



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

Volume 35, Issue 6

June 2008

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ghoover@ptd.net	610-216-1484
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Did You Ride Today?

Jack Helffrich, President

"On the road again, I just can't wait to get on the road again"

~ Willie Nelson

My granddaughter Julie will be two years old on May 20. From my perspective, which is totally objective and completely devoid of emotion, she is the sweetest little thing on earth. The only negative in her entire existence is that she lives three hours away in New York State, so, while I am looking forward to seeing her this weekend and celebrating her birthday, I am regretting the loss of six hours of prime biking time. Worse than that, I spent most of last Saturday in my yard and what began as a simple mulching project eventually grew to involve a wheelbarrow, rake, utility trailer, lopper, peavey, several shovels and a chain saw: We don't own things, they own us.

It's not that we can't ride in winter, but there is something about springtime when the warmth of the sun on a clear day is just enough to balance the cool morning air. Sometimes it feels so good to be out on the road, you just hate to turn toward home knowing the turn signals and the eventual end of the ride. As this was bike to work week, I managed to do one day in four. (though Rob Erbeau works from home, he reported circling the living room repeatedly.) Pedaling home from work today, I kept thinking that if I had not commuted by bike, I could have gone out on a nice club ride in the evening. I strongly feel that we need more daylight hours in each day. Possibly shorter working hours would also help.

The LWA has an interesting variety of upcoming rides. Join us for the Ride of Silence, a memorial ride for Rudy Dippl, the Veloce and a Pagoda Ride. Check the website for details.

Also, don't miss the opportunity to witness the Lehigh Valley Classic bicycle race on June 3. This should be an exciting event and a great showcase for the Lehigh Valley. And if you need a bicycle part, tool, attire, or even a new ride, visit one of the local bike shops. In my experience, they are all excellent and support the LWA and local cycling in many different ways. We have never received sag support from a catalog.

Regards,

Regards,

Jack Helffrich

LWA Meeting

Scheduled Meeting

Tuesday June 17 2008

5:30 PM Dinner-Red Robin's

7:00 PM Speaker: Instruction in AED use.

8:00-9:00 PM Business Meeting

Directions to the Education Center

It is located at 250 Cetronia Rd. Which is behind the Tilghman Square Shopping Center.

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

Due date for *Quick Release* articles is the 10th of every month.

Business and Pleasure

Treasurer's Report

Jane Derby, Treasurer

Statement of Cash Flow 04/15/08 to 05/15/08

Income:

Bike Case Rental	\$	75.00
A.E.D.		845.00
Membership Dues		<u>692.00</u>
	\$	1,612.00

Expenses:

Rental of Storage Area	\$	(98.58)
Director/officer Insurance		(501.70)
Meeting Costs		(7.67)
Membership Costs		(176.00)
Ride Leader Party		(147.70)
Stamps		(8.20)
Web Costs		<u>(167.40)</u>
	\$	(1,107.25)

Change in Cash	\$	504.75
Bal. Wachovia 4/14/08	\$	4,108.14
Change in Cash	\$	<u>504.75</u>
Bal. Wachovia 05/15/08 (\$1820.00 is AED money) (\$2792.89 club general money)	\$	4,612.89
Bal. Susquehanna MM 04/14/08	\$	16,521.40
Interest April 30	\$	13.54
Bal. Susquehanna MM 04/14/08	\$	16,534.94

Welcome New Members!

Dave Drummer, Membership Administrator

Name	From
Linda Dicker	Orefield
Robert Docherty	Allentown
Audrey Farrell	Allentown
Christopher Farrell	Allentown
Hannah Farrell	Allentown
Cheryl Galowitch	Quakertown
Maureen Hudson	Macungie
Jamie Kline	Emmaus
Kathy Kline	Emmaus
Sarah Malay	New Tripoli
Kathleen Moser	New Tripoli
Adam Plotka	Macungie
Anna Plotka	Macungie
Brett Polenchar	Blue Bell
Nicole Smith	Easton
Errol Walcott	Scranton
Charles Bloser	Emmaus
Brad Kreschollek	Bethlehem
Emily Slane	Cherryville
Rachel Slane	Cherryville
Tina Slane	Cherryville
Julie Westbrook	Bethlehem

