ANOTHER PRESIDENT’S AUTUMN ASSESSMENT

Disclaimer
A friend (?) recently suggested that he considers me a Sarcastic Optimist. I’m not sure if that is anything like being passive aggressive, but…guess I have S.O. syndrome, better known as S.O.S., so there. I am a victim. I may need help.

First
Thanks to Geoff Rogers and all the volunteers who organized and supported the 2012 edition of the Gap Gallop. Due to a rather unpleasant day (weather-wise), attendance was off from previous years (participation-wise).

Lance. I keep thinking back to his Nike commercial. “Everybody wants to know what I am on… What am I on? I’m on my bike, busting my ass six hours a day. What are you on?” As others have observed, it appears he was on much more than just his bike.

Suggestions for renaming his books include, “It’s Not About The Bike; It’s About The Drugs” and “Every Second Counts, Until You Get Caught.” I guess we should have paid more attention to Lance’s first statement at the beginning of the commercial, where he said, “This is my body and I can do whatever I want to it.” Apparently he did.

I was interviewed for Channel 69 news last week, the day that the UCI took away Lance’s seven Tour wins. Will Lewis asked me how Lance’s losing the seven Tour de France wins affected me. I told him that it’s common sense that we dislike the negative publicity for bicycling in any form. I think we are all disappointed when we discover that someone who brought so much positive attention to the sport and did so much good in the fight against cancer has lied to us. But I don’t race, don’t make a living riding my bike, don’t have any commercial interest in the sport. For reasons that I cannot explain, I just love riding my bike. That’s not going to change, with or without Lance, the UCI, or USADA, or any Tour, Giro or Gran Fondo.

And I am not having what he’s having.
Kudos

Despite being in competition with the 'Breast Cancer Walk' and 'Walk to Defeat ALS', the (first annual?) CROP (Communities Responding to Overcome Poverty) Hunger Bike Rides organized by Dick McCreight and Debi Olphin attracted a select group of cyclists. Also assisting with ride logistics were LWA members Donalee Frary, Bill and Jane Derby, and Dave and Nancy Sheffield. About $700 was raised for Daybreak and the Allentown Food Bank. Hope to have this event back next year.

Recent Rides
We have been enjoying riding around the Lehigh Valley during a beautiful fall, but as I write this, all is about to change due to Sandy. Leaves and rain will be fallin’. Wind will be blowin’. I will be waitin’. No ridin’ right now.

Guest Speaker
Elissa Garofalo, president and executive director of the Delaware & Lehigh Heritage Corridor, spoke to the LWA at the October meeting. She gave a comprehensive overview of what is being done to complete this 165 mile trail through our area. The membership voted unanimously to make a donation and maintain our non-profit membership.

Jack Helffrich  LWA President

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

IT’S PARTY TIME!

This year the LWA Holiday Party will be held on Friday, Dec. 7, from 6:00 - 10:00 p.m. in the Hub Cap Café at the America On Wheels Museum, 5 North Front St., Allentown. (www.americaonwheels.org)

After holding the holiday party at Bear Creek the past several years, I thought by holding the event at America On Wheels, the Wheelmen will not only be supporting the museum and its efforts, but the venue will set the stage for a more casual atmosphere. The format of the evening will be to promote and encourage everyone to mingle with fellow members, enjoy some great food, win prizes, have fun, and celebrate another year of great riding!

The cost per person is $20.00 members/$40.00 non-members. All attending will have the opportunity to tour the museum with Admission included in the cost per person. Dinner and dessert will be served; alcohol will not be provided, so guests are encouraged to BYOB (beer) or BYOW (wine); we will not provide mixers. Bottled water and ice will be provided. Please refer to the LWA website for more information including how to sign up. You don’t want to miss this party!!!

I also have a request for any of your broken bike parts that could be used for decorations for the party. Please email me @ m.earley@rcn.com

Looking forward to a fun evening with fellow LWA members and friends. Hope to see you there!!!!

Mary Earley

YOUR PHOTOS NEEDED

Any club members who have digital photos of interest related to cycling or club rides and club events are asked to send them to LWA president Jack Helffrich for inclusion in the annual DVD which will be shown at the annual holiday party on December 7, 2012. Please email photos to jackhelffrich@hotmail.com.

