ANNUAL LWA SPRING KICK-OFF DINNER

Spring and the riding season can't be far off, so let's get together and celebrate at the annual Spring Kick Off Dinner at Asia on Sunday, March 16, at 5:00pm.

All LWA club members and their guests are invited to come out and share winter stories with your riding buddies. The cost is $25 per person inclusive of tax and tip. (Do the math and you'll realize that the dinner is $20.16). Asia is BYOB so please feel free to bring what you like to accompany the meal.

You can check out Asia, an award winning Chinese restaurant, at http://www.asiaorientalcuisine.com/

To sign up for the dinner, please visit the LWA Meetup page at http://www.meetup.com/Lehigh-Wheelmen-Association/.

You can pay right there by selecting RSVP. We need a minimum of 25 people for Asia to be able to host the evening. If you've been to Asia before, you know what a super meal it is. If not, I know you will be impressed.

Paul Smith  LWA VP of Touring

LWA MEMBERSHIP FEBRUARY 2014

• Current snapshot (as of Feb 2014 Newsletter deadline)
• Individual memberships 240 (same as Jan 2014 newsletter)
• Family memberships 72 (same as Jan 2014 newsletter)
• Units 312 (same as Jan 2014 newsletter)
• Total of 384 members minimum (same as Jan 2014 newsletter)

Beat the rush. Renew early (in February)! A year is added automatically to your current expiration date (Example: Expiration date of 3/31/2014 becomes 3/31/2015). Be sure to check your new .pdf membership card(s) for accuracy. Please notify Membership ASAP if you discover any discrepancies.

Richard Baldock  LWA Membership
rv314159@rcn.com

Rob Smith  LWA Membership
rsmsmith@fast.net

"Life is like a ten speed bicycle. Most of us have gears we never use."----Charles M. Schulz

For more BIKE QUOTES, see pp.8-9
THE YAWN OF A NEW DAY
6AMBC

I'm kinda bored.

Club-wise, January 2014 has been a pretty uneventful month for yours truly. Other than writing this article and a few other presidential-ish duties, my sole activity with the LWA was attending the monthly meeting and preceding dinner. So I have been thinking, writing and talking about cycling as opposed to actually doing some cycling. (I did take a short spin on 'The Beast' - see accompanying story.)

At the January meeting, Vice President of Touring, Paul Smith, reported that half-dozen or so club rides have been led so far this year. I attended none of them. Sorry, but "Brrrr."

Non-cycling friends occasionally inquire about my lower temperature limit. My standard response is that for me, the fun dissipates somewhere in the thirties. I can glean some pleasure out of a ride when the temp is near forty, but if stay in the low thirties, it is difficult for me to extract much enjoyment from my time on the bike. And yes, I am familiar with the adage that there is no bad weather, only bad clothing, but at my age, I'm not buying into it. There is a reason why 'older' people head for Florida in December, and why many of them remain there year round.

Anyway, that's why they invented skiing. Although on more than one occasion this month, it has even been too cold for skiing, IMHO.

The 2014 highlight, if there has been one, is that Linda and I changed fitness clubs. Having made it to 65, an age often referred to as 'ripe old', we are covered by Medicare ('Thank You' to those of you with jobs who are paying for this.), and our supplemental plan includes free health club membership. So we switched from Planet Fitness (PF) to the Fitness Plaza (FP), and FP has spin classes, which I enjoy.

So while spinning indoors may be a weak substitute for outdoor riding, it is preferable to the alternative which is the treadmill (My friend Jeff calls it the treadmill.) When I climb on a bicycle, I usually feel like I never want it to end. But, from the moment I step on a treadmill, time slows to a standstill, and it seems that I will never break free from the clutches of that insidious device. OK, that might be a little too strong, but possibly not.

In any event, returning to spinning has been a positive experience this cold winter. It provides less opportunity for conversation than on a B' paced road ride, but I have met some people and made several new friends. And having a class leader 'encouraging' me to push harder is somewhat like chasing Bill Derby up a hill. Although in spin class, we never seem to coast downhill. But you've got handlebars, a bike seat, pedals and sweat.

And the temperature is always "spring-like."
Spin on.

Jack Helffrich        LWA President

THE BEAST - Take II

The Beast, my red, 47 lb., fat-tired, single-speed, Walmart bike spent most of January in the back of my van. It is a chore to lift in and out, and it takes up a lot of space in the garage. In the van, I rationalize that it is ready to go at a moment's notice.

I rode it into my mom's house in January, a round trip of about eight miles. The Beast justified its name; it requires constant effort to keep it moving. Still, it was a bike ride that I would not have done otherwise. And it does provide one heck of a workout; think twice the effort in half the time.

On the plus side, the bike does seem to get noticed. While road riding on a 'normal' bike, there is always the concern about being seen by motorists. This is not an issue on a fat bike, as you gradually become aware that most people (those not on cell phones) seem to be intrigued by this novel bicycle that appears to have car tires mounted to it. It gets a lot of friendly reactions.

On the down side, despite having change the front sprocket from 18 to 23 teeth, it still won't go in deep snow. It pulls ok in an inch or two, but bogs down quickly in the deep stuff. I have a new appreciation for multiple speeds and specifically the 34 tooth sprocket on the rear of my Trek mountain bike.