Classified Ads

ARTICLES FOR SALE
Hard bicycle travel case. Hardly used and in excellent condition. \$200.00 Contact Tom at: 717-332-3552 or tombenn24@yahoo.com
COMPLETE THULE ROOF RACK SYSTEM –very good condition- \$250.00 Includes: 2 load bars, 2 lockable fork attachment bike racks, 4 rack locks, 4foot packs, 1 wind fairing. Suggested retail: \$550.00 Thule Kayack Stacker: \$60.00; \$50.00 if purchased with above rack. Contact: kestrel4@ptd.net
Specialized Hard Rock TRX 20" BMX style bike Good condition: asking \$75.00 Specialized Rockhopper mountain bike. 21" frame, Deore components; good condition with new tires asking \$250.00 Call: Dave 610-377-0814 or Dmatsinko@yahoo.com
2005 Trek 1500 WSD 54cm. Shimano Ultegra Rear, Shimano 105 front. In excellent condition-just too small for me. \$450.00 OBO Contact either Dave or Kathy Moser: dmoser@cyoptics.com or Kathleen.Moser@LVH.com
The following are from Brian Kerecz and he can be reached at: briankerecz@gmail.com
2 Brand new Yakima Raptor Bike Racks. Used on car for about two weeks. I am changing to rear mount to accommodate kayaks on roof. MSRP=\$99.00 ea. Asking \$65.00 ea
2 Sets of Universal Mighty Mounts-brand new. MSRP: \$45.00 ea Asking: \$25.00 OBO each set.
Yakima SKS Lock Set (4 locks) MSRP=45.00 Asking: \$25.00
Ritchey Excavader Mountain Bike Tire (26x 1.9) Never Used originally \$32.00 Asking: \$6.00
Kenda Mountain Bike Tire (26x 1.95) Brand New never used. Originally \$22.00 Asking \$6.00
BRAND NEW Exustar Mens Road Shoes. Still in box and never used. Sz 10.5 Originally: \$90.00 asking \$29.00
Pearl Izumi Womens Vortex Mountain Biking Shoes Sz 9.5. Brand New-never used-still in box. Originally: \$110.00 asking \$35.00
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 \$25 security deposit required for any rental. Contact Bill Derby 610-395-2546 or Bderby@PTD.net .
WANTED
FREE ADS FOR MEMBERS

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: Phlsphyguy@yahoo.com



Bike Line/LWA Racing Team



Team News

Pete Siegfried, VP Racing

The Speed Racer Report

See the new race results page!

Stay upright and happy,

Pete Siegfried

Junior Team Notes

Gwen Hoover, Junior Coordinator

Junior News and Notes

Regular smoothie rides... please check on-line calendar for times. All kids ages 9+ are invited (road bikes required for children) Parents encouraged to participate. 20 miles, stop in Topton at 1/2 way point. Sometimes the older kids ride during the break. If your child or someone you know is interested in Youth Cycling, please check our web page at www.lehighwheelmen.org (then click on JUNIORS). There is lots of information on the site for kids who are just getting started.

We have loaner bikes (road and track) for most sized kids (down to 7 or 8 years old). Feel free to contact Gwen Hoover (the junior development coordinator) at g Hoover@ptd.net.

Thursday night training criteriums have started at Rodale Park . see www.lehighwheelmen.org (Race flyers) for more details.

Next big team events are June 6 Manyunk Amateur Hill Climb and June 7th Tri State Velo Junior Time Trial (8mile). Both are in Philly. Oley Valley Road Race on July 13, then we put on the Nicole Reinhart Memorial Tour de FCCC on July 19 and 20th. We hope to sponsor a week of junior cycle events, (races, clinics and social) between the Oley Valley and Tour de FCCC events.

