GIVE THANKS
Readers Warning: This might be a little sarcastic at times. JH

Today is Saturday, the day after one of our major American holidays, namely Black Friday. Black Friday, the day which gives true significance and meaning to our lives, is only slightly less important than our other two new holidays - Cyber Monday and Shopping Thursday (formerly known as Thanksgiving). "You are what you eat" is being replaced by "You are what you buy."

As a member of the Lehigh Wheelmen, you are probably very aware of how un-American bicycling is. Not only does cycling involve exercise and fitness, which are generally frowned upon, but it specifically involves being on paved roadways, thereby interfering with the passage of automobiles. This threatens some core values and is very unpatriotic. Heck, cycling doesn’t even require electricity.

But the most significant and disturbing facet of bicycling is that it is inherently anti-consumerist. After all, once you have purchased your bicycle, there is very little else you need to actually be a cyclist. No license, training or petroleum products. Just a helmet, shoes, some cycling clothing (shorts, jerseys, windbreaker, tights, bibs, arm and leg warmers, socks, gloves, sweat band, balaclava), lights, seat pack, pump, spare tubes and tires, car rack. Oh, and don’t forget the cycling computer or GPS unit. Well, ok, so we do require a fair amount of stuff.

The fact remains, having dropped a few thou on a few pounds of carbon fiber (or more on Ti for the Moots congregation), the last thing you want to do is buy more stuff to haul around. Any minimalist activity is inherently anti-consumer and not very helpful to our economy. You should be ashamed.

On Thanksgiving day, we had sixteen family members over for dinner. Prior to the meal, we all held hands in the living room and each of us named one thing we were thankful for. We all mentioned our family in general or specific family members. Still, as I verbally offered thanks for family, I silently offered thanks for cycling.

I offered thanks for having thousands of miles of (mostly) smooth paved roads that are mine to explore; for a bike that weighs less than seems possible and rolls along like it has a motor; for the physical strength to ride; for a country where I am free to ride pretty much wherever and whenever I please; for natural beauty that continues to amaze and inspire.

Mostly though, I offer thanks for cycling friends; for people who meet to join the rolling party that is our cycling community; for the shared experiences and miles and miles of conversations; for the opportunity to get to know people who love cycling as much as I do.

For my second family.

Thanks.
Jack Helffrich   LWA President

Visit the Lehigh Wheelmen home page at www.lehighwheelmen.org
Due date for Quick Release articles is the 20th of every month.
VOLUNTEERING

In 1999, I joined the LWA. I’ve developed many friendships over the years and have served on the board for most of those years. Two years as President and the rest as treasurer, but it is time to turn the reins over to someone new. But, I still worry about this club. We are aging and the new board is certainly reflections of that...almost all the board members are retired. It is time for younger people to become involved. Volunteer to assist with activities; lead a ride (lead 5 rides and you’ll get a $25 gift certificate); man a corner at a race we promote, support a rest stop for the Gap Gallop, serve donuts for the Donut Derby, and above all consider becoming a board member in the future.

An outstanding lady cyclist I’ve gotten to know through officiating races calls people who always participate in activities but never volunteer “vampires.” Giving back is a way to show that you believe in what we are doing by keeping the club alive...instead of “sucking the life blood” out of the organization. I laugh at Anne when she wears her “don’t be a vampire” t-shirt when she volunteers, but after all these years struggling to find volunteers, I get it. While I will no longer be guiding the path of LWA, you will certainly see me on a corner during an LWA race, and I will continue to wear the LWA/Bikeline Jersey while racing....I may even lead a ride or two!

Have a wonderful holiday season and safe new year.

Sallie Urffer       LWA Treasurer

NEW RACE OFFICIALS CLINIC

February 10, 2013 USA Cycling will be holding a clinic for individuals interested in becoming race officials. I’ve been an official since 2008 and have worked over 200 races. While you won’t get rich financially by officiating and you do get a stipend; it is rewarding to being a part of the larger picture. To learn more or wish to attend the clinic you can email me @ sallie.pedals@gmail.com or visit http://www.usacycling.org/news/user/story.php?id=1325.

Maybe it can be you with the pistol in your hand, looking at pro cyclist wait for you to fire!

