We saw beautiful people covered with tattoos and countless miles with all kinds of coniferous trees. Look, another tree!

Saddle sores, swollen toes, fatigue and other stuff. Still, here we are. Drinking beer and watching the world go by. Blue rooms as far as the eye could see. Hard as it was, I wouldn't have had it any other way.

One day at a time. Life is short. We don't live forever and the chance may never come this way again. We did it. No regrets. Just the great feeling of being forever young. Let the wind always be at your back and may you never grow old.

We were for that moment in time known as “The Fab Four”. My best cycling buddies.


Neil Dicker

The “Blue Room Group”
At about 5:30 AM, Neil shook my tent door. "Jack, I'm going. I decided that I didn't go through the bone marrow transplant and all of the procedures for all of those years, just to come out here and ride the sag wagon up that hill. I'm leaving now to get an early start and I'll see you at the top."

Neil made it to the top and rode the rest of the 66 miles that day. The next day, we completed Cycle Oregon with a 64 mile ride into the town of Bly. I took some finish line photos and emailed them to Neil shortly after we got home; he says the one of him is one of his favorite cycling photos. In the photo, he's standing under the finish line arch, with one hand on his bike, the other hand thumb up, grinning broadly.

I think that photo is going to become one of my favorites too. It reminds me that every day is a gift to enjoy. It tells me to be positive, to count my blessings, to suck it up and stop whining, to appreciate the mountaintop experiences in life and overlook the little gullies. Neil reminded me not to ask whether the cup is half full or half empty, but to realize that it is filled to the brim and overflowing. Thanks buddy.

Jack Helfrich  
LWA President

37th ANNUAL GAP GALLOP 
SUNDAY, OCTOBER 7, 2012

The annual LWA Gap Gallop with full, half, and metric centuries will take place rain or shine on Sunday, October 7, 2012. All rides start at Northampton Community College, 3835 Green Pond Rd., Bethlehem, PA.

50 mile - Half Century  
68 mile - Metric Century  
103 mile - Century

"The Gap Gallop’s great scenery, varied terrain, and lightly traveled roads make it one of the most enjoyable century rides in the Northeast."

Registration is open. Register at [www.bikereg.com](http://www.bikereg.com)  
https://www.bikereg.com/Net/16627  
Flyer:  
http://www.lehighwheelmen.org/files/2012GGFLYER.pdf

Geoff Rogers  
VP Touring

DEAD INDIAN MEMORIAL ROAD 
A CYCLIST AND A CLimb

The story you are about to read is true. The names have not been changed to protect the innocent because none of us are.

Sometimes you stand in awe of certain individuals. Sometimes certain individuals make you crazy. Sometimes it's the same individual.

Neil Dicker, George Mack, Paul Smith and I rode Cycle Oregon last week. This event was 2200 cyclists, 7 days, 490 miles, over 30,000 feet of climbing. It was a camping event, with no option for hotels.

On Wednesday, the cycling ended with a tortuous, twisting, thirteen-mile downhill, descending Dead Indian Memorial Road into the town of Ashland. It was kinda fun. What wasn’t fun was realizing that on Friday, we would be cycling back up the same route. I fully expected it to be renamed Dead Cyclist Memorial Road.

By Thursday night, Neil was pretty much consumed by the challenge of this climb. He had had a fall earlier in the week as well, so he was concerned about being able to get to the top safely. After discussing this (AT LENGTH) with our group at dinner, he announced authoritatively that he would NOT be riding the hill tomorrow, that’s it, end of discussion, his mind was made up. Five minutes later I saw him walking about the campground, seeking advice from total strangers.

Knowing how much Neil relishes conquering hills, I realized later that evening that my advice to him was improper. I resolved that when we woke the next morning, I would encourage him to attempt the climb.

Somewhere in the wee dark hours of the morning, I gradually became aware of some significant rustling noises coming from Neil's tent. Either a raccoon had gotten into his stash of Powerbars, or he was getting ready to ride.
THE SPEED RACER REPORT

"Long time no write" again! Every year seems to get a little harder to write. It's been a spectacular year. After the March Series races, things really got started. There were a lot of things to overcome. On the other hand, so many things went right.

Let me start with the Bethlehem Race. Getting ready for the race was a challenge because the city of Bethlehem added more difficult hoops to jump through. I now had three people to go through just to set it up and that is before I got to police help with the roads. Thankfully they were the easy ones. Officer Karb of the Bethlehem police helped us keep the roads safe with his “Explorer Group”. They are young volunteers with the police department. Most of them are hoping to become marines and then eventually police officers. They came to marshal corners and operate radios so that we could keep the racers safe.

All went well with the race. We didn't make much on the race but all had a good time.

Next we had the Emerick Race. Setting that up was easier since Officer Karb brought his Explorers again. They did a great job in keeping the traffic in check. The officials like the Explorers so much that they brought food for them so they wouldn't get hungry.