So overall, an ok investment for the novelty, but I am still looking forward to springtime and a real ride on a real bike. I'll try The Beast on the beach this summer and let you know how that works. Summer on the beach - now there's a thought.

Jack Helffrich        LWA President

LETTER TO THE EDITOR

Dear Sir,

In the last edition of the QR, our President, in an article titled "The Beast" confessed to buying a bicycle from Walmart. I would think that an impeachable offense. But, since the POTLWA also wrote about supporting local bike shops in an unrelated article, and especially because no one else would want his thankless job, we had better let that Walmart thing slide.

However, perhaps the QR could also promote the 2014 Spring VeloFest as a venue for purchasing bicycles, in support of the Velodrome, local (and not so local) bike shops as well as other cyclists and dealers trying to move their excess bicycles and accessories.

http://tinyurl.com/velodromespringswap

Yours sincerely,

Hansel de Sousa

Jack Helffrich        LWA President
DOWNHILL, ANYONE?
ON SKIS, ANYONE?

To all my Wheelmen rider friends who also enjoy skiing:

If you would like to hook up from time to time with your bicycling friends to ski at one of the local mountains, please send a note so indicating to ron.helmuth@rcn.com.

I will create a distribution list, and from time to time, anyone on that list, by reply all, can invite those on the list to join them at a given time and place. In this way, only those with interest will be notified.

In conversations with you on Club rides, I’ve learned that many of you enjoy skiing as well. In past years, some of my favorite snow times have been with my Wheelmen buddies. So let me know – I’ll put you on the list, and see you on the hill!

Ron Helmuth LWATeam MOOTS National Ski Patrol member

THINK SPRING !!!

Riders who went last year said it was a fantastic weekend and hopefully this year we will be as lucky to have the same great weather. To help defray some of the costs the club will incur, there is a $20.00 per person registration fee (plus the active service fee). In addition to some great riding with cue sheets provided for all the routes, there will be a meet and greet on Friday evening and a happy hour on Saturday.

The club will supply snacks and beverages. Breakfast is included in the hotel registration. Dinner will be on your own Friday and Saturday evenings.

Event Lodging: Comfort Inn 8523 Ocean Gate Highway, Easton, MD

For complete details and to register please visit the LWA website at http://www.lehighwheelmen.org/. Click on the Events tab.

You must be an LWA member to participate in this weekend.

Paul Smith LWA VP of Touring

WEEKEND IN AMISH COUNTRY
LWA OUTWARD BOUND EVENT
MAY 16-18, 2014

The Lehigh Wheelmen are continuing the tradition started last year of spending a weekend in Amish Country. Join your riding buddies for a weekend of fantastic riding and great fun in the Amish country of Lancaster County. The dates are Friday May 16 – Sunday May 18.

We’ll be staying at the fantastic Amish View Inn and Suites, an outstanding property near the village of Intercourse, PA. We have negotiated a rate of $169.00 per night (single/double occupancy). You can check it out at http://www.amishviewinn.com/.

To help defray some of the costs to the club, there is a fee of $20.00 to register. This will help cover two happy hours, cue sheet printing, planning and other costs.

Registration is through Active.com.

Event Lodging: Amish View Inn and Suites, 3125 Old Philadelphia Pike, Bird In Hand, PA

For complete details please visit the LWA website at http://www.lehighwheelmen.org/. Click on the Events tab.

You must be an LWA member to participate in this weekend event.

Paul Smith LWA

EASTERN SHORE WEEKEND
LWA OUTWARD BOUND EVENT
APRIL 11-13, 2014

One of the best things about being part of a club is riding different places with a bunch of friends. In April we’ve arranged a weekend event that will let you do just that. The Lehigh Wheelmen will be running the third club sponsored get-away in Easton, Maryland, Friday April 11 - Sun April 13, 2014.
SPECIAL EVENTS

BIKE TO END HUNGER
APRIL 26, 2014

The Bike to End Hunger will be held April 26, 2014, in rural southern Maryland along the western shore of the Chesapeake Bay.

The event includes routes of 16, 35, 48 miles and a 63 metric century and includes a winery rest stop with free delivery of purchases made at the winery to the end of the ride.

Early registration is $39 by April and includes a t-shirt, bag, and post ride picnic. Cyclists are encouraged to register as teams and receive a $3 discount per rider, priority check-in, and a team photo. Registration after April 14 is $59.

For more information check out the event flyer at the end of this newsletter or visit the event website at endhungercalvert.org.

G. Mack  QR Editor

GOT MOTIVATION?
GET MOTIVATION.

In a recent edition of roadbikerider online newsletter, roadbikerider.com, Jim Langley, a writer for Bicycling Magazine and author of three highly regarded books about bikes and bike maintenance, wrote an article on goal setting and motivation. In the introduction to his advice on staying motivated and reaching your cycling goals, he featured Russ Cressman, LWA member and great goal setter, as an example to inspire and motivate other cyclists.

Russ, who didn’t start serious riding until he reached the age of 59, set a goal of reaching 100,000K of cycling by the time he reached age 80. He did, and that was 3 years ago.

