kutztown for some coffee and freshly fried doughnuts. Plus it’s always fun to talk with owners Mike and Emily.

They provided the doughnuts for Pat Ytsma’s Safe Bike Tour, so stop by when you are in Kutztown. The doughnuts were so tasty that Keith carried one home in his jersey for his wife.

On the return leg of the ride, we passed dozens of cyclists, out enjoying the day. When I crashed recently, I was not paying attention, waving to friends who were passing in the opposite direction. This time I was content to call out a greeting while keeping both hands on the bars. (Safety note - If you are going to hold on with only one hand, sit upright and hold on to the stem or the handlebars near the center. It’s much more stable if you strike an unseen object. Yes, I knew this; I had hubris.)

Many of Pat’s friends and fellow riders in the LWA participated in the event, and Kirk sent out a sincere thanks to all who attended and supported the ride.

G. Mack

LWA WELCOMES NEW MEMBERS

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

- Brad Gerhart
- Matt Buell
- Alyson Raney
- Robert DeNadai
- Lyter family ~ Laurie, Frank, Kelly
- Carl Zvanut
- Harve family ~ Donald, Sara, Jennifer, Felicia
- Christopher Orsini
- David Najarian
- Hartley family ~ Paul, Marisha, David

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

CURRENT LWA MEMBERSHIP
(AS OF 6/24/12):

Single ~ 216
Family/Household ~ 68
Units ~ 284

Richard Baldock LWA Membership Administrator
MUSICAL ANATOMY

In the late summer of 2009 a group of us headed out to pedal our bikes up an infamous hill. There were about 20 riders as we approached the climb and then it was decision time. Either you go or don’t go. For me, the choice was simple enough. My life loomed before me, and I knew that I might never be this way again. Really, no choice at all. I have never regretted my decision.

For My Friends... Terry, George and Gerry

Sometimes you look down And see the shadow of Your own self Riding along with you.

Noticing the outline Of your own body Like watching a show Within the show.

And like a show. It is always showtime. Will you make it To the top? Will you let another rider Pass you on the uphill? Will you have the desire Not to be the one To give up first?

Some will call it going toe to toe. But that would just be Anatomy.

I will call it Fiddler’s Elbow. Musical Anatomy. And then There we were. At the top. All smiles.

So it goes.

Neil Dicker

Sometimes it is not So much what we talk About. But rather what we don’t say That really matters on the Bike.

Like how The conversation stops When climbing a Really long steep hill.

Then the other Senses kick in.

You hear yourself Breathing hard. You hear the quiet spinning Of the wheels. You sense the other Rider coming up behind you When you see his shadow.

Or the clicking of your Pedals against your cleats.
**CLUB PICNIC RIDE LEADERS NEEDED**

Mark your calendar for August 4 for some great food and fun rides at the annual LWA club picnic at Covered Bridge Park in Orefield.

Plans are coming along, and we currently have ride leaders for B, C and even a Mountain Bike ride, but we still could use ride leaders for a B+ or A ride and a D ride leader.

Please contact Fritz or me if you would like be a ride leader. dean_the_bikeman@hotmail.com or 610-462-0617 or Fritz Walker walkrfh@gmail.com, 610-481-6853 Thanks.

Dean Hower

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**THE RAILBENDER**

Your neighbors over at the Altoona Bicycle Club are brewing up a new event for the dog days of August: The soon to be infamous **Railbender.** Named after Altoona's rich railroad history and the route's descent through the world famous Horseshoe Curve, it is surely an event not to miss this summer.

Here's the breakdown: A fully supported 43 mile one-loop course, ending with the 6 mile Sugar Run climb and a fun 7 mile descent through the Horseshoe Curve to the finish line on completely traffic-free roads. There will be two rest stops along the course at miles 22 and 32, a post-ride BBQ, live music, $50K raffle drawing and vendor village.

The event will also feature the 14 mile long Fun Ride for those looking for a milder version of the ride. Currently entry fees are set at $40 for the Railbender and $30 for the Fun Ride, but they are set to increase soon. The event is coming up on Saturday August 11th, so why wait? For more info and to register, check out www.railbender.org.

Greg Buzulencia
Railbender Event Director

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**LWA 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

**WORLD SERIES OF BICYCLING**

Upcoming events in 2012 World Series of Bicycling at the Valley Preferred Cycling Center.

- 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.

