

Guide to

# Cycling

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# Lancaster County has *Pedal Power*

From commuting to work to 100-mile century rides, bicyclists are taking to American roads and trails like never before. And nowhere is that more apparent than in southeastern Pennsylvania.

Lancaster County, in particular, has witnessed a significant increase in the two-wheeled phenomenon. It's become so apparent that LNP Media Group decided to explore the trend and provide our readers with everything they need to know about the local cycling scene.

We call it Pedal Power and it's our effort to educate, inform and help our readers understand the who, what, when, where and why of bicycling in the region.

## Who

It seems we all know someone who's "into" cycling. They may fall into one of the following categories:

**The Commuter:** Generally, folks who seek to minimize their carbon footprint, don't have too far to go to get to work and like the invigorating, mind-clearing experience of physical activity before and after the office. Better marked bike lanes and higher gas prices have resulted in an 80 percent increase in Pennsylvania bicycle commuters since 2005. For local information on bicycle commuting, visit [pacommuterservices.org](http://pacommuterservices.org) and be sure to take part in this year's Ride to Work Day on May 20.

**The Tourist:** From the casual bike path rider to the determined century participant, this is by far the biggest segment of the bicycling population. Bicycling Magazine, based in the nearby Lehigh Valley, consistently ranks the Lancaster area, with its rolling farmland and back country roads, as one of the best areas for cycling in the United States. A great resource for the inside scoop on local cycling is the Lancaster Bicycle Club, [lancasterbikeclub.net](http://lancasterbikeclub.net). The club welcomes newbies, runs numerous events throughout the year and knows all the best cycling roads.

**The Mountain Biker:** For those who would rather take to the woods, there's always mountain biking. With plenty of off-road options, including everything from well-groomed trails to more challenging single track, it's best to check in with your local bike shop since not

all trails welcome mountain bikers and many of the good locations are on private property and not widely publicized. One excellent place is our own Lancaster County Central Park with miles of easy to challenging trails. Learn about these trails and more at [mtbr.com](http://mtbr.com).

**The Racer:** OK, these are the Lycra-clad guys and gals who take cycling seriously. Lancaster has a long tradition of breeding national-level racers thanks in large part to our great training roads, numerous local races and the nearby velodrome in Trexlertown, the Valley Preferred Cycling Center, run by 2000 Olympic Gold Medalist Marty Nothstein. In fact, the face of the LNP Pedal Power program is the LNP-sponsored Pennsylvania Lightning, a top-level international team that will be racing throughout the area this summer. You can read all about the team and where to watch them in this guide and on the team's website: [palightning.com](http://palightning.com).

## What

The bicycle, of course. And the best place to find the one that's right for you is at your local bicycle shop. (See list on page 7.)

## When and Where

Check out these local cycling events that will include appearances by PA Lightning members on page 4.

## Why

Here's what People for Bikes says:

*"We ride for fun. We ride for fitness. We ride to get from here to there, to free ourselves from the daily grind, and to make our world a better place through bikes. Sometimes we ride for no reason at all.*

*We ride because we love how riding a bike creates a cool breeze on a still morning and how, after a long day at work, hopping on a bike makes us feel like the day has only begun. We ride so that our kids can enjoy the simple pleasure of two-wheeled adventures around the neighborhood. We ride to make familiar places new again.*

*But mostly, we ride because it's fun."*



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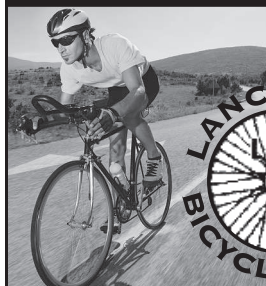


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# Meet the PA Lightning



**Michael Chauner**  
Age: 29  
West Chester, Pa.

Michael Chauner has been involved in cycling for 16 years as an athlete, coach and entrepreneur. He began racing at age 14 and steadily improved through the junior ranks, collecting state and national championship medals, earning a spot on the Junior National Team in 2004 and competing with team USA in Belgium, France and Holland. He graduated from Bucknell University in 2008 with a degree in psychology and collected 11 collegiate cycling victories throughout his academic career. Michael turned professional in 2011 and balances racing excursions to Europe with elite racing throughout the U.S. He is well known and respected regionally with 5 wins in 2015 including the Pennsylvania State Road Championship.