I contacted Jim and asked permission to reprint his full article in the Quick Release. Jim responded positively and also secured permission from publisher of roadbikerider.com, John Marsh, to allow us to reprint his full article. John only asked that I include in the newsletter a link that gets readers to the roadbikerider free email newsletter subscription sign-up page. Here ‘tis.
http://www.roadbikerider.com/newsletter-sign
And here’s the full article.

MOTIVATIONAL TIPS FOR THE NEW YEAR
Jim Langley (reprinted by permission from roadbikerider.com)

After last week’s column about knocking off my goal of riding for 20 years without missing a day, a great email came in from Lehigh Valley Wheelman Russ Cressman. The Lehigh Valley is in Pennsylvania and Russ has a house there and another in Florida so that he can ride as much as possible.

Even more impressive, Russ wrote, "Congratulations on reaching one of your goals, Jim - AWESOME. I had a bike as a kid, but I didn’t start to get serious until I was 59. Several friends talked me into getting a decent bike and we rode mostly on weekends the first year when I rode a bit over 2,000 miles. Then I joined the Lehigh Valley club and since I had the opportunity to retire early, I could ride often. Somehow several of the members and I set a goal of riding 5,000 miles a year.

At some point later, when I looked at my total mileage I estimated I could make 100K at about age 80. So I set that goal, and I MADE IT!! I’m almost 83 now and still riding (now at 110K), but I’ve cut back to about 3 to 3.5K per year. I’d like to keep going as long as I can. Goals were good for me, too!"

I can’t think of a better lead-in to this week’s motivational tips. Thanks, Russ, and keep on rolling up the miles. It’s roadies like you who inspire me the most. In no particular order, here are some tips and tricks that I use to stay motivated.

Find friends to ride with. Like Russ found, there may be no better motivator than having a friend(s) who you enjoy riding with. All it takes is one and if you two set common goals to motivate you more, so much the better. Or, if there’s a club in your area (ask at shops), you will usually find organized weekly rides and sometimes even a schedule of cycling events. If you don’t have a local club, maybe it’s time to start one!
Find new rides. Even if you’ve lived somewhere seemingly forever, there’s a good chance there are riding possibilities you haven’t considered. And, they can be just the thing to inspire you with new scenery, new challenges and new thrills. With social media tools like Strava and Facebook, it’s easier than ever to find these fun new loops.

Ride your loops in reverse. A simple trick some roadies don’t consider is riding your favorite loops in the opposite direction. It will turn them into completely different rides and make the old way you rode it seem new when you go back to it.

Get something new. Yes, you can definitely buy motivation, too. Anything new, from clean, fresh handlebar tape, to a new set of tires, to a new riding kit or complete new carbon superbike will surely fire you up to get out there.

Log your rides. Keeping a riding log (also called a training diary), makes you accountable for your riding and can help keep you going. Plus, once you’ve got a few months of rides written down, it’s a fun thing to check out for the memories, the feeling of accomplishment and also a great resource if you’re trying to achieve a goal and want to figure out what type of riding works best.

Keep it fun. Even something as fun as cycling can begin to feel like a chore if it becomes the same old thing to you. That’s why many people stop riding regularly, and why it’s so important to keep it fun. Today, social media can help for finding rides and friends, and can help keep riding fun. Another easy trick is to design your rides so that a coffee shop or bakery is at the turnaround so that you can reward yourself if you choose. Another idea that I use when riding alone is listening to podcasts or sports talk radio, to combine entertainment/education with my riding. (Use only one open-style earbud and you’ll still hear traffic noise just fine.)

Be prepared/versatile. Weather, work and family can knock you off track with your cycling and make you feel like you’ve lost all fitness and have to start all over again. Prevent this by setting up a place to ride indoors at home. All you need is an indoor trainer and you can get your rides in no matter what.

Don’t think. Do! The hardest part of getting your rides in is getting out the door. The reason it’s hard is because your brain inevitably comes up with every excuse in the world why you shouldn’t head out for that ride! The trick is to outsmart your brain by shutting it off, and just getting your kit on and hitting the road. You’ll be so glad you did. It helps if your kit and bike are always ready to go.
I hope these tips are helpful and please comment with your favorite tips and tricks for staying motivated and getting your rides in.

Jim Langley has been a pro mechanic and cycling writer for 38 years. He’s the author of Your Home Bicycle Workshop in the RBR eBookstore. Check his "cycling aficionado" website at http://www.jimlangley.net, his Q&A blog and updates at Twitter. Jim's streak of consecutive cycling days has reached 7,321.

http://www.roadbikerider.com/newsletter-sign
http://tinyurl.com/roadbikerider606

Langley Links:
www.jimlangley.net
Buy Jim’s new e-book Your Home Bicycle Workshop
Read Jim’s latest Tech Talk column
Pickup Bicycling Magazine on the newsstand to read Jim’s bike-repair tips
Follow Jim on Twitter and Facebook
More fun bike talk on Jim’s Bicycle Beat blog

G. Mack QR Editor

WHO’S LEADING 2014?

The new riding season started on Dec 1, 2013. I’ve gotten a few ride sheets already for the season, and so far here is what I have.