Sallie Urffer       LWA Treasurer

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

*LEHIGH WHEELMEN HOLIDAY PARTY 2012*

Friday December 7th 6 - 10 pm
(Registration closes @ noon on Dec 2nd)

American On Wheels Museum in the “HUBCAP CAFÉ”
5 N. Front Street Allentown  Free tour of the Museum is included for all attending!! (Plentyof Parking Available) www.americanowheels.org

Attendance is limited to 120 people so... SIGN UP NOW!!!
To register, go to www.lehighwheelmen.org and click on link for bikereg.com and enter LWA in the search field
Hors D’oeuvres & Buffet dinner will be provided by “Simply Smooth” catering
BYOB (beer) and/or BYOW (wine): 
(AOW will not permit opened bottles to be taken out of facility that evening. Items may be picked up next day.)
Cups, Ice, Bottled Water & Soda will be supplied
(No mixers will be supplied)
Dress is casual but you don’t want to miss out on the

****BIKE JERSEY CONTEST***
To be held during the cocktail hour....no....you won’t HAVE to wear the jersey all night!!
Prizes (really) will be awarded for the:
*FUNNIEST*  *MOST COLORFUL*  *BEST FOOD & BEVERAGE*  *BEST BIKE TOUR*

And...”Yes, Jack.......there is a Santa Claus”...........

Please... support the *1st Annual*”SECRET SANTA”
to benefit the kids @ Community Bike Works of Allentown
We are requesting that you bring a wrapped gift, labeled w/ contents for identification to be donated to show our support for a great local program...and maybe even some future riders!!! Gifts can be in the amount of your discretion. This year the Bike Works has 27 kids from age 9 - 12 and 25 kids from age 13 - 16. The ratio is 10 boys to 3 girls.

Some suggestions for gifts:
Hats, Gloves & Scarves (Winter)
Shirts, Socks
Small bottles of nail polish
Earrings, Bracelets
K’nex
Games: Uno/Brain Puzzles/Playing Cards/Handheld
Body Wash & Lotions (Axe is popular w/ boys)

So......we all know how much we love our desserts? After all.....isn’t THAT why we ride?
Dessert for the evening will be an old fashioned
*Sundae Bar*....WITH (almost all) the toppings!
And if we have any time left...........

Election of LWA officers & board for 2013 will take place @ approx. 8:30 p.m.
*You don’t have to attend dinner to participate in the meeting & election.*
LEARNING FROM THE DARK SIDE

"The acceptance of drug-taking in the Tour de France was so complete by 1930 that the rule book, distributed by Henri Desgrange, reminded riders that drugs would not be provided by the organisers."  
http://en.wikipedia.org/wiki/Doping_at_the_Tour_de_France

"In the 1980 Olympic Games, two-thirds of all random urine samples had abnormally high levels of testosterone."  
http://leda.law.harvard.edu/leda/data/601/Wong.html

Of the many nasty things Lance did, no one should say his doping was cheating. Cheating implies an unfair advantage over the competition, but in all likelihood, all the serious competition doped as well. October’s United States Anti-Doping Agency’s (USADA) report revealed at least 20 of the 21 podium finishers in the Tour de France from 1999-2005 have been directly tied to doping.

The USADA also reported Lance paid over a million dollars in fees to Dr. Michele Ferrari, an Italian physician, athlete, cycling coach, and exercise physiologist. Dr. Ferrari is a disciple of Dr. Francesco Conconi, whose biomedical research centre at the University of Ferrara was funded in the 1980’s by the Italian National Olympic Committee to the tune of over 2 million euros. Dr. Conconi’s research earned a reputation for excellence in exercise physiology, by quantitatively measuring the effect of training on power and biochemical changes with exercise. He also developed techniques of blood doping, the use of testosterone, growth hormones, anabolic steroids and became the world’s leading expert in the administration and detection of erythropoietin (EPO) use. His techniques produced great results in sport. In the 1992 and 1994 Winter Olympics, Italy dominated the long distance skiing event with 34 medals.

On 10 July 2012 the US Anti-Doping Agency issued Michele Ferrari a lifetime sports ban for numerous anti-doping violations including possession, trafficking, administration and assisting doping. But just as world class museums occasionally hire expert forgers to detect and call fakes from their collections, we can learn much about improving cycling performance from the writings of Michele Ferrari through his web site http://www.53x12.com. Full access to the site is free of charge, although registration is required.

Listed here are a few of his many pearls, most of which are not easily found elsewhere. Most useful to elite cyclists, however, the mediocre amongst us can still pretend to try to cycle better.....

High Pedaling Cadence
We all know high pedal cadence is good, but did you know a high pedaling cadence also improves the pumping function of skeletal muscles, which can be considered a second heart in returning venous blood to the heart?

Pedaling Efficiency is Crucial
Greater power output (say in climbing) should be correlated with a higher cadence rather than a greater force on the pedals, but mastering this takes years of practice, helped by riding a fixed wheel bicycle.