The races went well with no crashes, however, because so many riders rode more than one race, the ones that did back to back races slowed things down ten or twenty minutes between each race so that we were way behind for the day. All in all though, the day was a huge success.

Next we did the Fitness Park Race in August. We had very good attendance. Sunny weather, but heat and humidity that affected the riders. We had so many crashes that required ambulances that the races were three or four hours behind by the end. It seems that the heat was affecting the riders as they became fatigued and the brain does not function fast enough to make the decisions that need to be made and then crashes occur. I have spoken with all of the riders recently and they are all doing fine now. There were injuries from broken ribs, broken ankles to broken collar bones. One bike was broken in half!

To finish off the year, our track team went to States and Regionals. We took home the most medals in years. We don’t have a total medal count. We are working on that now. Wow! What a year!

We are getting ready for our annual Racers Party. Then we will look towards next year's races. We may be bringing back the DeSales race instead of Bethlehem because of the expenses. It has been a popular race in the past.

I hope to report to you again soon, now that my schedule is a little easier.

Pete Siegfried VP of Racing/Bikeline/LW

LWA ELECTIONS 2013
NOMINATIONS OPEN

At the September LWA club meeting Dean Hower and Mike Solliday were assigned the duty of being the nominating committee for 2013 election of club officers, which will take place in December 2012. We will be voting for a President, V.P. of Touring, V.P. of Racing, Secretary, Treasurer, and three Board Members. If anyone is interested in running for office or wants to nominate someone (with that person's agreement), please have them contact Mike at msolliday@gmail.com or Dean at deanthebikeman@gmail.com.

Mike Solliday

INTERPRETIVE TRAIL RIDE
OCTOBER 14, 2012

Many of you know I am a rail trail supporter and volunteer for the D&L trail. I am also on the board of LTRT (Lehigh Township Rails to Trails). The LTRT and the BHCWA (Bertsch-Hokendaqua-Catasauqua Watershed Association) are having a FREE interpretive bike ride on the D&L trail on Oct. 13 with rain date Oct. 14. This will be a leisurely ride with stops along the trail at points of interest and short talks on history, geology, and botany. A representative of the D&L will be also be present to talk about the creation of the trail and answer any questions about the D&L.

The bike ride starts at the Cove Road trail head (just off of route 145 in Laury's Station). From there the ride continues to the last stop at the Lehigh Gap Nature Center where there are rest rooms, picnic tables, etc., where riders can stop for a break or eat lunch if they bring it along. There are also places to buy food and eat in Slatington and north at Bowmanstown and Lehighton. From the Nature Center you could continue on to Lehighton or just return to Cove Road at your own pace. I'll be there to help guide and answer questions.

Registration for the ride is required. Please send an email to LRT2T@hotmail.com or call Nancy at 610-767-0676 and give your name, the number of people in your group, and your phone number. If you have any questions, I can be reached at 610-462-0617 or at dean_the_bikeman@hotmail.com. The distance from Cove Road to the Nature Center is 7.1 miles, to Lehighton it's about 14 miles (double the miles for the round trip). You could extend the trip even more by riding south to Cementon and back.

For more on the D&L trail you can check out their web site: http://www.delawareandlehigh.org/

See you on the trails!

Dean Hower
SUROMAN

What is SuroMan all about? SuroMan is about setting a personal challenge while doing something good for the community and others. I will be running a solo iron-distance triathlon to raise money for The B+ Foundation. The foundation provides financial and emotional support to families of children with cancer and provides childhood cancer research grants (www.bepositive.org).

SuroMan is slotted to take place on October 6th, 2012 (rain date may be the day before or after) starting with a 2.4 mile swim at Rodale Aquatic Center in Allentown, PA. Next will be a 112 mile bike ride to my parent’s house in Newark, DE, followed by a 26.2 mile run through White Clay Creek State Park, the town of Newark, DE, where I went to high school and college, with a finish on Main Street. The finish line will be at Klondike Kate’s Restaurant and Bar, which will be donating 10% of all checks on event day for people who mention the SuroMan event and/or The B+ Foundation. I am looking for family, friends, and fellow triathletes to accompany me along the way for an extended sense of community and motivation.

If you are interested in joining in on any part of the fun, donating to the great cause, or just following the progress, please go to the event page at www.facebook.com/suroman2012 or you can e-mail me at ericsuro@yahoo.com.

Thanks for your consideration!

Eric Suro

NOTE: Eric would love to have any local riders along for any portion of the ride that they would like to take part in. It is not an official “registration” event, but more of an open community event for fun...and to raise money for the childhood cancer charity. Information on the event can be found at www.facebook.com/suroman2012.

CBBC COVERED BRIDGES RIDE

OCTOBER 7

Sunday, October 7 (rain or shine) - Central Bucks Bicycle Club Covered Bridges Ride.