**Stephen Hall**  
Age: 25  
Bibra Lake, Australia

Arguably the PA Lightning's most decorated rider, Stephen Hall has competed all over the world, including several summers in Pennsylvania at the Valley Preferred Cycling Center where he is a local favorite. Steve won numerous track competitions in 2015, including the Taiwan International Track Classic, Keirin Revenge, and the Champions of Sprint. In addition to his track success, Steve's road cycling has taken him to the heart of bike racing culture worldwide in Europe, where he won multiple events and gained both mental toughness and world class seasoning. Hall is pleased to join the PA Lightning as an experienced competitor and leader.



**Patrick Jones**  
Age: 23  
Duneden, New Zealand

Patrick "Paddy" Jones is an up and coming talent with a bright future who has spent years at a young age racing in the United States. A former New Zealand national team member, Patrick spent his first summer in Pennsylvania to race at the international Valley Preferred Cycling Center in 2012, and quickly fell in love with the American culture. Continuing to come back every summer to race, Patrick broke out in 2015 with an international track win on Pennsylvania's only velodrome. Patrick also studies film at home in New Zealand and he is a connoisseur of history and the exploration of different cultures.

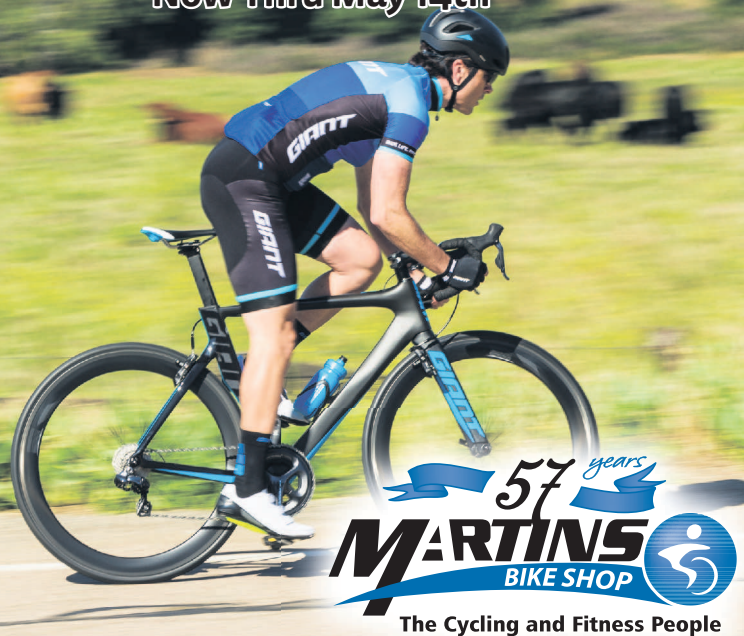


**Tyler Nothstein**  
Age: 21  
Orefield, Pa.

Tyler Nothstein is a true product of the Pennsylvania cycling scene and gets his athletic pedigree from his father, Marty, who was Olympic sprint champion at the Sydney Games. Although "Bones" is the team's youngest competitor, he showed emerging talent on the velodrome this past summer and, by the end of the season, had joined the ranks of the most elite up-and-coming track racing prospects in the country. Tyler is attending Penn State University and plans to balance his education with his blossoming cycling career.

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## LOCAL RACING EVENTS

**May 7:** Turkey Hill Country Classic, Millersville  
[bikereg.com/turkey-hill-country-classic](http://bikereg.com/turkey-hill-country-classic)

**May 20:** Bike to Work Day, Lancaster  
[pacommuterservices.org](http://pacommuterservices.org)

**June 3:** Valley Preferred Velodrome Opening, Trexlertown  
[thevelodrome.com](http://thevelodrome.com)

**June 4:** Pedal to Preserve, Lancaster Farmland Trust  
[lancasterfarmlandtrust.org/](http://lancasterfarmlandtrust.org/)

**Early July:** Ride with the Team Picnic, Pennsylvania Dutch country  
[palightning.com](http://palightning.com)

**July 9:** Historic Marietta Bike Race  
[bikereg.com](http://bikereg.com)

**July 15-21:** USAC National Track Championships, Trexlertown  
[thevelodrome.com](http://thevelodrome.com)

**Aug. 6:** Farm to Fork Fondo, Lancaster  
[farmtoforkfondo.com](http://farmtoforkfondo.com)

**Aug. 14:** Covered Bridge Metric Century, Lancaster County  
[lancasterbikeclub.net](http://lancasterbikeclub.net)

**Sept 24:** Post-season Picnic and Bike Swap, TBD

**Sept 25:** Cyclo-cross clinic, TBD

## Getting in gear

When people are drawn to cycling, they typically carry more motivation than knowledge of where to begin. Unfortunately, with the limitless technology and resources in the bicycle industry from heart rate monitors to on-bike GPS devices, finding the right tools to get started can be overwhelming.