Jack Helffrich  LWA President

FUTURE LWA MEETINGS
MARK YOUR CALENDAR

All LWA members are invited to join club officers and board members at the LWA club meetings. Typically, meetings are held at 7:00 PM on the last Wednesdays of the month (except for December). Whenever possible guest speakers on cycling or cycling related topics are included before the regular meeting agenda. Check the website and Quick Release each month to find out about upcoming guest speakers and agendas.

Here are the tentative dates:
11/28/2012
1/23/2013
2/27/2013
3/27/2013
4/24/2013
5/22/2013
6/26/2013
7/24/2013
8/28/2013
9/25/2013
10/23/2013
11/20/2013

The meetings start at 7 pm and are held at the AsburyUnited Methodist Church, 1533 Springhouse Rd., Allentown, PA, located at the intersection of Walbert Av. & Springhouse Road.

Meetings are held in the "Parlor," located on the 2nd Floor. On Wednesday evenings, the 2nd floor entrance is locked. Thus, LWA members will need to park in the ground floor parking lot and enter the ground floor entrance.

Dave Sheffield
THANKS LWA!

As a mother of three avid little bicycle racers, I want to extend many thanks to LWA for providing advice, equipment, and events for juniors. Also, for providing great evening rides and advice for adults. In the past two and a half years I have become addicted to cycling, and I have watched my children excel in the sport. When asked, “Wouldn’t you rather play field hockey or basketball?” there is always a resounding “Nope, we wanna cycle.” I would never have ventured this far into the sport myself or with my children if it weren’t for the LWA. The club should be proud that they have supported last years PA BAR 10-12 year old girl champ, and this years 10-12 year-old girl champ and runner up as well as a wipper snapper of an 8 year-old who recently creamed the 9-11 year old girls in the BRL racing championships. Thanks again for helping as we find our way through the maze of this great sport! We look forward to a fun indoor training season and touring with LWA friends again in the spring!

Kindly,

C. Bardman

AN OPEN LETTER FROM VP OF TOURING

First, I want to thank everyone who led rides this year. You are the ones who fill the ride calendar with rides for all to enjoy. If you did lead one or more rides this year and haven’t yet, please get your ride sheets in to me by the end of November. For contact info, ganddpa@verizon.net.

Second, Pat Ytsma’s family in Holland is doing the annual 11 City Tour ride (approx. 160 miles) in his honor this coming June of 2013 and would like to know if anyone from the LWA would be interested in joining them. If anyone was interested they would try to put together an info package of places to stay, maps, etc. This would all be at your own expense, but it would be a great opportunity to visit one of the most bike friendly places on the face of the planet. If you are interested please email me with any questions and I will do everything I can to get answers and facilitate your involvement.

Be safe and please keep posting as many rides as weather and time permit, to keep the ride calendar populated through the fall.

Sincerely,

Geoff Rogers VP of Touring

Wanted; Used youth or children’s bicycles and frames. Any size, type or condition. These will be donated to the Earn-a-Bike program at Community Bike Works. Call Jack Helffrich at 484-347-3541 or email jackhelffrich@hotmail.com to arrange for pick-up. For more information about Community Bike Works, visit their website, www.communitybikeworks.org

GUEST SPEAKER FROM D&L AT OCTOBER LWA MEETING

At the October LWA meeting before the regular club agenda, Elissa Garofalo, President of the Delaware & Lehigh National Heritage Corridor, spoke about the sections of trail that have been completed and that are being worked on right now. The corridor is 165 miles long, and the members of the organization are attempting to connect all sections from Wilkes-Barre to Bristol, PA.

Just completed and dedicated was a 2.5-mile section from West Bowmans to Lehighton, which required no funds from the organization because the contractor that built the new turnpike bridge in the vicinity agreed to complete the trail in exchange for using the section as a construction access road. That was a great plus because the value of that trail construction can be used to get matching grant money. That money may be used to construct another trail project such as the bridge from the Jim Thorpe sewer plant to the Jim Thorpe train station on the other side of the river, which would be a major link in the trail.

Even though major construction and work are being done, government funding has been cut back. The D&L organization is trying to be creative with funding and is looking for corporate partners, individual memberships, donations, etc., to continue their work of connecting, revitalizing, and preserving the trail. The LWA club representatives at the meeting voted to be a non-profit member of the D&L.