Enjoy beautiful Bucks County scenery and fall foliage. Visit up to 6 historic covered bridges on one of five routes: 20 and 30-mile flat routes, and 33, 50 or 63-mile hilly routes. Roads are well-marked and cue sheets provided. Well-stocked rest stops with home-made baked goods and other snacks. A full, hot lunch at the end of the ride. SAG support. For more information, visit www.cbbikeclub.org.

We hope to see some Lehigh Wheelmen at our event.

Linda Salkovitz
Vice President
CBBC

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

CROP HUNGER BIKE RIDE

OCTOBER 13, 2012

Join us on Saturday October 13th, for the first annual CROP Hunger Bike Ride. Registration will be at the Rodale Bike Park starting at 9:00 am for a 40 Mile route, 9:30 am for a 25 mile route and 10:00 am for a 10 mile route. Registration fee will be $35.00 day of ride, or $30.00 if you pre-register. Contact Debi 610.261.2709 in the evening or email njoyeveryday@rcn.com (CROP Bike Ride in the subject line) A lite lunch will be provided and a thank you patch from Church World Services.

CROP stands for Communities Responding to Overcome Poverty. Proceeds from the ride will be combined with the Annual CROP Hunger Walk, which is held Sunday, October 14th in Allentown. An average of 30 churches/organizations raise about $30k and 25% of these funds stay here in the Valley. (Half to Daybreak and the other half to The Allentown Food Bank.) Walkers also collect everyday food needs for the Allentown Food Bank and bring it the day of the walk. (500 lbs. of food collected each year just by walkers)

The rest of the money raised for the CROP Hunger is sent to and used through Church World Services (CWS) in Harrisburg.

CROP helps fight hunger and poverty locally and globally. Such as helping with food, water, shelter, educating and training entire communities.

www.cropwalk.org
www.churchworldservice.org

Debi Olphin
Asbury UMC

NOTE: Debi is planning the CROP Hunger Bike Ride along with LWA members Dick McCreight, Donale Frary and Nancy Sheffield
LWA WELCOMES NEW MEMBERS

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

John Bottone.
Segraves family ~ Jennifer & Scott
Stephen Deacon
John Lotte
Cheryl Haughney
Kilareski family ~ Ken, Judy, Cassie
Andre Beard

Current LWA Membership

Single (214)
Family/Household (74);
Minimum Total Membership ~ 362

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

Richard Baldock LWA Membership Administrator

LWA MEMBER RECOGNIZED AS “PERFECT GREAT RACER”

A press release from the City of Pittsburgh Department of Parks and Recreation recently recognized 26 “Perfect” Great Racers, individuals who have run every Pittsburgh Great Race since its inception on September 25, 1977. Among the 26 runners who were noted in the article for completing all 34 Great Races was LWA member and membership administrator, Richard Baldock.

According to the Citiparks article each runner in the group has run a total of 210.8 miles over the past 34 years (2003 race was cancelled). The Pittsburgh Great Race is the largest 10K race in Pennsylvania. A 35th anniversary exhibit paying tribute to the “Perfect Great Racers” was located in the grand lobby of the City-County Building in downtown Pittsburgh in conjunction with this year’s event.

The 35th running of the Great Race will take place on Sunday, September 30, 2012. Richard will again toe the line at the start of this year’s event, though according to Richard, “since the start of 2005, I only run one day per year; namely, The Great Race 10K on the last Sunday of September.”

For more information about this special recognition visit http://pittsburghpa.gov/citiparks/press/article.htm?id=1721

QRQ OF THE MONTH

Thanks to Lisa Briggs, who submitted the top response to September’s QRQ of the Month and supplied a caption for the following photo:

Lisa M. Briggs: "On this side of town, bike locks are not metal, they do not lock and they are not a required ornament dangling around one’s seat post."

For October’s QRQ of the month, supply a caption for the following photo of LWA “cyclists”:

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 October 20.

Responses will be posted in the next Quick Release.

G. Mack QR Editor
ARTICLES FOR SALE

Trek 5200 Road Bike
56cm, Equipped with Campagnolo chorus, carbon compact crank, 50-34. cassette 13-29 grupo with only 2000 miles, exceptionally clean, Mavic open pro wheels, new tires. asking $1000. or best offer!
Contact: Don Fatula 610-366-8926.

Shimano 105 10-speed cassette (11-28), brand new, never used, $50.
rv314159@rcn.com.

WANTED

WANTED: 20" wheeled boy’s bike in decent condition.
Contact Dan at djhefffrich@hotmail.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

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 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

**Bikesport**
325 West Main Street
Trappe, PA 19426
610-489-7300
http://www.bikesportbikes.com/

**Cycledrome** *
8150 Hamilton Boulevard
Trexelantown, 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

**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