



# QUICK RELEASE

newsletter of the  
**LEHIGH WHEELMEN ASSOCIATION Inc.**

Volume 35, Issue 2

February 2008

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## Let's Play!

Jack Helffrich, President

Lately I've been talking in my sleep.

Can't imagine what I have to say."

From Running on Faith by Eric Clapton

As I thought about writing this month's QR article about cycling, it occurred to me that I have not actually done any bicycle riding in 2008. Sadly, my last road ride was on Bill Derby's ride to the Hard Bean in Fleetwood last December. However, this lack of RIDING will not prevent me from WRITING. Just as I was allowing the cold weather to dissuade me from riding last Sunday afternoon and opting for a more comfortable five mile run, the phone rang. Dave Drummer called to report that he had just returned from a solo ride, made bearable by his electric socks. Contrary to motivating me, this reinforced my decision to wait for warm(er) weather.

Others have their excuses, but I have my reasons. Despite the lack of personal saddle time, there were some bicycle related activities in January. Last month's LWA dinner and meeting were well attended. Our guest speaker, local frame builder Tom Kellogg, was very entertaining and informative. He spoke about bicycle fit, and the many adjustments that are available based on the individual rider's physique and riding style. Our next general membership meeting will feature Paul Smith and Karen O'Brien Winkler talking about catered touring, and Elaine Becker speaking about loaded touring. Plan to attend.

A recent article in Bicycling magazine about the dangers inherent in our sport was followed by the news that club members Eric Loch and Russ Cressman were involved in separate cycling accidents. Eric's involved an inattentive (or simply unconcerned) motorist who drove him off the road, causing severe road rash. Russ had a run-in with a dog while cycling in Florida, resulting in a concussion and broken ribs. He is recovering, but

was still in pain at the last report.

Fittingly, club member Rob Erbeau is organizing a 'Ride of Silence' in May to increase motorists awareness of cyclists and to support those injured or killed while cycling. More info to follow. For 2008, as cyclists, let's resolve to be better motorists. Less radio tuning, coffee drinking, food snacking, kid scolding, map reading, cell phoning (get a Bluetooth), text-messaging, more attention to the task at hand. We'll only be helping ourselves.

And hey: let's be careful out there.

Regards,

Jack Helffrich

## LWA Meetings

### NEW MEETING LOCATION

LWA meetings are held the 3rd Tuesday of every month at **The Education Center at the Integrated Health Care Facility** located at 250 Cetronia Road, behind The Tilghman Square Mall. Enter the lobby, then take the elevator to the third floor and turn left. The entrance to the Education Center is the first door to the left.

All are welcome to attend Board of Directors meetings. Dinner will be at **Red Robins at the Tilghman Square Mall at 4:45 PM**

## SCHEDULED MEETING

**Tuesday, February 18, 2008**

**7:00 PM-8:00 PM:** Speaker(s): Paul Smith, Karen O'Brien Winkler and Elaine Becker-Touring discussion.

**8:00 PM-9:00 PM:** Business Meeting

## Directions to The Education Center

It is located at 250 Cetronia Road, which is behind the Tilghman Square Mall in Allentown.

Visit the Lehigh Wheelmen home page at <http://www.LehighWheelmen.org>.

Due date for *Quick Release* articles is the 10<sup>th</sup> of every month.

# Business and Pleasure

## Treasurer's Report

Jane Derby, Treasurer

No report this month-Jane and Bill are "roughing it" in the warm weather of sunny Florida. There will be a report for the March issue, however.

## Membership Report

VACANT position.

NO NEW MEMBERS

## Group Cycling

By: Rob Erbeau

One of the joys of belonging to cycling club is group cycling. A group offers the benefits of camaraderie, drafting, and a larger presence on the road in terms of traffic. Many of our members have been riding in groups for years, and some are new to group road cycling. Either way, here are some tips that will help you get more out of your next group ride.

Most group rides have a ride leader. The ride leader is the person generally who has posted the ride and knows the route. The leader may choose to lead from the front of the ride or back in the pack. It is essential that the leader be familiar with the route. The leader is also responsible for making sure that all members of the group have signed in on the ride sheet and have listed an emergency contact person that is not on the ride. It's a good idea to share the leader's cell phone number before setting out in case the group should somehow get separated. In the event that the group has to stop for a mechanical breakdown or other emergency, it is the leader that should pick a safe place for the group to stop and wait. At the end of the ride, it is up to the leader to make sure that all riders have returned safely.

I mentioned that at times the group might separate, but this should always be the exception rather than the rule. The group is obligated to follow the leader's pace. If there is a long stretch of road where those who would like to "stretch their legs" can do so without getting off the route the leader is taking, make sure to check with the leader before jumping off the front. Never push the pace of the ride, and never complain about the pace the leader is setting. It's their ride, and if you're not happy with the where or how it is going, then excuse yourself from the ride and go it alone. Keep in mind that all leaders are volunteers.