~Gwen

Recreational Riding Schedule

Dave Drummer, VP Touring

Thanks to those members who have indicated that they would be willing to occasionally lead a C group for a cue sheet ride or to offer the ride in the afternoon as well as in the morning. Anyone who is interested in helping with this, please contact me: beammeup@fast.net.

The 13th Not Quite Annual Brewery Ride is June 28th. There are 55 gallons of beer sitting in my basement, in desperate need of thirsty riders. As always, I am looking for a stoker for my tandem. BE THERE OR BE SQUARE! Check the listing in June...

Looking ahead to July, the Pagoda Ride is scheduled for July 4th. The traditional ride leaves the Velodrome at 9:00, or you may want to join me on a shorter version of this ride that starts in Bowers at 9:30. The short route includes all of the great climbs to the Pagoda and up Baldy Hill (or Forgedale road), and then finishes with a downhill plunge back to the park in Bowers. A great way to be a bit more conscious for that afternoon picnic!

Finally, the Veloce will return to its original format this year, as a members only ride. No fee to ride, and the club juniors have

graciously offered to run the snack/lunch area at the Rodale Park. Check the calendar listing for more details, to be posted soon.

Except where noted, non-members are welcome to participate in LWA rides. Riders under 18 must be accompanied by an adult. You must have a bicycle in good working order, carry a spare tube and know how to change it, obey all traffic rules, ride single file where necessary, and sign in at the ride start, giving your name and an emergency phone number. Please carry identification and the name of an emergency contact.

HELMETS ARE REQUIRED ON ALL RIDES !

Most club rides take place on the road, but there are also some off-road rides scheduled. For road rides, most riders use road bikes having narrow, high pressure tires. Wide, low pressure tires will make it harder to keep up with the group.

If you haven't ridden with a group before, or are not sure that you can keep up with a group, try one of the rides listed as a "Social Pace" or new member ride. No one gets dropped on rides advertised as such. Actually, ride leaders try not to drop anyone on any ride, but one person's "moderate" pace can be another person's "impossible" pace.

REMEMBER: Ride leaders should download a ride sign-in sheet, have all riders sign it, then return it to Lehigh Wheelmen Assoc., PO Box 140 Trexlertown, PA 18087

Check the LWA Member's Website at <http://lwa.pryzm.net> for last-minute changes, cancellations, and additions.

If you are interested in a ride, please make an effort to contact the Ride Leader, so you can be "in the loop", should a last minute change or cancellation occur.



Sunday, June 1, 2008

3 Trails Ride



D F / 8-24 mi 1:00PM Slatington parking lot by the bridge over to Walnutport

There are 3 trails that can be accessed from where we park-the Slate trail, the D&L (Delaware and Lehigh trail and the Walnutport Canal. Please check back at this posting for updates because there may be construction on a bridge on Main St. Slatington that may affect how you get to the parking area and how we access the slate trail. All three trail are out and back and end in or near the parking lot so you can do as little as 8 miles or as much as about 24 miles. Email or call with any questions. Hope to see you and ride with you on the trails.

Directions: Meet and park on the stone parking lot across from Sal's Pizza 102 Main St. Slatington (by the bridge over to Walnutport).

Event Organizer: Dean Hower

Leader: Dean Hower 610-462-0617 dean_the_bikeman@hotmail.com

Leader 2: Mike Soliday

- Rain Cancels
- Rest stop(s) along the way
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/19/2008 5:47:34 AM by Dean Hower

Updated: 5/8/2008 6:46:15 PM by Dean Hower



Monday, June 2, 2008

The Monday Night Ride



C R / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and volunteers will lead the other group(s). All are welcome. Beginners

to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/24/2008 7:07:33 PM by Robert Erbeau

Monday Night 'A' Ride



A H / 30-40 mi 5:45PM Velo

Definitely a 'group' ride as opposed to a 'drop' ride, as emphasis will be on a steady tempo, usually with one or more climbs of note since KOM's are fun, after all. PLEASE honestly assess your ability because, while no one minds waiting to regroup at the top of a climb, slowing the pace down on the flats or rollers can compromise our return time if the ride is longish and we're fighting daylight. Naturally as we get closer to home the ride may break up for those who are feeling particularly feisty. Note that there may occasionally be gravel roads included; conditions vary.