Carl Zvanut: 3 Rides
Richard Baldock: 2 Rides
Doug Levitt: 1 Ride

If you’ve led a Wheelmen ride since 12/01/2013, please send me the sign in sheet. (If you send it via e-mail PLEASE use the address below. It gets difficult to keep track of things when I get things on both my personal and LWA e-mail accounts.
Thanks: Paul Smith)

Counts are inclusive from 12/1/2013 – 12/29/2013 for which a sign in sheet was submitted. Sheets should be submitted to the VP of Touring (Paul Smith). You can mail them me at 1233 Seidersville Road, Bethlehem, PA 18015, or send them as a PDF attachment (no jpeg please) to my e-mail (lwatouring@yahoo.com) or hand deliver them to me in person.

Remember any LWA member can lead a ride. All you need to do is know a route and post the ride on the ride calendar. We will be scheduling a ride leaders’ information session sometime in the early spring. At that meeting we’ll discuss some guidelines for ride leaders, and hear tips from experienced ride leaders that we can all benefit from. If you are interested, there a good document on the LWA web site called Ride Leader Guidelines. It is under the Documents tab and is worth reviewing no matter what level of experience you have as a leader.

Paul Smith LWA VP of Touring
BIKE LINE CRITERIUM TRAINING SERIES
PROMOTED BY LWA STARTS MARCH 3

The Bike Line Criterium Training Series starts in March with events planned for March 2, 9, 16, 23, and 30. The races are run on a 1km clockwise loop with a slight hill at the William Penn Business Center. The weekly series includes events with varying lengths for for Juniors 15/under & Women 16-18, a “B” race USCF only, a Cat5 / Women/ Junior and Unlicensed, and an “A” race USCF only. Trophies and merchandise prizes will be awarded each week for the first 3 places in each event category.

For more information about the Bike Line Criterium Training Series series including directions and registration, check out the event flyer included at the end of this newsletter and on the LWA website.

G. Mack   QR Editor

SO YOU WANT TO RACE!
RACING 101

So you want to RACE!
Are you strong and want to try racing this year but don't know where to start.

Racing can be a very exciting and fulfilling activity. You will develop better handling skills and confidence on a bike. You will find new friends, new places, and experiences. BUT, there are some things you should know before standing at the start line.

The Basics:

The following assumes you have an appropriate road bike that is in good mechanical condition, free from packs, fenders and has a brake on each wheel (required for mass start road races). The handlebar ends must be solidly plugged. Aero bars or other attachments that extend forward or upward or that provide support for other than the racer's hands are only permitted in time trials. Racers are responsible to insure that their bike is in good condition, adequate and safe for use in competition.

There are different types of road races: Road, stage, criterium, and time trial.

- Road race - is a mass start where all the racers start from the same place and at the same time for a designated distance. The distance of each lap should be at least 5 kilometers.
- Criterium (crit) - is like a road race but on a small course usually closed to traffic. The distance of each lap is between 800 meters and 5 kilometers.
- Stage race - is run on consecutive days with a variety of races (critérium, time trial and road). Overall results are determined by cumulative time or points. The Tour de France is a stage race. Racers must successfully complete each stage to be eligible for the next stage.
- Time trials - can be individual or team. Courses may be out-and-back, around a circuit, or one way. Starting order is determined and each person or team is given a start time. Racers must report to the start before the designated time to ensure you start on time. If you miss the start time, you usually will not be given a new start; you can either ride, knowing you are at a disadvantage or forfeit. Starters usually will be held to start. If a racer catches another racer, drafting is not permitted.

USA Cycling (USAC) issues annual licenses which are used as an identity document indicating name, license number, gender, state, birth date, racing age (based on December 31 of that year), category, and USAC club and team. You must take this license with you to all races, without it, you may not be permitted to race. One day licenses are available to non-licensed racers to enter races open to men's category 5 or women's category 4. To test your ability, find a local training race. It is a good place to get the feel of how races work. You can purchase a one day license for $15.00, which if you choose to continue racing, can be applied to the full cost of a license later. You MUST take this license with you to EVERY race. Licensed racers must register with a club and USA Cycling before they are eligible to present themselves as a member of that club. This includes, but is not limited to wearing a club's jersey or entering a race as a member of the club. So you must be a member of LWA to race for LWA/Bikeline.

Categories are ability-based designations given to all USA Cycling racers. All racers are assigned to one of the following categories where smaller numbers represent an increasing racer proficiency and ability. Road and track categories for men are 5, 4,3,2,1 and for women 4,3,2,1.

Classes are age-based designations, such as junior, elite or master. The following terms refer to specific age groups:

<table>
<thead>
<tr>
<th>Racing Age</th>
<th>Class</th>
</tr>
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<tbody>
<tr>
<td>Under 9</td>
<td>Youth</td>
</tr>
<tr>
<td>9-18</td>
<td>Junior</td>
</tr>
<tr>
<td>19-22</td>
<td>Under 23</td>
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<tr>
<td>23-29</td>
<td>Elite (i.e. senior)</td>
</tr>
<tr>
<td>30+</td>
<td>Master (may choose to ride as Elite)</td>
</tr>
</tbody>
</table>

Professional racers are always considered Elite even if they are over 30.