G. Mack

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**T TOWN VOLUNTEERS NEEDED**

We need some more volunteers for the 2012 season. But, we're not asking you to sign your life away. Here are our specific needs:
- Front Gate/Ticket Takers - 5:30-9:00. Can be scheduled in shifts depending on the number of volunteers.
- Grand Stand Ushers - 5:30-9:00. Post has a view of the racing action.
- Bridge Security - 5:30-end. This person responsible for credentialing visitors to the infield. Post has a view of the racing action.

If you're interested, please email meganwerley@thevelodrome.com .Thanks!

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**LWA CLASSIFIEDS**

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<td><strong>2 HARD-SIDED BICYCLE TRAVEL CASES,</strong> 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 <a href="mailto:dick.mccreight@juno.com">dick.mccreight@juno.com</a></td>
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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
THE BRAN DY WINE VALLEY BIKE TOUR

New bike tour explores the Delaware-Pennsylvania border, also known as the Brandywine Valley

The Brandywine Valley Bike Tour, a new bike weekend along the scenic terrain where northern Delaware meets southeastern Pennsylvania, is set for the weekend of August 11 and 12, announced event organizer Ed Weirauch.

Bicyclists will ride in the morning along marked routes with rest stops and technical support and then on their own, take in the cultural attractions that make the Brandywine Valley such a popular destination. “The Brandywine Tour’s starting point is within 90 minutes of the Lehigh Valley and just a few miles off Rt. 95 in Wilmington making for a convenient weekend getaway,” Weirauch adds.

Ride options on Saturday include the challenging 62- or 75-mile Conquer the Hills featuring 15 of the Brandywine Valley’s most scenic hills; the 50-mile Ride the Rollers which is an easier route; and a 25 mile route that’s a mixture of both.

Sunday’s ride travels along the northern branches of the Brandywine and reaches into Philadelphia’s Main Line suburbs before ending near a refurbished house circa 1725 and the Brandywine River Museum and its collection of Wyeth family art.

“We’ll ride near the DuPont family legacies including Winterthur, Longwood Gardens as well as the Delaware Art Museum so once bicyclists finish their ride, these attractions are right there. If I didn’t live here already, I’d make it a long weekend,” says Weirauch of Wilmington, DE.

Registration fees are less than $100 for the weekend (by June 11) and participants can check www.BrandywineValleyBikeTour.com for a list of participating hotels and bed and breakfast inns.

Ed Weirauch
Event Director

IS THERE SUCH A THING AS AN F RIDE?

Well, I got you reading didn’t I? I haven’t seen an F ride yet, but I know there are times when we all have been on a group ride and felt as though we were “Flunking out”. It doesn’t much matter where or when because it still results in the same feeling of worthlessness. OK, I know that’s extreme, and it is doubtful we’ve ever felt worthless doing what we love--cycling--regardless of where we fell in the pack. The truth is it can sometimes be discouraging.

I don’t like to ride alone. It isn’t as safe or as much fun. So, I decided to start a C-minus /C ride a few weeks ago. The Thursday night 6:30 pm C-minus/C ride averages between 11.5 to 12 mph depending on the group size, experience level, etc. Ride details are posted on the LWA ride calendar.

No one gets dropped. I have been on rides where I felt terrible that someone had to slow down just for me or tell me to draft off them, even though I was already toast, and it felt as if their draft was a wall that I could not get through.

Our group ride has included as many as 9 riders - an eclectic group that gets along better than most siblings. Although we have yet to get Bill in a skirt, it is sure to happen. Perhaps you aren’t sure how fast you ride. Come out anyway. I wasn’t sure myself when I first started. Ultimately, my personal goal is to ride in the C+/B rides, but it takes time and training. We all have to start somewhere.

I’ve been road biking for about 3 years now. It all started after I ruptured my Achilles tendon playing “weekend warrior” basketball. My rehab involved riding a bike among other things. I was, however, told by my surgeon that I wouldn’t be able to do hills. He was a damn good surgeon, but he may have been wrong about that. It is a great excuse, though, when I fall behind on a hill or two. My starting point is a C-minus/C ride that hopefully someone will take over when I move up in the ranks. The only way we get better is on the road, riding with people we like. I could use your help, hopefully as much as you could use mine.

P.S. If any of you out there like this pace, but have a different day in mind, let me know. You can e-mail me at lmbiggs@metlife.com.

Lisa Briggs
QRQ OF THE MONTH

Thanks to Lisa Briggs, who submitted a photo response to June’s QRQ---
“What we talk about when we talk about our bike rides.”

July’s QRQ of the Month was submitted by Terry Terfinko and also includes a photo.

“Guess what these cyclists are doing?”

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

Responses will be posted in the next Quick Release.

G. Mack
LWA Discount Sponsors

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

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www.bikeline.com

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