Directions: If you don't know where the Velo is by now....

Event Organizer: Brian Wacik

Leader: Brian Wacik 610-533-0015 brianwacik@rcn.com

- Rain Cancels
- Bring food
- Bring water
- **No minors, please.**

Posted: 5/12/2008 6:07:10 AM by Brian Wacik



Tuesday, June 3, 2008

Volunteers needed-Lehigh Valley Classic



Q F / 00 mi 12:00PM Allentown

Volunteers are needed for the Lehigh Valley Classic road race in Allentown

Directions: Contact Susie Molnar to volunteer. Information will be provided

Event Organizer: JACK HELFFRICH

- **No minors, please.**

Posted: 5/20/2008 7:36:38 PM by Jack Helffrich



Thursday, June 5, 2008

Women on Wheels



C F / 30 mi 5:15PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/30/2008 1:31:33 PM by Donalee Frary

Thursday Night Ride



B R / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)

We will rotate between 3 (maybe more) different rides.

Directions: The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle.

Event Organizer: Art Hunsberger

Leader: Art Hunsberger 484-547-2695 ahh3@ptd.net

- Rain Cancels
- Bring water
- Will wait for slow riders
- Will regroup often

- **No minors, please.**

Posted: 4/25/2008 7:11:24 PM by Art Hunsberger



Friday, June 6, 2008

Pedaling for Pizza



C R / 21 mi 5:30PM Coopersburg Giant

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be supremely intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Karen O'Brien Winkler

Leader: KO 610-317-9611 vp touring@yhoo.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/13/2008 1:48:21 PM by Karen Winkler



Saturday, June 7, 2008

State Time Trial Championships



JR B F 8:00AM Philadelphia Art Museum

Tri State Velo is putting on the Junior State Time Trial Championships. There will be no smoothie ride, but join us for this terrific event or take a nice ride in Rodale Park

Directions: see www.tristatevelo.com for directions

Event Organizer: Tri State Velo

Leader: Gwen Hoover 610-216-1484

- Bring food
 - Bring water
- Posted: 5/7/2008 5:42:22 AM by Gwen Hoover

Overnight Adventure



C R / 100 mi 9:00AM Hickory Run State Park

An overnight camping trip that will include two days of cycling. 50 miles each day (Saturday/Sunday). Perfect warm-up if you are going on RAGBRAI, or just want to enjoy a weekend of riding and relaxation.

Directions: From I-80, take Exit 274 at the Hickory Run State Park Exit, and drive east on PA 534 for six miles. From the Northeast Extension of the Pennsylvania Turnpike, take Exit 95 and drive west on PA 940 for three miles then turn east on PA 534 for six miles.

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rest stop(s) along the way

- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 3/21/2008 5:14:57 PM by Robert Erbeau
Updated: 5/12/2008 8:44:04 AM by Robert Erbeau

NATIONAL TRAILS DAY

 **D F** / 1 mi 10:00AM D&L Trail along Lehigh River

Your help is needed! June 7th is NATIONAL TRAILS DAY. The D&L (Delaware and Lehigh) trail is planning on installing mile markers on improved sections of the trail along the Lehigh. there are three areas where markers will be installed: Freemansburg to Bethlehem, Parryville to Weissport and Walnutport and Slatington. The process is simple but we do need people to execute it. The D&L will dig three-foot holes for the posts prior to June 7. The D&L also will provide concrete and the hardware that is necessary to attach the signs. What we need is people who are willing to erect the posts, level them and secure them in the concrete, which will be a dry mix that absorbs moisture from the soil. There will not be a need to mix the concrete with water. Materials will be available the morning of June 7. We have a special need for wheelbarrows in order to take the concrete bags and other materials to the marker sites. In other words, volunteers will get some exercise walking along the trail. I just put in 10AM but you should check with the coordinator on the time. Please contact Dennis Scholl, (Outreach Coordinator Delaware & Lehigh National Heritage Corridor), at dennis@delawareandlehigh.org or call him at 610-923-3548, ext. 225 if you would like to help. Please help with this project. It will be an asset to all trail users. Thanks! PS The D and L's web site is <http://www.delawareandlehigh.org/>

Directions: Read Description/ Freemansburg to Bethlehem, Parryville to Weissport and Walnutport and Slatington.