Most promoters list their races on USAC's website and at BikeReg. To compete in a USAC race, (excepts from USAC rule book) racers must complete a race registration and present.
a valid racing license. A racer may race in a category for which s/he has earned. Category 5 men can only race in category 5 or open races, they cannot race in master’s races. All other categories may race in their designated category or in master races. No racer may race in a class or category other than that which is stated on his or her license, other than as allowed below.

**Master men** may compete in any races for their age or younger, subject to category restrictions but not races exclusively for Under 23s or Juniors. **Under 23** and **Junior** racers may compete in any races for their age or older, subject to category restrictions but not Masters races. **Youth racers** may enter only youth races. **Women** may enter any men's race where they are eligible by age, category, and any performance requirements. They may also enter categorized races for men that are up to one category lower than their women's category. For road, track, and cyclo-cross events, category 1 women may enter men's races up to two categories lower. **Master women** may compete in men's masters races as follows: category 1 and 2 master women may enter men's events for racers up to 10 years above their racing ages; and category 3 and 4 master women may enter men's events for racers up to 20 years above their racing ages.

Race fees can add up. Read race flyers completely. Some races do not have day-of registration. BikeReg will assess fees for registering for a race on their site.

Races vary in their length depending on your category or class. Once you have committed to racing you will be concerned with upgrading to higher categories. To do so, you will need to complete qualifying races. To upgrade from a category 5 to a 4, you must complete 10 mass start races. Qualifying road races for Cat 5 must be a minimum of 15 miles and 10 miles for a crit. Refer to the USA Cycling rule book for more information about qualifying races.

All racers must wear a race number. The number should NOT be folded or mutilated in any way including crumbling. It must be visible to the cycling officials; therefore it must be placed properly, hair cannot cover the number. Check with the promoter for which side the number must be placed. A good way to ensure the number is placed in the appropriate place is to stretch your jersey over the steering wheel of your car. With the bottom edge of the number placed at the seam of the jersey and above the pocket, pin the number at each corner and each side. Use pins across all corners and along each edge.

You must wear an approved helmet and a jersey that covers your shoulders. If you belong to a club/team and that club/team has a jersey you must wear that jersey. Gloves are recommended for mass start races to protect the hands in crashes and when bumped.

No race may be started before the time stated in the official race flyer except when all registered racers are at the start line and consent to an earlier start. It is the racer's responsibility to report at the appointed time and for junior and youth racers to have their bikes “rolled out” prior to the start of their race. The maximum gear ratio for junior racers is 26 feet or a 53x14. The gear limit is to protect growing bones and muscles. At the start, the chief referee or designee will give you race instructions and announcements, then will use a gun or whistle to start the race. All competitors will finish on the same lap as the winner of the race. The chief referee or designee may request that lapped racers retire from the race, if you are requested to do so, please do it, even if you don't want to. A bell will be rung to announce sprint laps or the last lap of the race. The chief judge is responsible for determining finish order. Once results are posted, there is a 15 minute protest period. It is the racer's responsibility to review the results. If you have a protest, approach the chief judge calmly and intelligently to explain what you believe is the issue. ALWAYS be kind to your race officials and LISTEN to them. Remember NO PROFANITY!

Keep your expectations low. Racing is not easy, even if you are fit. The learning curve is steep. Take advice from racers who are more experienced. Doing so can make your first experience more fun. Relax. Warm up. Breathe calmly, don't pant. Good luck and have fun.

*Sallie Urffer*  
**LWA VP of Racing**

source: [http://tinyurl.com/roadracing101source](http://tinyurl.com/roadracing101source)

**LWA OUTWARD BOUND EVENT**

**GREAT FINGER LAKES BIKE TOUR**

**JUNE 6-8, 2014**

Friday, June 6, 2014 2:00 PM  
to Sunday, June 8, 2014, 4:00 PM

**Watkins Glen State Park**

**Hidden Valley Campground**, Watkins Glen, NY

A weekend long bike tour hosted by the Southern Tier Bike Club. Arrive on Friday and set up your tent in the Hidden Valley Campground or rent one of their cabins. Your $90 registration fee will reserve a camping spot or cabin and also provides catered meals (dinner Friday and Saturday, breakfast Saturday and Sunday).

After arriving on Friday night there is an 18 mile ride.

Saturday has a selection of rides ranging from 25 miles to 105 miles. If you stop at any of the wineries along the way they will bring your wine purchases back to the campground. On Sunday there are rides ranging from 22 miles to 65 miles. There are mountain bike options available on both days. There is also hiking available at local state parks including the beautiful Watkins Glen Gorge trail.

If you want to participate you will need to register at [https://sites.google.com/site/gfibt14/home](https://sites.google.com/site/gfibt14/home)

On Saturday night the Wheelmen will provide beer, wine, soda, snacks and the ingredients to make smores at the bonfire for an additional $20 which can be paid through Meetup.

**Price: $20.00/per person**

*Maureen Porter*  
**LWA Board Member**
BIKE QUOTES

Thanks to Ron Helmuth, LWA Team MOOTS, who sent me an email suggesting the treasure that could be found with a simple Google search on “bicycle quotes.” Ron did not send me any of his find but rather suggested a treasure hunt of my own. The hunt was on. Google was my treasure map. The following are a few of my discoveries. I hope you find some of them perhaps interesting, some of them perhaps inspiring, and some of them perhaps even irritating. Of course, I also encourage you to do some treasure hunting of your own and send me some of your favorites for inclusion in future issues of the Quick Release.