After you've set your cycling goals, you should stick to one philosophy rather than drowning yourself in too many different theories. Step one is to find the experts in your area.

### Buying a new bike

Finding the right bicycle retailer in your area can be tricky and stressful, much like shopping for the perfect car. Since sizing and customizable preferences vary from bike to bike, it is better to make a bicycle purchase in a shop rather than online.

Lancaster County is home to numerous quality bike shops. **For a list of shops, see the guide on page 7.** But the key to a new bike purchase is the proper fit. Comfort, efficiency and injury prevention are an integral part of

purchasing and setting up the proper specifications. Look for a retailer who not only sells the industry's top products, but also offers services to perfectly set you up on your new ride.

Professional bike fitting is also available through Kauffman Physical Therapy in Lancaster. Physical therapist Marty McKeon, an avid cyclist, is a certified professional bike fitter through the Serotta International Cycling Institute. He uses his knowledge of anatomy and kinesiology to assist cyclists of all disciplines.

[kauffmanphysicaltherapy.com/](http://kauffmanphysicaltherapy.com/)

### Recreational riding

The beauty of Lancaster County farmland and its intricate network of scenic country roads have created a vast cycling population in the region. If you are an avid recreational rider and want to join a group that is both active and social, the Lancaster Bike Club is a great place to start.

Organizers of the annual Covered Bridge Metric Century ride event, the club has been working actively in

bicycle-related projects for 17 years.

According to its website: "The Lancaster Bike Club carefully plans rides and related events such as bike-safety courses that result in self-confidence, physical fitness, and improved technical skills. Members support and encourage each other, learn from each other, and enjoy the camaraderie of riding in a group."

[lancasterbikeclub.net/](http://lancasterbikeclub.net/)

### Competitive cycling

Pennsylvania is one of the nation's top cycling states, producing more Olympians from its velodrome in the Lehigh Valley than anywhere else in the country. Road, track, cyclo-cross and mountain bike races are a weekly occurrence if you are interested in spectating or racing yourself.

The Pennsylvania Cycling Association is the ultimate resource for competitive cycling in the state. Their website contains a calendar for every discipline, a list of racing teams, and information on anything related to racing.

[pacycling.org](http://pacycling.org)





# Getting in shape

Whether you are dusting off the old bike from the garage or furiously training for that century ride this July, you want to make sure to take a smart approach to getting into cycling shape this summer.

It's a common misconception that the only ones who need a plan are the Lycra-clad racing addicts. In fact, all disciplines of cyclists, from racers to commuters, can benefit from a little extra fitness to make their riding experience both more fun and less painful.

All goals you set should be attainable and realistic, based on your current condition, circumstances and time you can dedicate to riding. If you commute to work, for example, you could ride the same route every day, average out your daily times and make a six-week goal to complete it 10 percent faster. Once your goal is set, you should find the best training method to get in shape from today's vast list of resources.

## Indoor training

Every type of cyclist can benefit from structured workouts on a stationary bike or "trainer," a tool that connects to your own bicycle wheel that allows you to ride indoors. A "smart trainer" is an electronic stationary unit that hooks up to any road bicycle and typically measures speed, heart rate and power output that is logged automatically into your training database.

Even when the weather is warm, doing one to two interval workouts during the week will greatly increase your cycling fitness, whether you race or simply commute to work.

## Smart trainers

**Wahoo KICKR:** One of the industry's leading smart trainers, the Wahoo KICKR offers virtually infinite training applications that you can download onto your computer to track all of your training hours and fitness.

[wahoofitness.com/](http://wahoofitness.com/)

**Computrainer:** The original electronic smart trainer. Sturdy and reliable, Computrainer is a smart and safe bet that uses the latest technology to control and improve your fitness.

[racermateinc.com/](http://racermateinc.com/)

## Training apps

**Strava:** Using your phone GPS, you can now track your routes on the way to work, when you are out training or to simply remember where you went that day. Strava is an application that times you when you ride through road

segments and allows you to set PRs and document your rides. This is a great tool to use for all levels of cyclists and will give you extra motivation to better your times from week to week.

[strava.com](http://strava.com)

**Zwift:** A growing trend in the cycling world, Zwift is a popular new app that turns bike riding into virtual reality. With elaborate online worlds, you can pedal through programmed courses and meet up with your friends online for group rides.

[zwift.com](http://zwift.com)

## Consulting a professional coach

Even with the latest technology, you need to be able to interpret all of the data, track your fitness and know how to apply it to your plan. And you don't have to be a bike racer to take advice from a professional. Michael Chauner of the PA Lightning is the owner of Vitesse Sport Performance, a coaching company that helps cyclists of any level achieve their personal goals by working with them on fitness, technique and more.