Event Organizer: Dennis Scholl (Outreach Coordinator Delaware & Lehigh National Heritage Corridor)


Leader: Dean Hower 610-462-0617 dean_the_bikeman@hotmail.com

- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 5/20/2008 7:50:39 PM by Dean Hower

Sunday, June 8, 2008

Overnight Adventure

 **C R** / 100 mi 9:00AM Hickory Run State Park

The second day of an overnight camping trip that will include two days of cycling. 50 miles each day. Perfect warm-up if you are going on RAGBRAI, or just want to enjoy a weekend of riding and relaxation. **Directions:** From I-80, take Exit 274 at the Hickory Run State Park Exit, and drive east on PA 534 for six miles. From the Northeast Extension of the Pennsylvania Turnpike, take Exit 95 and drive west on PA 940 for three miles then turn east on PA 534 for six miles.

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 3/21/2008 5:15:57 PM by Robert Erbeau

Updated: 5/11/2008 1:53:41 PM by Robert Erbeau

Monday, June 9, 2008

The Monday Night Ride

 **C R** / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and volunteers will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau


Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/24/2008 7:08:58 PM by Robert Erbeau

Thursday, June 12, 2008

Women on Wheels

 **C F** / 30 mi 5:15PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/30/2008 1:42:56 PM by Donalee Frary

Thursday Night Ride

 **B R** / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)

We will rotate between 3 (maybe more) different rides.

Directions: The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle.

Event Organizer: Art Hunsberger


Leader: Art Hunsberger 484-547-2695 ahh3@ptd.net

- Rain Cancels
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 5/18/2008 11:41:12 AM by Art Hunsberger

Friday, June 13, 2008

Pedaling for Pizza

 **C R** / 21 mi 5:30PM Coopersburg Giant

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30

every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supremely Intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Karen O'Brien Winkler


Leader: KO 610-317-9611 yptouring@yhoo.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/13/2008 1:48:45 PM by Karen Winkler

Saturday, June 14, 2008

Schuylkill Trail Ride 9

 **B F** / 50 mi 9:30AM Oaks, PA

The ride on the scenic Schuylkill River Trail is something that is worth the drive. This ride is best enjoyed on a road bike. We will follow the Schuylkill Trail from Lower Perkiomen Valley Park in Oaks, Montgomery County (just west of Valley Forge) to the Philly Art Museum and return. We will stop in Manayunk for lunch at Le Bus. We should be back to Oaks by about 2 PM.

Directions: Allow about 1 hour from the Valley. Take PA 100 S to US 422 East. Go 15 miles east to the Oaks/Audubon Exit. Bear right on ramp onto Egypt Rd. towards Audubon/Norristown. Cross under 422 and turn right at first road, New Mill Road (less than 1/4 mile). Parking lot is on left (this lot is usually pretty busy, so park legally wherever you can).

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders

Posted: 4/21/2008 12:02:10 PM by Robert Erbeau

Updated: 5/22/2008 7:20:18 AM by Robert Erbeau

Monday, June 16, 2008

The Monday Night Ride

 **C R** / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and volunteers will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau


Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/24/2008 7:10:01 PM by Robert Erbeau

Thursday, June 19, 2008

Women on Wheels

 **F** / 30 mi 5:15PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/30/2008 1:45:07 PM by Donalee Frary

Thursday Night Ride

 **B R** / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)

We will rotate between 3 (maybe more) different rides.

Directions: The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle.