When I see an adult on a bicycle, I do not despair for the future of the human race. ---H.G. Wells

Get a bicycle. You will not regret it if you live. ---Mark Twain

Give a man a fish and feed him for a day. Teach a man to fish and feed him for a lifetime. Teach a man to cycle and he will realize fishing is stupid and boring. -----Desmond Tutu

Ever bike? Now that's something that makes life worth living!...Oh, to just grip your handlebars and lay down to it, and go ripping and tearing through streets and road, over railroad tracks and bridges, threading crowds, avoiding collisions, at twenty miles or more an hour, and wondering all the time when you're going to smash up. Well, now, that's something! And then go home again after three hours of it...and then to think that tomorrow I can do it all over again!---Jack London

I came out for exercise, gentle exercise, and to notice the scenery and to botanise. And no sooner do I get on that accursed machine than off I go hammer and tongs; I never look to right or left, never notice a flower, never see a view - get hot, juicy, red - like a grilled chop. Get me on that machine and I have to go. I go scorching along the road, and cursing aloud at myself for doing it. ---H.G. Wells

It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them. Thus you remember them as they actually are, while in a motor car only a high hill impresses you, and you have no such accurate remembrance of country you have driven through as you gain by riding a bicycle. ---Ernest Hemingway

Life is like a ten speed bicycle. Most of us have gears we never use.---Charles M. Schulz

One of the most important days of my life was when I learned to ride a bicycle.---Michael Palin

The bicycle, the bicycle surely, should always be the vehicle of novelists and poets. ---Christopher Morley

Nothing compares to the simple pleasure of a bike ride. ---John F. Kennedy

My father is the Hollywood equivalent of a clean, fillet-brazed frame. My brother is like one of those fat-tubed aluminum Cannondales. I'm more like one of those Taiwanese Masis. --Emilio Estevez

If, during the Second World War, the United States had retooled its factories for manufacturing bicycles instead of munitions, we'd be one of the healthiest, least oil-dependent, and most environmentally-sound constituents in the Nazi empire today. ---Ralph Nader

Cycle tracks will abound in Utopia. ---H.G. Wells

As a kid I had a dream - I wanted to own my own bicycle. When I got the bike, I must have been the happiest boy in Liverpool, maybe the world. I lived for that bike. Most kids left their bike in the backyard at night. Not me. I insisted on taking mine indoors and the first night I even kept it in my bed.---John Lennon

Bicycles are almost as good as guitars for meeting girls.---Bob Weir

Perhaps the most vivid recollection of my youth is that of the local wheelmen, led by my father, stopping at our home to eat pone, sip mint juleps, and flog the field hands. This more than anything cultivated my life-long aversion to bicycles.---Tennessee Williams

Perhaps the most vivid recollection of my youth is that of being flogged by the local wheelmen, along with the fieldhands, the postman, and a young Tennessee Williams. This more than anything cultivated my life-long aversion to his plays. ---Truman Capote

Love is a bicycle with two pancakes for wheels. You may see love as more of an exercise in hard work, but I see it as more of a breakfast on the go.---Jarod Kintz

If constellations had been named in the 20th century, I suppose we would see bicycles.---Carl Sagan

A mountain bike is like your buddy. A road bike is your lover.---Sean Coffey

What's with these recumbent bicycles? Listen, buddy, if you wanna take a nap, lie down. If you wanna ride a bike, buy a >%^%^* bicycle.---George Carlin
BIKE QUOTES, cont. from p.8,

Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel...the picture of free, untrammled womanhood.---Susan B. Anthony

The bicycle is just as good company as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community.---Ann Strong, Minneapolis Tribune, 1895

When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.---Arthur Conan Doyle

I like riding a bicycle build for two – by myself.---Harry S. Truman

I’d rather ride two unicycles at the same time than one bicycle twice”.---Jarod Kintz

There is beauty in silence and there is silence in beauty, and you can find both in a bicycle!---Mehmet Murat ildan

I thought of that while riding my bicycle.---Albert Einstein, on his theory of relativity

HAPPY HUNTING:

http://tinyurl.com/memorablebikequotes
http://www.goodreads.com/quotes/tag/bicycle
http://www.brainyquote.com/quotes/keywords/bicycle.html
http://theargonauts.com/bicycle-quotes/
http://tinyurl.com/morebikequotesofnote
http://tinyurl.com/bestbikequotes

G. Mack          QR Editor

THANKS TO ALL LWA MEMBERS WHO DONATED HOLIDAY GIFTS

Turning Point of the Lehigh Valley extended a big thank you to the Officers and Membership of the Lehigh Wheelmen for their donation of gifts for the recent holidays.

"On behalf of the board of directors, the staff, and the clients of Turning Point, thank you for being a part of our 2013 Holiday Programs and for making a difference in the lives of people who really need it."