When riding in a group on the road, Pennsylvania law states that we can legally ride two abreast. While this is our "right," it might not always be the safest strategy. If you are on a busy road, it is better to line up single file. Try to avoid gaps. Never overlap the wheel in front of you. When riding two abreast, try to stay within an arm's reach of the person next to you. Avoid having a big gap between you and the rider next to you. The person riding closest to the shoulder should stay within a foot of the white line or edge of the road. The group should try to stay together with only a wheel-width separating each pair or individual cyclist in the line. Remain alert and avoid any sudden movements or changes of direction or speed. Use hand signals for turning, stopping, and obstacles.

While it is a good idea to alert the group if a car is approaching on a lightly traveled road, calling out every time a car approaches on a busier road is unnecessary. Some people seem almost obsessed with cars that approach from the rear. They will start yelling, "Car back, car back!" The group should be riding correctly at all times, not just when a car is approaching. Maintaining a constant position is the safest way to ride. Trying to get out of the way by moving over will only confuse the motorist and expose the cyclists up the line. Never ride on the shoulder

of the road unless you are on a very heavily traveled roadway. Stay close to the right, but stay in the road. Do not take it upon yourself to wave a car ahead of the group. Most motorists will wait until they have a clear lane to pass the group.

Finally, one of the great things about group cycling is the chance to chat with friends. Just make sure that your chatting does not distract you from riding safely. Make sure you do not lose touch with the group getting lost in your conversation. If part of the group wants to leave the ride for whatever reason, always inform the leader. Group cycling is different than riding with your friends. You meet new people, or ride with familiar yet unknown faces. It requires an extra measure of consideration and cooperation. When it all comes together, it is one of the greatest joys in cycling.

See you on the road!



## Classified Ads

<b>ARTICLES FOR SALE</b>
Hard bicycle travel case. Hardly used and in excellent condition. \$200.00 Contact Tom at: 717-332-3552 or <a href="mailto:tombenn24@yahoo.com">tombenn24@yahoo.com</a>
<b>FOR RENT</b>
<b>2 HARD-SIDED BICYCLE TRAVEL CASES</b> , Club owned, for rent to members for up to 4 weeks. \$25 for 1 or 2 weeks, \$50 for 3 or 4 weeks. Plus \$25 security deposit required for any rental. Contact Bill Derby 610-395-2546 or <a href="mailto:Bderby@PTD.net">Bderby@PTD.net</a> .
<b>WANTED</b>
<b>FREE ADS FOR MEMBERS</b>

Ads must be private (non-commercial) buy/sell/wanted/etc. having to do with bicycling and/or other sports. **Ads must be submitted by the 10th of the month to appear in the following month's newsletter.** Send ads to Glenn at: [Phisphyguy@yahoo.com](mailto:Phisphyguy@yahoo.com)



## Bike Line/LWA Racing Team



### Team News

#### Pete Siegfried, VP Racing

The Speed racer report

We had our beginning meeting for the team this past Saturday the 26<sup>th</sup>. Fair attendance was had. Not great. We talked about the fact that we have no one to prepare results for the newsletter. I will do that for the time being and I mentioned that **all results will have to be turned in or sent to me with in one month of the race**. This is so that I have plenty of time to get them into the QR. If they are not to me on time they will not make it into the QR and credit for reimbursements will not be honored for those races. More on that as we go. I am just learning and figuring this out.

We talked about the up coming races, mainly the March series. We need help from all racers and each racer is expected to help one full day, at least, more if possible. This will also count towards reimbursements.

We set a date for the Junior day. This is a day when the juniors do their full day helping at the races and they get to take home the profit.

We talked about sweeping the course the Saturday before the march series and then going for a ride afterwards. **All racers will show at ten o'clock and sweep on March 1<sup>st</sup>**.

We touched briefly on the idea that we would like to run more like a real team this year. Maybe go to one race a month as a team and race. We are organizing that already. We would like to race more as a team on the track every Saturday and on Tuesday nights if possible.

Gwen is working on PA Bar roster. I hope to have a complete roster by March or April. Please don't forget send in your dues to the club and to renew your racing license now so you don't forget. If you forget either you will not be on the roster, and therefore, not be on the Bikeline team. A few riders forgot both last year. We cannot afford to let it happen again.

I'm looking forward to a great year this year. I hope to train a Forty Plus team this year for the season looking for the 2009 Masters Nationals. If you are interested let me know. Also, I'm sure Chip will be training with a Fifty Plus team too.

More later,

Pete Siegfried

### Junior Team Notes

#### Gwen Hoover, Junior Coordinator

#### Come be a part of America 's Best Professional Cycling Events!

Geared Up to Volunteer?