Event Organizer: Art Hunsberger


Leader: Art Hunsberger 484-547-2695 ahh3@ptd.net

- Rain Cancels
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 5/18/2008 11:41:48 AM by Art Hunsberger

Friday, June 20, 2008

Pedaling for Pizza

 **C R** / 21 mi 5:30PM Coopersburg Giant

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supremely Intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)


Event Organizer: Karen O'Brien Winkler

Leader: KO 610-317-9611 yptouring@yhoo.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/13/2008 1:49:10 PM by Karen Winkler

Saturday, June 21, 2008

 **Q R** / 20-100 mi 7:00AM Velodrome

This year, the Veloce will revert to its original format - a free ride

for LWA members. The LWA juniors have graciously agreed to provide support at the start area.

Directions: map on website [view "Maps of Start Locations" page](#)

Leader: Dave Drummer 610-298-3382 beammeup@fast.net

- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided

Posted: 3/23/2008 6:29:56 AM by Dave Drummer

Updated: 5/22/2008 6:08:52 AM by Dave Drummer

Monday, June 23, 2008

The Monday Night Ride

 **C R** / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and volunteers will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau


Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/24/2008 7:11:35 PM by Robert Erbeau

Thursday, June 26, 2008

Women on Wheels

 **C F** / 30 mi 5:15PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/30/2008 1:46:11 PM by Donalee Frary

Thursday Night Ride

 **B R** / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)

We will rotate between 3 (maybe more) different rides.

Directions: The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle.

Event Organizer: Art Hunsberger


Leader: Art Hunsberger 484-547-2695 ahh3@ptd.net

- Rain Cancels
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 5/18/2008 11:42:30 AM by Art Hunsberger

Friday, June 27, 2008

Pedaling for Pizza

 **C R** / 21 mi 5:30PM Coopersburg Giant

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supremely Intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Karen O'Brien Winkler


Leader: KO 610-317-9611 yptouring@yhoo.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/13/2008 1:49:31 PM by Karen Winkler

Saturday, June 28, 2008

13th Not Quite Annual Brewery Ride - 29 or 33 miles

 **Q R** / 33-29 mi 10:00AM Dave Drummer's House

A cue sheet ride of 29 or 33 miles. Both routes start at Dave Drummer's house for a ride out toward Kempton and along the Blue Mountain ridge. The terrain is rolling with a few short hills. A great ride for tandems. There is a 29 mile option for anyone who prefers a slightly shorter route. There is a cue sheet provided, so this is a great ride for you, regardless of your preferred pace.

Directions: email Dave at beammeup@fast.net if you need directions.

Leader: Dave Drummer 610-298-3382 beammeup@fast.net

- Bring food
- Bring water
- Cue sheets will be provided

Posted: 4/20/2008 11:08:45 AM by Dave Drummer

Updated: 4/27/2008 7:33:35 AM by Dave Drummer

Monday, June 30, 2008

The Monday Night Ride

 **C R** / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and volunteers will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/24/2008 7:12:12 PM by Robert Erbeau

Announcements, Tidbits and Other Really Great Rides

Bike Freedom Valley June 15, 2008!

Benefits the Bicycle Coalition of Greater Philadelphia:

Registration: 7AM 1 Boathouse Row: Kelly Dr. @ Sedgely Dr

Mass Start: 7:45 AM

Routes: 8 mile River Drives path flat loop

22 mile Schuylkill River Trail, flat

44 mile Schuylkill River Trail into Valley Forge, flat

35, 50 & 68 mile loops with hills, which return on the trail;

Information and Registration:

<http://bikefreedomvalley.blogspot.com/>

or registration at: <http://www.bicyclecoalition.org/>

Questions: jill@bicyclecoalition.org or 215 BICYCLE

French Creek IRON TOUR: Cycling For Open Space.

Sunday June 22...Come ride the Iron Furnace country---have a blast! The French & Pickering Creeks Conservation Trust preserves land where iron blast furnaces and forges served as cornerstones of industry in colonial Pennsylvania. When you ride the Iron Tour, you'll agree that the ironmasters couldn't have chosen a more beautiful area.

Since 1967, The French & Pickering Creeks Conservation Trust has protected more than 8500 acres of open space in Chester County. Last year alone. Over 400 acres were preserved. Your participation in the Iron Tour helps us to continue these efforts.