You can visit the D&L’s web site to find out how you can help or just find a plethora of information on the D&L. http://www.delawareandlehigh.org

Keep watching the ride calendar for rides I post that include part of the trail as part of the ride.

See you on the trails,

Dean Hower
OUT OF BOUNDS CLUB RIDE: METROPOLITAN MEANDER

On a brisk September Saturday morning six of us, David, Hansel, Jack, Ron, Chuck, and Tom, gathered at a local Park and Ride for the long anticipated Manhattan-Brooklyn Meander. Alf and Dave met us at the Staten Island Ferry, which we boarded with our bikes, but only after explosives-sniffing dogs approved our seat bags.

Alf, our ride leader, set the stage with the somewhat disconcerting announcement: “Just remember, the best way to survive on a bicycle in New York is to remember that there are approximately 4 million motorists trying to kill you!” This was demonstrated only a handful of times throughout the day. Thankfully, no motorist succeeded in supporting this Alf-ism, though as can be expected, mix enough cars and bikes and drama eventually occurs, if only as in our case, in near misses.

On our cycling adventure that day we saw and experienced:

· The Brooklyn Bridge during an organized walk protesting childhood obesity, with many of the ostensibly victimized participating;
· Prospect Park, where an inline skater calmly passed our 17 MPH pace line;
· The new home of the Nets, on the morning of its inaugural event, just before the anticipated traffic jam;
· Williamsburg on the Hasidic Sabbath after morning services while hundreds were walking home (Brooklyn’s answer to the Old Order Amish);
· Union Square for lunch from the street vendors (do you know that the annual revenue for the most successful street vendors is close to $.5 million!);
· Central Park, car-free for the weekend;
· The Hudson River Greenway Trail, while car-free, the most tense portion of the trip – because of the heavy 2-way biker, skater, and pedestrian traffic on that narrow strip;
· The High-line, experienced alas only from afar, as time was short to catch the return ferry.

Being a fan of the ironic, I found much to ponder that day. The most jarring was the sight of our bicycles, costing thousands, tied up to a railing during lunch, while on the adjacent sidewalk, the homeless lounged or slept, oblivious, surrounded by their earthly goods.

Several of the group mentioned that the day was a bucket list event for them; however, I think we were all glad to return to the Lehigh Valley for the relative sanity of our traffic and the many pastoral miles of great riding we enjoy.

Ron Helmuth

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.

NEW MEMBERS:
Kay family ~ Edwin & Jannie
Romano family ~ Frank & Carol
Stephen Koch
Mark Selz

MEMBERSHIP (as of 10/28/12):
211 ~ Single
71 ~ Family/Household
353+ ~ Total

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
37th ANNUAL GAP GALLOP
SUNDAY, OCTOBER 7, 2012

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

The annual LWA Gap Gallop with full, half, and metric centuries took place on Sunday, October 7, 2012. Due to rather unpleasant weather and competition from other rides in the area, attendance was off from previous years (see Helffrich article, p. 1); however, thanks to Cindie Underhill for some great photos of this year’s event.

Sylvia Radvansky, of Schnecksville, puts a bracelet on cyclist Steve Rethmeyer, of Center Valley.

Richard Baldock of Salisbury holds the pasta lid for Greg Price of Nazareth, who rode the century for the fifteenth time.

Char and Bob Stamets, of Palmer Township, rode the four miles from their house (adding eight miles to their ride) to the start where they met friends to ride the century with. This is Char's ninth year and Bob's fifth year riding the century.

Dave Yelito, of Coleville, (from left) and his daughter Jennel Yelito, of Orefield talk about the 50 mile ride they completed with riders who completed the 68 mile ride, Scott Segraves, Steve Deacon and Jennifer Segraves, all from Nazareth.
THE SKINNY ON TIRES:
OPTIMAL WIDTH AND
INFLATION PRESSURE

Here’s some documentation in support of two important and unconventional views.

1. My 25 mm tires roll faster than your 23mm tires, and
2. Although bigger is good, stiffer is not always better.

The explanation is here:

Bicycle Quarterly: Performance of Tires

To summarize the findings in the article:

- Wider tires roll faster. A Michelin Pro2 Race in 25 mm width was faster than the same tire’s 23 mm version, which in turn was faster than the 20 mm version.