Donna Forte  Turning Point Development Director

A CAUTIONARY TALE
BLOOD DONATING AND HYDRATING

Most of us occasionally become so busy or focused on completing a series of tasks or meeting a schedule that we either ignore or forget to adhere to common sense safety precautions. Black Friday, 11/29/13, turned out to be such a day for me. Between errands and shopping I hardly ate or drank anything prior to the evening when our family went to dinner at a local restaurant. Earlier that afternoon I did a 29 mile bike ride in 36°F weather. After hurrying home and cleaning up, I rushed out for an appointment to donate blood. Afterward, I rushed home to get ready to go out for dinner.

Without realizing it, I was severely dehydrated and a bit depleted.

At the end of the meal I started to black out (faint), which scared the heck out of my family. Basically, all of my blood (already down a pint) was rushing to my stomach to digest the rich meal just consumed. My family insisted on calling 911, and the EMTs arrived shortly thereafter. My blood pressure had dropped significantly. I ended up in a local ER and after several hours, an I.V., and a battery of tests, it was determined that I was severely dehydrated and that my potassium level was a bit lower than normal. I was released, and we returned home without experiencing any additional problems.

I could have avoided the entire episode if I had taken a few extra minutes to eat and re-hydrate during the day.

I just donated blood again on January 24th with no problems. I was well hydrated and did not exercise prior to donating.

OLD RULE: Hydration and nutrition are important any time of the year, even in cold weather, and even when you are “too” busy!

NEW RULE: Do not engage in significant exercise immediately prior to donating blood.

Richard Baldock          LWA Membership

TIRED OF THE SAME OLD ROUTE?
QRQ OF THE MONTH

The QRQ of the month for January was to provide a caption for the following “classic” cycling photo, submitted to the QR by Hansel de Sousa. The picture generated quite a response considering the paltry response generated by most QRQ columns. Apparently the question was not too intimidating, though the expression on the female cyclist’s face in the center of the photograph might intimidate Jan Ullrich. Due to the tremendous response, a record for the QRQ of the month, the column will be reprised for at least another issue.

"Looks like Jane Derby beat Neil up the hill again”
Carl Zvanut

"Maureen at the Zuuum Racing clinic.”
Anonymous

"It’s not L’Alpe-d’Huez, but it’s “The Look.””
I. J. Reilly

"Looks like Mark Cavendish’s grandmother in the final sprint.”
J. Prufrock

"Just another day in the life of a domestique.”
M. Minkoff

The QRQ of the Month for February is to provide a caption for or identify the cyclists in the following photo:

Submit your responses to the QR by February 20, 2014. Email to gbmack@ptd.net.

G. Mack QR Editor

LWA CLASSIFIEDS

ARTICLES FOR SALE

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
<th>Contact Info</th>
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</thead>
<tbody>
<tr>
<td>Two receiver-hitch mount 4-bicycle carriers to sell --- one a Thule, one a Yakima. Both units are in excellent condition and fit 2&quot; hitches. The Thule will also fit a 1 1/4&quot; hitch as it has a step-up adapter. Both have the ability to swing down for access to the carrying vehicle. Asking price for each is $110.00, but we might consider a reasonable offer. Please contact Michael (a member of the LWA) and Mary Boehm at email: <a href="mailto:mboehm@ptd.net">mboehm@ptd.net</a>.</td>
<td>$110.00</td>
<td><a href="mailto:mboehm@ptd.net">mboehm@ptd.net</a></td>
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FOR RENT

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<td>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 <a href="mailto:dick.mccreight@juno.com">dick.mccreight@juno.com</a></td>
<td>$25-$50</td>
<td><a href="mailto:dick.mccreight@juno.com">dick.mccreight@juno.com</a></td>
</tr>
</tbody>
</table>
LWA PERSONALS

AN OPEN INVITATION TO LWA MEMBERSHIP

GOT CABIN FEVER?

Getting cabin fever? Blame climate change. Which means we could be in line for a crop failure next year. So now's the time to fatten up. Join us for an Authentic Cantonese Banquet on Tuesday Feb 4.

Details here: http://tinyurl.com/meetupcantonese

Hansel de Sousa

MASSACHUSETTS BIKE TOURS
NON-LWA SPONSORED EVENTS

Mass Bike Pike 2014 (8/7/14 to 8/10/14) http://www.massbikepike.org/

I did this one last year and am tentatively planning to return. I opted for indoor camping, and hope this will also be an option for 2014 as well. I am not especially keen on "real" camping.

Berkshires to Boston 2014 (9/17/14 to 9/21/14) http://www.berkshirstoboston.com/

I am considering this tour. Note that this event conflicts with the LWA Maine Coast event (9/19/14 to 9/21/14).

If you have any interest in either event, please contact me. Thanks.

Richard Baldock LWA Membership rv314159@rcn.com

LWA FINANCIAL REPORT
DECEMBER 2013 YTD

Please find the LWA December 2013 YTD financial report on the next page. As expected, December financial activity was primarily limited to membership dues, the year end party, and ride leader awards.

