



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

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CLUB OFFICERS

Phil Eempio	President
pesempio@pmc-group.com	610-363-8318
Gerald Polachak	VP Touring
njbowmannj@yahoo.com	610-252-3422
Pete Seigfried	VP Racing
Sracer866@aol.com	610-285-4006
Stephanie Begovich	Treasurer
stephbvc@yahoo.com	610-694-9117
Jennifer Sprankle	Secretary
jdsmozart@aol.com	610-504-9630
Lin Roeder	Membership
Lin.roeder@gmail.com	610-597-3994
Earl Wuchter	Public Webmaster
earlw@enter.net	610-264-2629
Terry Terfinko	New site Webmaster
terfintt@verizon.net	610-966-2329
Gwen Hoover	Junior Coordinator
ghoover@ptd.net	610-216-1484
Sallie Urffer	QR Editor
sjurffer@rcn.com	

Staying Dry!

Phil Eempio, President

This past month has not been a good one for cycling in our area. With over 6 inches of rain in June already (as of the 20th) in the Lehigh Valley, it has been a very wet spring indeed. Yet, many of us have still found time to get our required dosage of miles in, despite the poor weather.

Modern weather radar has revolutionized the way we ride. Simply by logging into any one of a number of websites, or turning on the television, it is possible to see for ourselves whether any precipitation is on the way, and how much. We can make last minute decisions about whether to hold a ride or not, and quite often, reliably so. This month's social ride, along the Valley Veloce routes on June 20th, was cancelled on this basis – and, as it turned out, rightfully so, as nearly an inch of rain fell within an hour of the scheduled ride start.

But sometimes, it is possible to sneak a ride in even when the weather forecast isn't so good. I've also caught myself hesitating to start my after-work ride when the forecast isn't so good, only to regret it later when the forecast precipitation didn't materialize as predicted. As a result, I've learned a few tricks to getting a short (20 to 30 mile) ride in on days or evenings like this.

First of all, a rain jacket that can be tightly rolled up to fit into a jersey pocket is a must. This way, if you do happen to get caught out by the weather, you can at least stay somewhat dry for the remainder of your ride.

Second, choose a route that allows you to bail for home if the weather suddenly turns. You can map such a route on websites like Google Maps, or MapMyRide.com. It's possible to build a loop of 25 miles or so where you're never more than 5 miles from your starting point, allowing you to

make a dash for home should it start raining suddenly. However, in the event of a heavy summer "pop-up" thunderstorm, it is sometimes best to ride the storm out somewhere safe, like a corner store or gas station, as such storms often last less than an hour. I usually keep a few dollars stuffed in my seat bag to buy a drink and a snack for this very reason. But whatever you do, don't take shelter under a tree when lightning is present; doing so increases your likelihood of being struck.

I also have found over the years that using a tire with some tread on the sides is a huge help for riding in wet conditions. Slick tires are more prone to hydroplane in heavy water, especially when cornering. And if you have a cell phone, carry it with you in a Ziploc bag – sometimes, calling for a ride home is the best option of all!

Yours truly,
Phil

LWA Meetings

LWA meetings are held the 3rd Tuesday of every month. Next meeting is:

Tuesday, July 21, 2009

7:00 PM-8:00 PM: TBA

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

MEETING LOCATION:

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 5:30 PM**

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

Due date for *Quick Release* articles is the 20th of every month.

Business and Pleasure

Webmasters Corner

Terry Terfinko, Webmaster

It's been great to see the ride calendar filled with rides. I have had some questions on the list of upcoming rides that is displayed on the left side of the webpage. Rides will appear in this list until the end time of the ride has passed. If a ride is listed without a duration, it will expire from the list on the day of the ride. To avoid this from happening, put an estimated duration in the event date section.

I have added two new tabs to the website. Upon log in, members will now see a User Profile and Members tab. The Users Profile tab will allow members to update their contact information or change their password. Please review your information and update if necessary. There are several members who do not have their complete names listed. The Members tab lists all the active members and shows the total number of members, currently over 200.

The ride leader pictures on our gallery page continue to grow. To see newly added pictures, select last added.

Terry Terfinko

Sponsor spotlight

Nestor's Sporting Goods

2510 MacArthur Road,
Whitehall, PA 18052
610-433-6051
800-898-1133
610-433-5834 - Fax
www.nestors.com

When Pete & Karen Nestor aren't riding with the Wheelmen, they are working at their store in Whitehall.

What we do.

Nestor's recognizes that sports are most fun when challenges are mastered and improvement is achieved. "Taking it to the next level" is a way of life at Nestor's. Our continuing goal is to match our customers with the products that best meet their needs at the moment of purchase while allowing them to grow in their sports during the life of the product.

How we do it.

Nestor's adds value in three very simple ways: by offering functional, quality gear at good prices from people who know what they're doing.

We sell a wide range of products to fit the differing needs of our customers, but we don't sell the junk that looks like it should work but fails at all levels. Sadly, so much stuff exists to prey on novices with the "I'll buy cheap to see if I like it" plan. As a result some customers never get a real chance at enjoying a particular sport. We offer some of the strongest satisfaction guarantees in the industry.

Our staff is recruited from the ranks of people who are passionate about their sports and who enjoy sharing their excitement. Extensive training, continuing clinics and opportunities to participate in the sports they love ensure a high level of expertise.

Pete & Karen

Editor's note:

Sallie Urffer, Editor

John from NJ asks: "What's a gear inch???"

It wasn't until I started learning to race on the track that I really cared about gear inches. But once I understood them, they became handy because they compare gearing independent of wheel size. For those that still don't know what a gear inch is, the bigger the gear inch the farther the bike goes for one revolution of the pedal. So....how does a 39x12 gear compare to a 53x14 gear on (700C wheels)? 87.75 gear inches to 102.2!

