



# QUICK RELEASE

newsletter of the  
LEHIGH WHEELMEN ASSOCIATION Inc.

July 2010

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## Beating the HEAT!

**Phil Eempio, President**

It's 6 AM, and the mercury is already approaching 80° F. The sun is shining, there's no chance of rain in the forecast, and yet the air feels as heavy and thick as pea soup. The local talking heads are telling people to stay in and avoid strenuous activity...but it's your only day to get a long ride in. Whats a cyclist to do on a day like this?

Riding in the extreme heat is something that requires some thought and planning, but it can be done safely. Some basic things to consider when the heat index (a measure which combines air temperature and relative humidity) is over 90° F are:

- 1. Hydration.** This is obvious, but it's easy to underestimate the volume of fluids you need on a hot day. This is especially true when the air temperature is 90° F and up, but the humidity is low; in these conditions, your sweat evaporates very efficiently, keeping you cool...right up until you get dehydrated. If you carry bottles, plan on at least one large (24 oz.) bottle for every hour you'll be out riding. Most bikes only have two bottle cages, but it's easy to carry one in your jersey pocket as well, exchanging it for an empty one along the ride. If you use a hydration pack, you can typically ride 3-4 hours with a 100 oz. bladder, and 2- 3 hours with a 70 oz. bladder. If your ride is going to be longer than the amount of fluid you can carry, plan your route so you can stop along the way to refill your bottles or pack.
- 2. Electrolytes.** This one goes hand-in-hand with hydration, but is often overlooked. When you sweat, you don't just lose water, but also electrolytes like sodium and potassium, which are essential to keeping your body functioning properly. A common mistake of many is to replace the water they lose, but not the electrolytes, resulting in a condition known as hyponatremia, or water intoxication. A good sports drink helps

replace electrolytes you lose along with the water you need and may provide some carbohydrates calories. If you have a favorite that you can't find along the ride when you need to refill, carry pre-measured powdered mix in baggies, so that when you do stop to refill your water, you can just add the powder and go.

- 3. Route selection.** On very hot days, choose a route with a lot of tree cover, which allows your body to stay cool. Routes with more sun exposure tend to get much hotter, simply because the asphalt radiates the heat of the sun back up at the rider.
- 4. Tire pressure.** This doesn't get a lot of attention in the heat, but is very important from a safety standpoint, especially if you start your ride early in the day before the temperature rises. With a string of hot, sunny days, pavement, can store a tremendous amount of heat. Under such conditions, road surface temp, as well as the air directly above it, can be as much as 60° F higher than the air temp. As a result, if you pump your tires to the maximum rated pressure at the start of your ride on a hot day, an explosive blow-out a few hours later can be the end result. What's worse is, this often happens on a fast downhill at speed, as the heat generated by braking can be enough to put everything over the limit. This is especially true with low-volume tires, such as the very common 700 x 23C size. It's a good idea, then, to start out your ride with your pressure at 10 to 20 psi below the limit for your tire and rim.
- 5. Listen to your body.** Most important of all is to listen to the warning signs your body gives you on hot days.

**Continued on page 2**

Visit the Lehigh Wheelmen home page at [www.lehighvalleywheelmen.com](http://www.lehighvalleywheelmen.com)

Due date for *Quick Release* articles is the 20<sup>th</sup> of every month.

Some of the key things to watch for are headache, cramps, dizziness, rash, and rapid breathing; there are others as well. Every individual reacts differently when exposed to extreme heat, and this reaction can vary from day to day, depending on a number of factors. Back off the effort when you need to, stop and cool off in a shady spot if you feel ill, and if you're riding in a group, keep an eye on your fellow riders for signs of heat-related illness.

*Phil Eempio*

### **LWA Meetings**

*Held the 3rd Monday of every month.*

Next meeting is:

**Monday, July 17, 2010**  
**Business Mtg – 7:45 -8:15 PM**  
**Speaker – 8:15 – 9 PM**

**MEETING LOCATION:**  
**Valley Preferred Cycling Center – Velo deck**

## **Editor's Corner**

**Sallie Urffer**

Once you've been riding for several years, you begin to relax and take some things for granted. You forget to do your pre-ride safety check and just jump on the bike.

I learned a lesson recently that reminded me that your equipment is very important to keep in perfect order. I usually change my cleats at the beginning of every year. This year, I bought the cleats, but never installed them....stupid me! I broke a cleat while training on the track, flew backwards and crashed landing and bouncing on my back. My chiropractor put my back together again as she has done many times and I'm healing. I chose to race 2 days after my crash, even though I finished the races ok, I further injured my leg. 2<sup>nd</sup> lesson, take time to heal. So I'm off the bike again.