[vitesseperformance.com](http://vitesseperformance.com)

## Spokes and scoops

Bicycling Magazine named Lancaster County's "Ice Cream Lover's Ride" the best cycling route in Pennsylvania:

**"On this 40-mile route — with just 52 feet of climbing — you can find killer ice cream at Bird-in-Hand Bakery (12 miles in), Lapp Valley Farm (23 miles), and Oregon Dairy (36 miles), where scoops are sized calf, heifer or cow."**

[lancasterbikeclub.net/wp-content/uploads/Cues/Landis\\_Valley\\_Farm\\_Museum/Ice\\_Cream\\_Lovers\\_Ride.pdf](http://lancasterbikeclub.net/wp-content/uploads/Cues/Landis_Valley_Farm_Museum/Ice_Cream_Lovers_Ride.pdf)



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# Cycling: Something for everyone

Back in the late 19th century, the bicycle emerged as the first personal transportation alternative to the horse. In fact, until the automobile arrived, there was a serious belief that the future of transportation belonged to the bicycle. It spawned a two-wheel craze that swept around the world and laid the foundation for every imaginable use of the bicycle, from basic transportation to professional sport. That diversity is truer today than ever, particularly when surveying the most popular forms the sport has taken. Here's the basic breakdown:

**BMX:** "Bicycle motocross" is a relatively new phenomenon that grew out of the kids' high-handlebar Schwinn of the '60s and '70s. Jumps, berms and banked turns were built into small BMX tracks around the country and the sport soon became a key feature of the action sports genre made popular by ESPN's X-Games. BMX racing was added to the Olympics in 2008.

**Charity rides:** Some of the most popular cycling events are ones that benefit a good cause. Participants pay an entry fee and gather pledges from businesses,

friends and families. Usually riders can choose one of several ride distances and enjoy refreshment stops along the way. The best known in our area are the annual Pedal to Preserve ([lancafterfarmlandtrust.org/](http://lancafterfarmlandtrust.org/)) and the Covered Bridge Metric Century ([lancafterbikeclub.net](http://lancafterbikeclub.net)), both 2016 LNP Pedal Power events.

**Cyclo-Cross:** Wildly popular in Belgium and now spreading across the U.S., this off-season form of road racing is held on short, serpentine courses full of mixed terrain and obstacles that force riders to dismount and remount several times each lap. A special cyclo-cross bike is a must.

**Grand Fondos:** Literally translated "Big Rides," grand fondos have become amazingly popular in the last decade in the U.S. Geared toward the more serious recreational rider and racer wannabes, Grand Fondos usually feature several timed sections along a choice of routes and are becoming quite the social event for avid bike riders. Combined with weekend activities, product expos and gourmet meals, the best have become weekend happenings. LNP Pedal Power is featuring Lancaster County's first, the

Farm to Fork Fondo, on Aug. 5-6. The event is produced by ex-pro bike rider Tyler Wrenn and will feature appearances by members of the PA Lightning and the Colavita women's pro cycling team. [farmtoforkfondo.com](http://farmtoforkfondo.com)

**Mountain biking:** Like BMX, mountain biking is an American-bred phenomenon. Always featuring more stable balloon "fat" tires, upright handlebars and extremely low gears, mountain bike racing now includes fast downhill events, short circuit races and cross-country challenges. Men's and women's cross-country mountain bike races were added to the Olympic Games in 1996.

**Road racing:** Everyone has heard of the Holy Grail of bicycle racing, the Tour de France. Only interrupted by two world wars since its founding in 1903, "Le Tour" lasts for three weeks and has become one of the biggest sporting events in the world with an estimated global audience of close to one billion. The Tour is the archetype of stage races, defined as multi-day races where a rider's time for each leg or "stage" is accumulated to determine the overall placings.

In the United States, the most popular and prevalent form of road racing is the "criterium," loosely defined as a multi-lap race on a closed circuit of between one half mile and 1.5 miles. Usually held in a downtown area or park, this form of racing is the easiest to watch and, with good promotion, top racers, music and announcing will draw an enthusiastic crowd like at last year's Rock Lititz Tour (looking to be revived in 2017).

**Track racing:** Although road racing is the most popular form of cycling competition today, bike racing on specially designed tracks with steeply banked turns, called velodromes, has long been popular throughout the world. In fact there are over 900 velodromes worldwide and 29 in the United States. Arguably the best outdoor velodrome in the world is the Valley Preferred Cycling Center in nearby Trexlertown. Since 1975, it has featured international racers in a 12-week season of Friday night races and special championship events.