Here's the gear-inch formula:

Teeth on chain ring divided by teeth on cassette cog, multiplied by 27

Why 27? It's a throwback to when a 27-inch wheel was the common size for road bikes. That number is still used even though the wheel standard has become the slightly smaller 700C. If your bike has 26-inch wheels, you would multiply by 26.

A benefit: If you calculate the gear inches for all the chainring/cog combinations on your bike, you can spot large gaps or wasteful overlaps. So when you're shifting it can help you know how many cogs to shift up or down to when you switch between the 39 & 53 chain ring. For example you are going up a hill in your 53 x 25 and you need the next gear down, you shift to the 39 X 19 or 3 cogs up on a 10 speed. Compact gearing and triple chain rings have different number of teeth, so for a compact you may have 50 & 34 chain rings. A website I use to help me with calculations is www.sheldonbrown.com It makes life easier and eliminates the math!

If you come to the track and hear Pete or I say that we race in a 90 you'll know that we are talking about gear inches.

Hope this helped.

Happy pedaling,

Sallie



Junior Report

Gwen Hoover, Jr. Coordinator

Cycling season is in full swing. The LWA Future Champions (Team BikeLine) have been competing around the state (and even at the Tour de Syracuse in NY) since the March Training Series.

June 5 was the Time Trial State Championships held at the Art Museum in Philadelphia. Congratulations to all of our kids who participated and team dad Scott Korbich who also posted a time. Team BikeLine State Champions are Melissa Garcia and Colin Kelly and Silver Medalist Nadia Latzgo.

All junior winners at this event (except for the winner of the girls 10-12) got their start with our club. Congrats to State Champions and LWA graduates Zach Noonan, Zach Semian, Luke Bateman and Hannah Hayduk. 5 of the 6 silver medalists also got their start with our club. We are very proud of the mentoring program we offer that helps kids get their footing in the sport.

Tuesday nights you will see our youth cyclists racing at the Lehigh Valley Velodrome. If you haven't been out for amateur night, it's a great time.

On July 18th and 19th the club hosts the Annual Nicole Reinhart Memorial Tour de FCCC junior stage race. Last year nearly 100 junior cyclists from a dozen states and Australia participated in the event. If you are free on Saturday, come watch a great day of junior cycling in a beautiful setting of the Rodale Institute in Kutztown. Donated baked goods and volunteers are also greatly appreciated.

As you may have guessed, this has been a difficult year for fund raising. Although we received a grant from USA Cycling and have been named one of just a few "Centers of Excellence" by the USA Cycling Development Foundation, we are having trouble-making ends meet for this year's event. Anyone interested in make a donation to the race, our scholarship fund, or perhaps having their company sponsor the event should contact Gwen Hoover (ghoover@ptd.net or 610-216-1484).

If you know ANY kids 8-18 interested in cycling and getting more involved (touring or racing, track or road) please have them contact me. We have mentors, family rides (Saturdays at 10am), loaner bicycles.

Gwen.

Speed Racer's Report

Pete Siegfried, VP Racing

There are a lot of LWA sponsored races coming up in July and August. We can use everyone's help with marshalling. If you can help, please contact me Racer866@aol.com. Race flyers can be found on the website or at bikereg.com. Following is the race schedule:

- July 12 – JBN Criterium @ LV Industrial Park IV
- July 18 - Ed Peters Memorial Weekend - Fitness Park Crit. (PA Masters State Championship
- July 19 - Ed Peters Memorial Weekend – Sportsfest @ Irvine St, Allentown – in front of Dieruff HS.
- Aug 15 – DeSales Criterium @ Emrick Blvd campus
- Aug 16 – DeSales Circuit Race @ Center Valley campus

The Junior Regional and State Track Championships were held at the Velodrome June 2, LWA/Bikeline Jrs ruled the races, and hopefully Gwen will write more about it next month.

Also on July 25-26 Masters Regional and State Track Championships and Elite Qualifiers will be held at the Velodrome – you can register at: <http://www.bikereg.com/events/register.asp?eventid=7483>

The 2009 USA Cycling Masters Track National Championships have been relocated to the 7-Eleven Velodrome in Colorado Springs, the national governing body. The event, slated for August 18-23, opened for online registration at Sports Base Online on Sunday, June 21.

When master's track nationals were last held in Colorado Springs in 2006, the high altitude and fast racing surface set the stage for 13 world records to be broken.

CVA will soon announce expanded training times for the two weeks prior to the national championship event, meaning that riders from around the country will be able to maximize their training opportunities at the 7-Eleven Velodrome.

Keep the rubber side down!

Pete

BTW.... sorry I didn't get the racing results done in time for this newsletter.

Classified Ads

ARTICLES FOR SALE
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 Sallie @ sjurffer@rcn.com

The rules of cycling also apply to life. Take care of yourself. Set goals. Learn from the experts. Share your wisdom. Be encouraged.

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

July 09

LWA Discount Sponsors

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

Action Wheels*

531 W. Broad St.
Bethlehem, PA 18018
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Allentown, PA 18104
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2112 Schoenersville Rd.
Bethlehem, PA 18018
610-691-0943

Cycledrome*

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Trexlerstown, PA 18087
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408 N. Easton Road
Glenside, PA 19038
215-885-7433

Longswamp Bed & Breakfast

1605 State Street
Mertztown PA 19539
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www.longswamp.com

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2510 MacArthur Rd.,
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Saucon Valley Bikes *

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Hellertown, PA
610-838-1500
www.sauconvalleybikes.com

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Topton, PA 19562

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

Therapeutic & Sports Massage

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

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Fleetwood, PA 19522
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***10% off parts and accessories**