Carbo Mouth Rinse
Rinsing the mouth with a carbohydrate drink (sugar or maltodextrin gel) for 12 - 15 seconds, rather than just ingesting it, and repeated every 10 - 12 minutes, decreased the perception of fatigue, resulting in a higher power output.

Lipid Power
Improving endurance depends on increasing intramuscular fat burning, which can best be accomplished by training at a moderate intensity.

Numbers on Drafting
The multitude of photographers on motorbikes hovering around the lead cyclist in a race temporarily subjected him to an instantaneous transfusion of 1-2 units of blood.

Fatigue: peripheral or central?
Since some stimulants, such as caffeine, reduce the perception of fatigue without having any effect on muscle metabolism, it appears fatigue is a protective measure taken by the brain to prevent muscle from complete exhaustion and possible damage.

The website also has a forum, where members can ask questions, obtain answers and leave comments.

One cyclist asked about beet root juice and performance.
Dr. Ferrari answers that the nitrates in beet juice may increase endurance. Nitrates? Isn't that what hotdogs are laced with? Check it out:  

So now, when you see me chomping down a couple hotdogs at a Wheelmen rest stop, grab a couple for yourself, so you can’t call me a cheat.

references:  
http://www.telegraph.co.uk/sport/othersports/cycling/lancearmstrong/9600577/Lance-Armstrong-was-ringleader-of-biggest-doping-conspiracy-in-sporting-history-say-USADA.html  
http://en.wikipedia.org/wiki/FRANCESCO_CONCONI  
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1851967/  

Hansel de Sousa
**LWA BOOK REVIEW:**
**TIM KRABBE’S THE RIDER**

For all you Lehigh Wheel People who are depressed to see the daylight grow short and also like to read, here’s a gem -- Tim Krabbé’s book, *The Rider.*

I picked it up at yet another bookstore-going-out-of-business sale (I saved way too much money that night!). On a whim I picked up a couple of biking books, and this one cost me a night of sleep, as I couldn’t put it down till I finished it at dawn.

The book is a fictional first person account of a bike race in Southern France, the Tour de Mont Aigoual in June of 1977. The race covers 137 kilometers; the book is 148 pages.

The novel covers the race section by section, kilometer by kilometer, from the start, through each of the four cols, to the sprint at the finish, from *inside the racer’s mind*—the emotions, the strategy, the pain, the indignities, the superstitions, the gloating over small victories. Each little section is interwoven with vignettes from Krabbé’s racing life, from his first bike as a child, to his training, to stories about other racers (never make enemies of a journalist or anyone who might ever become a journalist or a blogger!!!), and he tells them with a wicked sense of humor (the best remarks are snide). 1977 is another era altogether in racing when racers on their own devised and managed race strategy, rather than have it radioed to them from the team coach. Somehow, it makes this race seem more elemental, more pure.

Krabbé is a gifted storyteller, and this book became an instant cult classic in Holland when published in 1978. He captures the pain, the determination, the strategy, and the drama of bicycle racing as no other book I’ve ever read. Throw in the suspense (will Tim win?) and his sense of humor and you have a thoroughly enjoyable read. Anyone who has ridden seriously, indeed anyone who enjoys reading a well-crafted drama, should love this little gem.

Find it at your local bookstore, or at Amazon.com, or better yet, under the Christmas tree. Published in English by Bloomsbury. Let me know how you liked it.

*Ron Helmuth*  
*Team Moots*

EDITOR’S NOTE: Have a favorite book about cycling you’d like to share with fellow LWA members? Send your review/comments to gbmack@ptd.net for inclusion in a future newsletter.

**LWA ELECTIONS 2013**

The 2013 election of club officers will take place on December 7, 2012, at the annual meeting and holiday party. We will be voting for a President, V.P. of Touring, V.P. of Racing, Secretary, Treasurer, and three Board Members.

*Mike Solliday*

**HABITAT FOR HUMANITY RIDE FOR HOMES 2013**

Calling all cyclists! Our first-ever "Ride For Homes" is June 5 – 8, 2013, and we want you on the team! The four day round-trip ride begins in Philadelphia and winds through Pennsylvania countryside to Harrisburg, where we’ll bike to the State Capitol to advocate for affordable housing legislation. Sign-ups start in December, so hop on that bike and start training—space is limited to 30 riders!

The majority of the money that riders fundraise goes directly to Habitat’s construction projects and family programming.

The ride begins in Philadelphia and stops in New Holland, PA for the first night. On the second day riders head to Harrisburg, arriving in time to meet with state legislators in the afternoon. We stay in Harrisburg for the second night, then turn east the next day, stopping in Strasburg. Riders return to Philadelphia on the fourth day of the trip.