From a 2013 perspective, I'm very pleased with the Racing Division's 2013 financial performance which was $1.7K favorable to budget. This includes the one time Ytsma Donation of $1K. As noted in prior LWA financial reports, the Racing Division financial performance was unfavorable to budget due to:
- Track Master Nationals -- supported 5 team members (registration fees, rooms and one meal).
- The first year Saucon Valley Bikes Circuit Race operated at a net loss which was due to low turn out and higher costs.
- $1500 Velodrome sign - donation.

We ended 2013 with strong cash balances and the LWA Touring and Racing Divisions are positioned well for a great 2014 cycling year.

Cash Balances:
Touring $10.6K. This represents a $3K increase from Dec. 2012 due to the Ytsma Donation and well managed operations.

Racing $16.2K. This is a $4K decline from Dec. 2012 due to the transactions noted above.

In accordance with the LWA bylaws, we've scheduled an independent audit of our financials on 15 January. I'll summarize their recommendations / findings in my next monthly report. As always, if there are questions, please give me a call (610 462 0107).

I'd like to take this opportunity to formally thank Chip Berezny for his continued service to LWA. In addition to managing many of the Racing Division's activities, he has been the Racing Division's "financial guy" and has actively partnered with me to produce the consolidated LWA Financial Reports.

Dave Sheffield LWA Treasurer

LWA RACING, pp. 6-7
FAVORITE BIKE QUOTES, pp. 8-9

WHO’S LEADING 2014, p. 5

JACK GOT A FAT BIKE. I GOT A TALL BIKE.
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
www.bikesportbikes.com

Curt’s Cyclery
Route #248
Nazareth, PA
610-759-5134
http://curtscyclery.com/
info@curtscyclery.com

Cutters Bike Shop
418 E. 3rd St.
Bethlehem, PA 18015
610-419-4207
www.cuttersbikeshop.com

Fitness Central Bike Shop
4337 Route 309
Schnectsville, PA 18078
610-769-7300
www.fitnesscentralinc.com

Keswick Cycle Co.
408 N. Easton Road
Glenside, PA 19038
215-885-7433
www.keswickcycle.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
email: 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
email: gs391@verizon.net
BIKE LINE®

Criterium Training Series
March 2, 9, 16, 23 & 30

Location: William Penn Business Center USCF# 2014-XXX USAC rules apply
Directions: Interstate 78 to 100 South, Exit 49A, turn left at first light
Course: 1 Km loop with a slight hill, great road surface, run clockwise
Registration opens at 11:15am * Closes at 1:30pm * First race at 12:00

<table>
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<tr>
<th>RACE</th>
<th>DATES: 2nd 9th 16th 23th 30th</th>
<th>WEEKLY PRIZES</th>
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<tbody>
<tr>
<td>Jrs 15/under &amp; Women 16-18**</td>
<td>12 12 12 12 12</td>
<td>Trophies 3 Places</td>
</tr>
<tr>
<td>&quot;B&quot; Race USCF only</td>
<td>25 25 25 30 30</td>
<td>Merchandise 3 Places</td>
</tr>
<tr>
<td>Cat5 / Wm / Jr / Unlicensed*</td>
<td>15 15 15 15 15</td>
<td>Trophies 3 Places</td>
</tr>
<tr>
<td>&quot;A&quot; Race USCF only</td>
<td>35 35 35 40 40</td>
<td>Merchandise 3 Places</td>
</tr>
</tbody>
</table>

Races will be run on a points format each week
( sprints are every five laps, scored 5,3,2,1 )(**Jrs every 3 Laps)
Races may be shortened or canceled due to weather conditions.

NO FREE LAP - we will try not to pull racers until three laps to go.
Prizes will be awarded weekly. Prize list posted weekly at registration.
Field limit: "B","A"-85, Cat5/Wm/Jr/Cit-50, Jr15&Under-35

RACE FEE: Licensed Juniors 15 & under - $5 otherwise, add one-day license fee
Licensed Juniors & Licensed Women - $10 otherwise, add one-day license fee
Category 5 racers can only compete in the Cat5/Wm/Jr/Unlicensed race.
USCF Juniors and USCF Women $5 per additional race

> > > > > ONE TIME $5.00 NUMBER CHARGE < < < < <

*Unlicensed riders must fill out a one-day license form each race day. $10 Charge
THE SAME RACE NUMBER MUST BE USED EACH WEEK. $5 REPLACEMENT CHARGE

RACE DAY SIGN-UP - NO LATE FEES - INFO CALL 610-554-2931 BEFORE 9pm
E-MAIL - sallie.pedals@gmail.com

Promoted By:
LehighWheelmen.org
BIKE to End Hunger In Calvert County

Bike Ride

April 26, 2014

RURAL SOUTHERN MARYLAND ALONG THE WESTERN SHORE OF THE ChESAPEAKE BAY

INCLUDES
T-SHIRT ~ BAG ~ WINERY ~ POST RIDE PICNIC

Free delivery of wine purchases made at the winery rest stop!

Bike Routes Available
New Rider 16 mile
16 mile ~ 35 mile ~ 48 mile
63 mile Metric Century

$39 EARLY REGISTRATION ~ $59 AFTER APRIL 14
Teams: $2.00 discount per rider (minimum 5 riders) and the team receives a team photo and VIP check-in!

FOR MORE INFORMATION AND TO REGISTER VISIT

ENDHUNGERCALVERT.ORG