- Tires at very high pressure don’t roll much faster. Above an “adequate” tire pressure, the tire’s speed increases only very slightly with higher pressures. This contradicted the tests performed on steel drums, including those by TOUR. (a respectable German bicycle magazine)

- Tires should not be tested without a rider on the bike. Most of the energy is lost in the rider, as vibrations cause friction in the body’s tissues (suspension losses). That is why testing in the lab can be misleading. In the lab, higher pressures roll significantly faster, but on the road, the suspension losses increase with higher pressures and cancel the advantage of the reduced tire deformation.

So, what is optimal inflation pressure?

Frank Berto, a retired engineer who used to write technical articles for Bicycling Magazine, says a tire should compress 15% for optimal performance. He produced a useful graph of optimal inflation pressure for a given tire size and load (bike and rider):


Now that you have your tire pressure optimized, should you worry if the air temperature goes from say 45 degrees at the start of a ride to say 70 degrees? Everyone knows that air pressure will increase with increasing temperature, but would that be by a significant amount?

Actually, air pressure in a full tire will double if the temperature doubles. But, not to worry. That rule works when measuring temperature from absolute zero, which is around minus 456 degrees F. An air temperature of 45 F translates to around 500 F on the absolute scale, and a 25 degree rise represents only a 5% increase. So if the pressure in your tire started out at 100 psi at 45F, it would increase to only 105 psi when the air temperature gets to 70 F. However, that’s disregarding the effect of any direct sunlight warming up the tire or the road surface or of heat generated in the rim or tire by braking.

Frank Berto, in the above link, maintains that tires are factory tested to double their maximum rating. He himself overinflated 50 different bike tires to 150% of their maximum inflation pressures, and none blew off. To achieve those tire pressures on the road (or in the back of your parked car on a hot, sunny day) you would need a temperature exceeding the boiling point of water, assuming you have a properly seated tire on a properly sized rim.

I’m beginning to wonder if ignorance really is bliss.

Hansel de Sousa

“PERFECT GREAT RACERS” UPDATE

Thousands of racers – including 24 “Perfect Great Racers” – took to the streets of Pittsburgh on Sunday, September 30, for the 35th running of the Richard S. Caliguiri City of Pittsburgh Great Race. The 24 “Great Racers” have participated in – and finished – every Great Race 10K run, starting back on Sept. 25, 1977. Among the 24 recognized after the event was LWA membership officer, Richard Baldock, who has competed in and completed all 35 events.

Richard commented, “I managed to avoid embarrassing myself too much with an acceptable chip (net) time of 55:23 (8:55 per mile) for the 6.2 miles. Running only one day per year on zero days and zero miles of training continues to be challenging. At least I finished in the top half (about 42%), so I won’t have to wear a paper bag over my head to hide my identity. Starting near the back of the massive pack of runners, I passed approximately 4700 runners.”

Baldock’s wife, Valerie Ryder, completed the 5K Walk for the 16th time, and his daughter, Meredith Baldock, completed the 10K run for the 6th time.

There were nearly 8200 10K finishers and over 4000 5K finishers despite the rain.
MECHANIC’S CORNER: 
SCOOTER’S SCOOP

I’ve been working on bicycles when as a teenager I took apart my Sturmey-Archer 3-speed hub to find out why it wasn’t shifting well. I dove in with nothing more than regular tools from my dad’s workbench (pliers, screwdriver, etc) and the confidence that no matter what, I could make it work better. That success (and the lesson to NEVER take your eyes off the springs when they pop out and fall to the floor) led me to continue to work to improve my bicycles’ performance. Even then I had more than one bike. Over the years I worked on my own bikes and those of my friends’ too. There was always something that didn’t work quite right or needed attention.

Fast forward to last year when I was looking to retire from my day job but wasn’t ready to go out to pasture. I knew I wanted to work on bicycles and looked for a way to become certified by an approved technical school. I found United Bicycle Institute in Portland, Oregon, to be a perfect fit for what I wanted. This past summer I took their “Professional Bicycle Repair and Shop Management” course. Covered in the class was design, construction, and mechanical theory along with hands-on disassembly, renewal, and reassembly of every system on road and mountain bikes.

