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THE ROAD AHEAD

War vet will get it going at Wind Gap race

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Memorial Day is a time to remember, and 82-year-old Rick DeRenzis of Bangor is going to make sure people remember the men and women who have fought so valiantly to give their lives in service to our country.

Monday, the World War II veteran of the U.S. Navy will be the starter for the 2010 Tortoise and Hare 5K race and walk at Wind Gap Memorial Park, which is run by the Easton Suburban Kiwanis Club to support Valley Youth House.

The event is free for active military personnel -- \$25 the day of the race -- and entrants receive commemorative performance-wear T-shirts.

DeRenzis is an accomplished runner and lists running a 5K with his daughter, grandchildren and great-grandchildren, along with carrying the Olympic torch for the 1984 Los Angeles Olympic Games, as his greatest thrills. He has run more than 600 races, including marathons and sprint triathlons.

For information on the race, go to <http://www.tortoiseharerace.org>.

Local author: Clair Kowalchik of Emmaus, former managing editor for Runner's World, has contributed a chapter to the recently published book "The Ultimate Runner: Stories and Advice to Keep You Moving," by Tom Green and Amy Hunold-VanGundy. Kowalchik wrote the chapter, "What Every Woman Needs to Know About Running."

Kowalchik is the author of "The Complete Book of Running For Women" and is a veteran of eight marathons.

Cycling along: I've been a bit distracted covering the Philadelphia Flyers in the playoffs, and I missed the national Bike to Work Day last week.

Cycling is an excellent exercise and lifestyle, and if we all had safe routes to work, many more of us would bike to the office. The volume of motorized traffic in the Lehigh Valley sometimes makes that impossible, causing problems for even veteran cyclists. Just a few years ago, Emmaus High School graduate Kim Geist had her Olympic hopes put on hold when she was run over by a tractor-trailer during a training ride. Cyclists stand to lose much in car-bicycle collisions.

The nonprofit group Bike Belong (www.bikesbelong.org) has an initiative called People for Bikes (www.peopleforbikes.org) which hopes to sign up 1 million cyclists of all styles and abilities to encourage government leaders to support legislation to improve bike paths, lanes, trails and other facilities to make it easier and safer for people who want to take advantage of bicycling for commuting, fitness and recreation.

A study in New York City showed cycling ridership increased 28 percent after the city improved biking lanes and parking-related facilities.

Those of us who ride know that when we drive, we need to keep our eyes open for fellow cyclists, even when those cyclists are darting through traffic on the downtown streets of Allentown. This is a call for all motorists to please be alert for cyclists, especially now that cycling season is in full swing as a recreation. When in doubt, give the right-of-way to the lower form of transportation. The life you save may someday be saving you on an operating table or teaching your child in school.

Landis column: My column on Floyd Landis admitting to having used performance enhancing drugs and methods, and the new accusations he has leveled at Lance Armstrong and others, elicited a lot of response in my e-mail basket.

One of the most complimentary was from Tom Dickson, M.D., an orthopedic surgeon and one of the founders of the current OAA Orthopaedic Specialists group. Dickson was at the forefront of drug-testing in the United States. He was the team doctor for the 1984 U.S. Olympic cycling team and blew the whistle on a group of riders and team managers who pushed blood doping, the transfusion of plasma into normally healthy cyclists, in order to help facilitate oxygen transportation, thereby increasing aerobic performance.

Dickson was the ranking drug tester in the country when he retired from that service in 2000. He also was the crew chief for drug testing during the 1996 Olympics in Atlanta, and was the doping control officer for the Philadelphia International Championship race when Lance Armstrong won a \$1 million prize.

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