The Pro Cycling Tour always have room for helping hands and smiling faces! Whether you're a die-hard cycling fan or just a fan of the outdoors, you are welcome to join us. Show off your community pride and help us host a safe and memorable Race Day for everyone! Yes, Triple Crown of Cycling is coming to Allentown on June 3 and we need 400 volunteers. We need help with Hospitality, translators, marshals, stage crew, security, drivers, public relations. A description of each position can be found on the website. Go to: [HTTP://procylingtour.com/volunteers.cfm](http://procylingtour.com/volunteers.cfm)

We need all Team Bikeline Parents to corner marshal for the March 30th Training series crit starting around 12 noon. Please hold the date and more information will follow.

### Racing Results

#### Vacant Position

Thanks, Jim, for your many, many years of reporting the race results.

### LWA Touring

#### Dave Drummer, VP Touring

As the new VP of touring, my #1 goal is to see more of your smiling faces on LWA rides during the coming year. To this end, I am looking for ways to make our club rides appeal to a greater number of our members. For example, I will continue to work toward the goal of making cue sheets available for as many of our rides as possible. Although cue sheet rides, by their nature, do not require a "leader", I realize that many less experienced riders may not feel comfortable navigating a route using a cue sheet alone. To address this issue, I am planning to recruit ride leaders for cue sheet rides, who would lead their group at a "C" pace, help the riders to navigate the course, and generally to provide a leader for those who desire one.

If you are a club member who does not participate in club rides for a reason related to the nature of the rides, I'd like to hear what we can do to make rides more attractive to you. You can send feedback to me via email: [beammeup@fast.net](mailto:beammeup@fast.net) or by phone at 610-298-3382. I will also be holding a touring rides meeting in the near future. The agenda will be a general discussion of ways to improve LWA touring rides. Meeting details will follow via email.

Dave



LEHIGH WHEELMEN ASSOCIATION, INC  
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Feb 08

## LWA Discount Sponsors

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

### Accents "from head to toe"

Nail and Hair Salon  
742 Linden Street  
Bethlehem, PA 18018  
610-867-5116

### Aardvark Sports Shop

571 Main St Commons  
Bethlehem, PA 18018  
610-866-8300

### Action Wheels

531 W. Broad St.  
Bethlehem, PA 18018  
610 866 1113  
(discount excludes service)

### Alburtis Neuromuscular Inst.

202 N. Main Street  
Alburtis, PA 18011  
610-967-3117

### Bennigans Grill & Tavern °

Schoenersville & Stoke Park Rd  
Bethlehem, PA18018  
610-625-4700

### Bike Line Allentown \*

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

### Bike Line Bethlehem \*

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

### Bone Appetit Bakery

Healthy Treats for Pets  
591 Main Street Commons  
Bethlehem, PA 18018  
610-332-2663

### Cycledrome

8150 Hamilton Boulevard  
Trexlerstown, PA 18087  
(610) 398 6631  
(parts & accessories only)

### Finish Line Running Store

17 S. 12th Street  
Allentown, PA 18102  
610-432-9939

### Fitness Plaza

(disc. on 6 mo membership)  
1124 Glenlivet Drive  
Allentown, PA 18106  
610-481-0100

### Grille 3501

3501 Broadway near  
Cedar Crest Blvd in Allentown  
(15% off lunches)  
[www.grille3501.com](http://www.grille3501.com)

### Keswick Cycle Co \*

408 N. Easton Road  
Glenside, PA 19038  
215-885-7433

### Longswamp Bed & Breakfast

1605 State Street  
Mertztown PA 19539  
610- 682-6197

### Perkins Restaurant °

2100 W Union Blvd  
Bethlehem, PA 18018  
610-974-9900

### Red Robin Allentown °

Tilghman Square Mall  
Allentown, PA 18104  
610-366-1776

### Red Robin Bethlehem °

1875 Airport Road  
Bethlehem, PA 18017  
610-266-1776

### Red Robin Easton °

3716 Easton-Nazareth Hywy  
Easton, PA 18042  
610-515-1111

### Saucon Valley Bikes \*

648 Main St.  
Hellertown, PA  
610-838-1500  
[www.sauconvalleybikes.com](http://www.sauconvalleybikes.com)

### South Mountain Cycles And Coffee Bar \*

303 Main St., Lower Level  
Emmaus, PA 18049  
610-967-4490

### Spokes Bike Shop

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Hamburg, PA 19526  
610-562-8900

### Southwest Trekking

Professional Guide Services  
[www.swtrekking.com](http://www.swtrekking.com)  
Tucson, AZ

### Therapeutic & Sports Massage

1744 Elmwood Drive  
Whitehall, PA 18052  
610-774-0426

\* discount on labor and accessories only

° please present card before ordering