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CAROLYN E. WORTHINGTON

## Ride with a guide

Guided bike rides are becoming increasingly popular in Lancaster County. They allow you to enjoy your surroundings while taking some of the thinking out of riding.

Intercourse Bike Works has guided rides that have earned five stars on TripAdvisor. Rebecca Branle, who owns Intercourse Bike Works with her husband, says their guided bicycle tour that ends with a farm-to-table meal in an Amish home is their "No. 1-rated experience." She also says their guided rides aren't just for tourists. "In fact, locals love the fact that we have a Wall of Routes." Those routes are self-guided tours that explain points of interest along the way.

The Common Wheel is another bike shop that offers tours, but their rides meander through downtown Lancaster. Jason Ingargiola, the service manager, says, "One of my most favorite things to do is to explore the public art throughout the city." He says that he likes to take riders past a sculpture in Crystal Park, and murals painted on East Side Community Kitchen and Fulton Elementary. "I like to show people parts of the city they might not know about," Ingargiola says.



# Lancaster County *bike shops*

## **Barebones Bicycle and Fitness**

21 W. Main St.,  
Strasburg  
(717) 288-2201

[barebonesbicycle.com](http://barebonesbicycle.com)

## **Bicycle Barn**

839 Reading Road,  
East Earl  
(717) 445-8508

## **Bicycle & Fitness Outfitters**

51 S. Market St.,  
Elizabethtown  
(717) 361-8100

[etownbikeshop.com](http://etownbikeshop.com)

## **Bike Line**

117 Rohrerstown Road,  
Lancaster  
(717) 394-8998

[bikeline.com](http://bikeline.com)

## **Cycle Circle**

131 N. Plum St.,  
Lancaster  
(717) 295-3193

[tompodcycles.com](http://tompodcycles.com)

## **Dream Ride Projects**

100 S. Queen St. #2,  
Lancaster  
(717) 397-2503

[dreamrideprojects.org](http://dreamrideprojects.org)

## **Era Bike & Ski Shop**

830 Flory Mill Road,  
Lancaster  
(717) 560-9000

[erapro.com](http://erapro.com)

## **Green Mountain Cyclery**

285 S. Reading Road,  
Ephrata  
(717) 859-2422

[greenmtncyclery.com](http://greenmtncyclery.com)

## **Green Mountain Cyclery**

805B Rohrerstown Road,  
Lancaster  
(717) 947-4948

[greenmtncyclery.com](http://greenmtncyclery.com)

## **Gretna Bikes**

928 N. Prince St.,  
Lancaster  
(717)-945-6497

[gretnabikes.com/](http://gretnabikes.com/)

## **Horning's Bike Shop**

941 Martindale Road,  
Ephrata  
(717) 445-4305

## **Intercourse Bike Works**

3614 Old Philadelphia Pike,  
Intercourse  
(717) 929-0327

[intercoursebikeworks.com](http://intercoursebikeworks.com)

## **Jack's**

525 Hopeland Road,  
Stevens  
(717) 733-6042

## **Lancaster Bicycle Shop**

1138 Manheim Pike,  
Lancaster  
(717) 299-9445

[lancasterbicycleshop.com](http://lancasterbicycleshop.com)

## **Lancaster Velo**

134 S. Centerville Road,  
Lancaster  
(717) 598-4101

[lancastervelo.com](http://lancastervelo.com)

## **Lititz Bicycle Workshop**

53 N. Cedar St.,  
Lititz  
(717) 626-3963

[lititzbicycleworkshop.com](http://lititzbicycleworkshop.com)

## **Martin's Bike Shop**

1891 Division Highway,  
Ephrata  
(717) 354-9127

[martinsbike.com](http://martinsbike.com)

## **Radius Bike Shop**

545 New Holland Ave.,  
Lancaster  
(717) 553-4004

[radiusbike.com](http://radiusbike.com)

## **Rails to Trails**

1010 Hershey Road,  
Elizabethtown  
(717) 367-7000

[railstotrail.com](http://railstotrail.com)

## **Shirk's Bike Shop**

1649 Ligalaw Road,  
East Earl  
(717) 445-5731

## **The Common Wheel**

701 E. King St.,  
Lancaster  
(717) 461-3386

[thecommonwheel.com](http://thecommonwheel.com)

## **Weaver's Bike Shop**

230 Scheaffers School Road,  
Ephrata  
(717) 656-9385

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