More info, FAQ's:  

Registration will open December 10, 2012

*Sally Poliwoda  Habitat for Humanity Philadelphia*

**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.

**Bob Allen**

**Membership (as of 1:00PM, 11/25/12):**
*Single ~ 209  
Family/Household ~ 72  
Total (Minimum) ~ 353+

We apologize in advance for any errors or omissions. Please submit any corrections ASAP to rv314159@rcn.com.

*Richard Baldock  LWA Membership Administrator*

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**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](http://www.communitybikeworks.org)
**SCOOTER’S SCOOP:**
**TIRES, TUBES, AND FLATS**

There is common knowledge among cyclists that it's not "if" you'll get a flat, but just a matter of "when." And it's definitely bad Karma to brag about not having flats during a season, because you will more than likely have one within the next few rides. Whether it's that sudden BANG of a blowout, or the hisssssss of a slowly deflating tire, there is always the "oh crap" mutterings in the back of the mind along with the flipping of the mental Rolodex going through the stuff packed in your under-seat bag.

This article is going to be about the tools and materials needed in advance of that unexpected flat. The cyclist should have three things with them for the simple change of a tube: 1. two tire levers (the plastic kind are the easiest to find and stow); 2. the proper size tube; and 3. an inflator (a pump or CO2 cartridge).

The levers are easy to buy at any bicycle shop. You will need two to take off most road and mountain bike tires, especially if you have a wire bead. The one kind of tire that is the most difficult to remove is the "down-hill" mountain bike variety. Most riders simply limp back to the car and drop it off at the LBS, where the technician will most likely use metal motorcycle tire levers to remove and replace the tire. Point here is, be thankful you are on a road bike.

The tube is the most important item to have for a correct fit. Most road tires are 700x23 or 700x25. Tube boxes will have dimensions on them that will say something like 700x18/23. That means the tube will fit a 700 tire with a width between 18 millimeters and 23 millimeters. If you have a 700x25 tire and the tube says it fits 700x23/27, you will be fine. You don't want to buy oversized tubes (like the kind that would fit a cyclocross tire 700x28/35). The tube will have wrinkles inside the tire and will be more likely to get pinched between the rim and the tire when you put it back together, causing another flat.

When buying tubes for your wheels, pay attention to the type of valve stem it has. There are two types on most bicycles: the Presta (skinnier stem, made of all metal, usually with threads along the length) and a Schrader (fat, rubber, the size on car tires). They are NOT interchangeable. You can theoretically use a skinny Presta Valve in a Schrader rim, but it is more likely to fail because the tube is not supported around the hole. If you must, use it only as a temporary until you can replace it with a correct Schrader.

One more piece of information about Presta valves is they come in multiple lengths to accommodate the depth of the rim. You might find them as short as 18 millimeters and as long as 42 millimeters. When purchasing tubes, figure the depth of the rim. Usually a 36 millimeter stem is good for most applications.

The final part is the Inflator. CO2 cartridges are good for pumping tires up to the 100 psi range on the road. The down side is they are generally single use. Frame pumps are multiple use, but can be unwieldy. Small pocket pumps are convenient, but can be tough to use to get full tire pressure. Inflators are as individual as people, each cyclist has his/her own preference. My only advice is take along whatever works for you.

Now you have the scoop on what you need. If you've survived this article, you will have the patience to change the tire. That's my hook for next month's article.

Scott Kettering  
Scooter's Scoop

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

If you have a question for Scott about bike mechanics and repair for a future newsletter, email it to the QR at gbmack@ptd.net.

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**How many Wheelmen does it take to fix a flat?**

**ARTICLES FOR SALE**

**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 Helfrich at 484-347-3541 or email jackhelfrich@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
**QRQ OF THE MONTH**

Thanks to Kathy Moser and Geoff Rogers, who submitted the top response to November’s QRQ of the Month and supplied a caption for the following photo:

![Photo of Kathy Moser and Geoff Rogers]

Kathy Moser: “This rider does not wear a helmet.”  

Geoff Rogers: “This is what you get for half wheeling at the front of my paceline.”

For December’s QRQ of the month, supply a caption for the following photos:

![Photo 1]

![Photo 2]

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 December 20.

Responses will be posted in the next Quick Release.

G. Mack  QR Editor

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**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—Guest Speaker: Scott Kettering on Bike Repair  
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*
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/

**Cyledrome** *
8150 Hamilton Boulevard
Trexlerd, PA 18087
610-398-6631
www.cyledromebikes.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
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www.keswickcycle.com

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610-682-6197
www.longswamp.com

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Hellertown, PA 18055
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www.sauconvalleybikes.com

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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
smbcycles@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** *
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*10% off parts and accessories