Ride features

Rides for all levels, from beginners to accomplished cyclists

20, 50, 68, 100 mile course options

Well marked courses and cue sheets

SAG support

3 covered bridges on all routes

Quiet, lightly traveled roads and scenic countryside.

Amenities

Fully Stocked rest stops with restrooms

FREE T-shirt if registered by June 8

After the ride enjoy:

Free lunch

FREE musical entertainment

Great picnic spot and playground for families

Professional massage (\$10 gratuity)

Register online at: www.irontour.org

For questions call: 610-469-0150 or office@frenchandpickering.org

The Muhlenberg Bicycle Lending Program

This program (planned to kick off this Spring) will enable interested students to borrow a bicycle on a short term basis. This initiative is a joint effort of students, faculty and staff.

They currently have three bicycles to get the program started...but they would like a few more. That's where you come in-we are looking for hybrid style bicycles in good working order. If you have a used bicycle in good condition that you would be willing to donate, please contact miles at: md232620@muhlenberg.edu

LiveStrong Challenge

Please mark August 24, 2008 on your calendars. That is the date for this years LiveStrong Challenge. I invite you to join our team for this memorable event. Last year, the LSC raised over \$2.25 million in a single day. Over 3000 riders participated. Our team raised thousands of dollars, and all team members had an incredible day. The ride is one of the most professionally supported rides you will ever encounter. Completely first class all the way. The community welcomes the riders as we roll through the countryside, cheering us on because of the gravity of our cause.

I urge you to join our team or to make a donation in support of one of our team members. You can learn more about the LiveStrong Challenge by visiting the Lance Armstrong Foundation Web site at www.livestrong.org. Click on links to the LiveStrong Challenge Philly, then find our team, The Wheelman Warriors.

See you on the road!

Rob Erbeau- Chief Warrior

LBC Covered Bridge Metric Century

Sunday August 17, 2008

Rides of: 25K, 50K, and 100K (15, 31 and 62 miles). The ride meanders through the heart of Lancaster County, offering up acres of unspoiled rolling farmland and six historic covered bridges. Registration is \$15.00 if you pre-register online with Active.com on or before July 18th 2008 and \$30.00 after that. Children 12 and under are free. The fee covers: lunch, water stops, SAG wagons, cue sheets, road markings, ice cream and a good time. Additionally, a commemorative T-shirt can be purchased for \$15.00 by July 18, 2008: Pre order to ensure availability. For more information, please visit our website: [Http://www.lancasterbikeclub.org/cbm.php](http://www.lancasterbikeclub.org/cbm.php)

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 DF 3 Trails Ride, Slatington parking lot by the bridge over to Wallnutport 1:00PM	2 CR The Monday Night Ride, Velodrome 5:45PM AH Monday Night 'A' Ride, Velo 5:45PM	3 QF Volunteers needed-Lehigh Valley Classic, Allentown 12:00PM	4	5 CF Women on Wheels, Velodrome 5:15PM BR Thursday Night Ride, Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	6 CR Pedaling for Pizza , Coopersburg Giant 5:30PM	7 JR BF State Time Trial Championships, Philadelphia Art Museum 8:00AM CR Overnight Adventure, Hickory Run State Park 9:00AM DF NATIONAL TRAILS DAY, D&L Trail along Lehigh River 10:00AM
8 CR Overnight Adventure, Hickory Run State Park 9:00AM	9 CR The Monday Night Ride, Velodrome 5:45PM	10	11	12 CF Women on Wheels, Velodrome 5:15PM BR Thursday Night Ride, Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	13 CR Pedaling for Pizza , Coopersburg Giant 5:30PM	14 BF Schuylkill Trail Ride 9, Oaks, PA 9:30AM Flag Day
15 Father's Day	16 CR The Monday Night Ride, Velodrome 5:45PM	17	18	19 CF Women on Wheels, Velodrome 5:15PM BR Thursday Night Ride, Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	20 CR Pedaling for Pizza , Coopersburg Giant 5:30PM	21 Summer Begins QR Veloce, Velodrome 7:00AM
22	23 CR The Monday Night Ride, Velodrome 5:45PM	24	25	26 CF Women on Wheels, Velodrome 5:15PM BR Thursday Night Ride, Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	27 CR Pedaling for Pizza , Coopersburg Giant 5:30PM	28 QR 13th Not Quite Annual Brewery Ride - 29 or 33 miles, Dave Drummer's House 10:00AM
29	30 CR The Monday Night Ride, Velodrome 5:45PM	1 Jul	2 Jul	3 Jul	4 Jul Independence Day	5 Jul