The moral to the story, check your equipment, don't be in such a hurry to ride, take time to heal when you have an injury and let go of control.

Happy pedaling!

*Sallie Urffer*

## **Save the Dates**

April 1 through October – Thursday night Crit – Bob Rodale Fitness Park  
June 18 – World Series of Cycling – Friday night racing begins - VPCC  
July 3 – Pagoda Ride – Rodale Fitness Park  
July 7 – JBN Criterium – Bethlehem Industrial Park  
July 8-11 – Junior National Championships - VPCC  
July 17 & 18 - FCCC – Junior Stage Race  
August 1 – Club Picnic & Metric Century – Covered Bridge Park  
August 21 & 22 PA & Atlantic Regional Master Track Championship - VPCC  
October 3 - Gap Gallop-Northampton Community College  
December 12 – End of Year Party – Beak Creek Ski Lodge

## **PA Bicycle Driver's Manual Refresher**

### **Chaper 2 – page 5-7 exerpts**

#### **Part of The Traffic Pattern**

Generally, the more you follow the normal traffic pattern, the safer and more predictable you become. The rules of the road set up a pattern for every situation, telling which driver has to wait. Sometimes you have to wait for other drivers, but sometimes they have to wait for you.

In this way, the rules of the road protect you by making it clear what you're going to do next. Riding right begins with riding on the right...If you ride in violation of the traffic laws, you greatly increase your risk of a crash. You also give up all of your rights. If you get into a crash, the courts will almost always find that it was your fault if you were riding in violation. When you are on the right, drivers and pedestrians about to pull out from side streets and crosswalks will be looking toward you – in the direction traffic normally comes in.

#### **Where is the Edge of the Road**

Normally, slower traffic keeps to the right, and faster traffic passes on the left. Since your bicycle is usually slower than other traffic, you usually ride near the right edge of the road. BUT how far to the right?

Generally, the usable width of the road begins where you can ride without increased danger of falls, jolts, debris, cracks, etc. A road may have a shoulder covered with trash or gravel, or the pavement may be broken. Don't ride there. Closer to the center, there's better pavement which is swept clean of debris by passing cars. The right side of the road begins there.

Most crashes are simple falls or are caused by hazards in front of you. Train your eyes to scan the road ahead, and look for blind spots. Keep your eyes moving-looking at traffic and the road in front of you. Ride far enough into the lane to avoid the risk of blind spots. If you ride to close to parked cars on your right, you can't see around them into side streets and driveways. Drivers or pedestrians might pull out into your lane and the door of a parked car could open in front of you.

Where there are parked cars, the usable width of the street begins about 3 feet out from the car, wall, hedge, etc. As you approach a blind intersection you should be even farther toward the center of the lane away from the edge of the road.

Many people will tell you to always keep as far to the right as possible and look out for opening car doors, but at speeds above 5 miles per hour, you can't stop in time to avoid a car door. Your only choice is to swerve out into the street and maybe into traffic or to hit the door.

It's much safer to ride in a predictable, straight line, where everyone can see you. Motorist don't mind slowing down for a predictable visible cyclist nearly as much as someone who swerves out in front of them.

NOTE: Section 3505 (e) of the code states Persons riding upon a roadway shall not ride more than two abreast, except on paths or parts of the roadways set aside for the exclusive use of a bicycle.



## LWA Discount Sponsors

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

### **Action Wheels\***

531 W. Broad St.  
Bethlehem, PA 18018  
610 866 1113

### **Bike Line Allentown \***

1728 Tilghman St.  
Allentown, PA 18104  
610-437-6100

### **Bike Line Bethlehem \***

2112 Schoenersville Rd.  
Bethlehem, PA 18018  
610-691-0943

### **Cycledrome\***

8150 Hamilton Boulevard  
Trexlerstown, PA 18087  
(610) 398 6631

### **Water Gap Coffee Co.**

[www.gapcoffee.com](http://www.gapcoffee.com)  
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### **Keswick Cycle Co \***

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### **Longswamp Bed & Breakfast**

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### **Saucon Valley Bikes \***

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### **South Mountain Cycles And Coffee Bar \***

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610-967-4490

### **Spokes Bike Shop\***

16590 Route 61  
Hamburg, PA 19526  
610-562-8900

### **Therapeutic & Sports Massage**

Sallie Urffer, CNMT, LPTA  
Whitehall, PA 18052  
610-774-0426  
[massagewithSallie@gmail.com](mailto:massagewithSallie@gmail.com)

### **Weaver's Bike Shop\***

729 Park Rd.  
Fleetwood, PA 19522  
610-944-9565

\*10% off all parts and accessories

\*\*Free Lithium Battery