My personal bicycle was a 1983 Nishiki Cresta touring I bought on Craigslist and picked up my first day in Portland. The Nishiki was my transportation while in Portland, my extra-credit project (in class we worked on bikes supplied by the school), and my weekend warrior tourer. In the after-hours class time I basically rebuilt all the components, including re-spoking the wheels. I rode it in the Tour Deschutes cancer research fundraiser in Bend, Oregon, plus rode two days of tours in the wine country of Sonoma California before selling it and returning to the east.

At the encouragement of some fellow LWA friends and cyclists, I am starting a new QR column called “The Mechanic’s Corner.” Each month I’ll field questions and choose one to answer in the publication. Send questions to George Mack, the QR editor at gbmack@ptd.net, and he will forward them to me.

I look forward to hearing from you. As always, your LBS, local bike shop, is the best resource to diagnose and repair problems on your bike.

Scott Kettering

Editor’s Note: Scott is an LWA member and the chief technician at Vertical Earth Mountain Sports in Stroudsburg, PA.

VOLUNTEERS NEEDED

The D&L’s annual Heritage Marathon & Half-Marathon are being held Sunday, November 4, along 26.2 miles of the gorgeous D&L Trail in Northampton, Lehigh and Carbon counties. We will have more than 650 runners in the two races.

This event takes place thanks to the kindness of volunteers who staff water stops, the start and finish areas, and many places in between. They serve water and food, direct runners at road intersections and crossings, help hand out medals and awards, and cheer the runners throughout the course. We offer our volunteers a morning of training the day before the race, a commerorative T-shirt, a great lunch on Race Day, and the opportunity to make the races fun and memorable events for everyone involved.

We would be indebted if you can spare a few hours to be with us on Sunday the 4th. We have need for 20 people for the early shift – 5:30 a.m. – at the starting area in Northampton, where we expect runners to arrive as early as 6 a.m. We also need 20 more people for later shifts – starting between 8 and 10 a.m. – at the finish area at Lehigh Gap. We also need people along the course – from Northampton to East Penn Township – between 7:30 and 8:30 a.m., the time depending on your assignment and where you’re stationed.

If you are signed up, please ask a friend or two (or more) to join you. If you can’t make the training session on November 3 (10 a.m. at Lehigh Gap Nature Center), we will email your assignment and other information.

If you can help, please get in touch with Loretta Susen at 610-923-3548 x221 (loretta@delawareandlehigh.org) at your earliest convenience. We need to know who’s coming in order to make assignments.

Thank you! We hope to hear from you soon.

Dennis Scholl | Outreach Coordinator
Delaware & Lehigh National Heritage Corridor, Inc.
dennis@delawareandlehigh.org
610 923 3548 x225
QRQ OF THE MONTH

Thanks to Pete Nestor, who submitted the top response to October’s QRQ of the Month and supplied a caption for the following photo:

Pete Nestor: "But Mommy, what's the NAME of the planet bicyclists come from?"

For November’s QRQ of the month, supply a caption for the following photo:

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 November 20.

Responses will be posted in the next Quick Release.

G. Mack  QR Editor

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 CLASSIFIEDS

ARTICLES FOR SALE

For sale:  On pair Nike carbon composite cycling shoes size 35 (US 4.5) and one pair Shimano cycling shoes size 37 (US 4.5). Very little wear, $20 per pair.
dick.mccreight@juno.com

WANTED

Wanted: Used youth or children's bicycles and frames. Any size, type or condition. These will be donated to the Earn-a-Bike program at Community Bike Works. Call Jack Helffrich at 484-347-3541 or email jackhelffrich@hotmail.com to arrange for pick-up. For more information about Community Bike Works, visit their website, www.communitybikeworks.org

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
2012 BLACK BEAR CENTURY: A RIDER’S RETROSPECTIVE

It was a spectacular day. The hill climb to the top of High Point State Park was long and steep with a section above 17% grade (or so I was told by people passing me up the hill). I was slower than most but determined. I had hoped Dick McCready would be there to take my picture when I made it, but he had left shortly before I arrived. So, with my trusty iPhone I got someone to take my picture at the top in my official Black Bear Century jersey with bear claw on the sleeve. Pretty cool!

Paul Pietrusewicz
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
Trexler Park, 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