Road Ride	Trail / Off-Road Ride	Mountain Bike Ride	Race	Track Event	Indoor Training	Workshop	Public Ride / Special Event
Meeting	JR Junior Event	Social Gathering	Party	Group Trip	Non-Biking Sport	Fundraiser	Public Demo / Outreach
Ride Pace Ratings:	D Easy / Beginner	C Casual / Social	B Intermediate	A Advanced	T Training / Expert	Q Cue Sheets Provided - Ride at your own pace	
Terrain Ratings:	F Flat	R Rolling	H Hilly	X Extremely Hilly	For LWA Members Only		

Bike Line / Lehigh Wheelmen Racing Results

2008 Bike Line/LWA

RACE TITLE / LOCATION	DATE	TYPE	RACER Initials	CATEGORY	RESULT	NOTE
Chris Hinds Memorial Criterium NiniGreg Ratzellet RI	4/12/2008	Crit	Chip Berezny	55+	1st	
Turtle Pond Circuit Race Loudon NH	4/13/2008	CR	Chip Berezny	55+	7th	
Bikeline Fitness Park Training Race	4/17/2008	PTSCRIT	Tom Ratzell	"A"	FIF	
Tour De Beach Virginia Beach VA	4/19/2008	Crit	Chip Berezny	1/2/3	13th	
Tour De Beach Virginia Beach VA	4/19/2008	Crit	Chip Berezny	40+	12th	
Casey Auto Greg Ratzelloup Criterium Newport News VA	4/20/2008	Crit	Chip Berezny	40+	3rd	
Casey Auto Greg Ratzelloup Criterium Newport News VA	4/20/2008	Crit	Chip Berezny	50+	1st	
Lower Providence Criterium	4/20/2008	Crit	Bryan Barrett	50+	5th	
Lower Providence Criterium	4/20/2008	CRIT	Dan Kiningham	50+	19th	
Lower Providence Criterium	4/20/2008	Pts Crit	Greg Ratzell	13-14 Boys	DNF	Crash
US 40KM Time Trial Challenge	4/20/2008	TT	Bryan Barrett	50+	5th	59:34:00
Lower Providence Spring Classic Crit	4/21/2008	Pts Crit	Chris Dordal	Jr	13th	
Sturbridge Road Race	4/26/2008	RR	Dan Kiningham	55+	17th	
Tour de Ephrata	4/26/2008	RR	Bryan Barrett	50+	2nd	
Palmer Road Race	4/27/2008	RR	Dan Kiningham	55+	1st	
Tour de Ephrata	4/27/2008	Crit	Bryan Barrett	50+	5th	
Tour de Ephrata	4/27/2008	GC	Bryan Barrett	50+	2nd	
Tour de Ephrata	4/27/2008	TT	Bryan Barrett	50+	3rd	25:45:00
Tour of Colts Neck	5/4/2008	CR	Dan Kiningham	55+	4th	Won field sprint

LEHIGH WHEELMEN ASSOCIATION, INC
PO BOX 140
Trexlerstown, PA 18087

June 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

Keswick Cycle Co *

408 N. Easton Road
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215-885-7433

Longswamp Bed & Breakfast

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Mertztown PA 19539
610- 682-6197

Saucon Valley Bikes *

648 Main St.
Hellertown, PA
610-838-1500
www.sauconvalleybikes.com

South Mountain Cycles And Coffee Bar *

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

Spokes Bike Shop

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

Southwest Trekking

Professional Guide Services
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