



# QUICK RELEASE

newsletter of the  
LEHIGH WHEELMEN ASSOCIATION Inc.

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May 2009

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## Let's Play!

### Phil Eempio, President

Our new website is now live, and ready to accept registrations via PayPal. For mail in registrations, there should be a new link up on the site in a few days - I will send out an email about that when it occurs, as well. A few notes about the membership renewals:

1. You will need to enter all of your information as if for the first time. For family memberships, this includes the first names of all family members.
2. It takes about 24 hours for payments to clear PayPal in order for your membership to move to "active". So, once you register, give things about a day to get set up and running, and you should be good to go. If you don't have full access to the website after 48 hours, contact the webmaster at [lwa.membership@gmail.com](mailto:lwa.membership@gmail.com), and we'll get you fixed up.
3. Once your account moves to "active" from "pending", you will be able to add rides to the ride calendar. More functionality will be coming for registered users, so check in frequently to see what's new.

The new website can be located at:  
<http://www.lehighvalleywheelmen.com> or  
<http://www.lehighvalleywheelmen.org>

As of right now, the primary functions active on the website are the membership module, and the ride calendar. More functions will be coming on line as we continue to update the website. Comments about the website, including problems, suggestions for features, etc., should be directed to [lwa.membership@gmail.com](mailto:lwa.membership@gmail.com).

Thanks again to everyone for your patience. Please try and bear with us as we get through this initial period with the new website.

Yours truly,  
Phil Eempio

**May is National Bike Month** promoted by the League of American Bicyclists. Check the [LAB website](#) for information, ideas and help with organizing Bike to Work Week on May 11-15 and Bike-to-Work Day on May 15

**May is National Osteoporosis Month**, if you're over 40 you can get a free bone density exam at Lehigh Valley Health Network, call 610-402-CARE for more information.

**Congrats** to Chris Paradysz who did an outstanding ride for 24-hour ride April 24 & 25. He did 2010.72 laps at the Valley Preferred Cycling Center for a total Distance of 669.63 kilometers. The old record by Curt Bond was 629.72 kilometers stood for 28 years.

## 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 5:30 PM**

## SCHEDULED MEETING

**Tuesday, May 19, 2009**

**7:00 PM-8:00 PM: TBA**

**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 20<sup>th</sup> of every month.

# Business and Pleasure

## Treasurer's Report

**Stephanie Begovich, Treasurer**

No report

## Secretary's Report

**Jen Sprankle, Secretary**

No report

## Membership Report

**Linda Roeder, Membership Coordinator**

No report

## Webmasters Corner

**Terry Terfinko, Webmaster**

Welcome to the webmasters corner. I have been receiving lots of input for improving our new website. Our first priority was to accept membership registrations. Second was to get a working ride calendar. So far we have over 100 registered members through the automated PayPal process. We are working on the process for accepting manual payments. Prior membership information was not transferred from the old website so you will need to supply your Name, Email address, userid and password when renewing your membership.

The ride calendar is functioning and we realize it has some inadequacies. I have a list of several issues brought to my attention and I will be investigating our options to improve. All registered members can post rides. Rides are viewable by the public unless the ride is marked private when posted. The privacy field is at the bottom of the posting page. Rides marked private are only viewable by members. A few things to keep in mind when you post a ride:

In the **Event Description** field include the following:

Starting Location:

Ride Distance:

Description of the Ride: Terrain, rest stops, etc.

In the **Event Date** choose the start date and time, then select No End Date.

Remember to include your contact information and Email in the fields provided.

The Gallery page is ready for members to post their pictures. All registered members can upload pictures and add subcategories for their pictures.

Lin Roeder has been busy setting up the juniors section. Be sure to visit this section for the latest information on our juniors events and programs.

*Terry Terfinko*



## Editor's note:

**Sallie Urffer, Editor**

Since there are some novice riders in the club I gathered some words of wisdom from experienced riders. Here is the first of ten!

Group riding – if it's your first ride with a group tell the leader, arrive 15 minutes early, talk to the people on the ride if you're having trouble, know how to change a tube, and the posted speed is the average speed, you may go faster and slower than that speed. Always tell the ride leader or at least someone when leaving the group. If you're in a pace line, keep it smooth, don't brake, don't speed up when taking your turn at the front and point out obstacles. If you're concerned about being able to finish, don't pull at the front or take very short pulls. Get as much draft as you can. Climb at your own pace and don't let the group push you. If you go in front of the ride leader, you may get lost if they turn, always know where your ride leader is or you may be on your own if you go off the front. Don't stare at the person's wheel in front of you and please don't hit it. Don't try a ride longer than 50% more miles than you have previously ridden. We've see people start a ride that is 50, 70, or more miles, but they have never ridden more than 15 miles at a time before. They suffer badly and may possibly "hang up the bike". If a new rider wants to ride a century, they should build up to it by doing successively longer rides each weekend in the six weeks leading up to the big event.

Happy pedaling,

Sallie

BTW - Send me your letters to the editor – you may find it in the next QR!

## Classified Ads

<b>ARTICLES FOR SALE</b>
<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 Sallie @ [sjuffer@rcn.com](mailto:sjuffer@rcn.com)

# Bike Line/LWA Racing Team News

## Team News

Pete Siegfried, VP Racing

## The Speed Racer Report

OK, so we are done with the first month of racing!

The March Series went very well. All of the corners were covered and our registration table was very well covered too. Thanks to some junior parents, we had most of the parking lots covered as well. All of the racers enjoyed good weather for all but the last race, which was cancelled due to rain.

It looks like our Thursday night races will be on in spite of some construction in the park. They are installing some extra drainage pipes so the school next to the park will not flood us out. The construction took about three weeks and then they repaved the black top just in time to start racing on the second of April. In about three weeks they will do the other side of the park. That will again take about three weeks. During that time those who use it as a regular

training exercise will have to find something else. We had our first crit at the park and I understand we had the usual crash. Well now it's out of the way. We can get going with the rest of the season.

Also, the team went to Berwick for the annual Wheelmen cup race. We all had a great time. We won the Team Time Trial, and then we raced the points race. The points race was very close. We were losing until the final sprint and then we got all the points because we had one away and some in the lead field. Then we had a lot of guys in the chase field that stepped up and got the winning points. Overall Total Points for the Event:

First - Lehigh Wheelmen – 91 points  
Second – Sicklers Wheelmen – 75 points  
Third – Dutch Wheelman – 59 points  
Forth – Cycledrome Wheelmen – 15 points

Stay safe on the roads, work hard on your racing and riding and I'll see you on the road.

More later,

Pete Siegfried

## Race Results



RACE TITLE / LOCATION	DATE	TYPE	RACER	CATEGORY	RESULT
500m TT Forest City Velodrome Winter Nationals/ London ON Canada	1/30/2009	Track	David Gulick	Masters	6th
Point Race Forest City Velodrome Winter Nationals/ London ON Canada	1/30/2009	Track	David Gulick	Masters	7th
Flying Lap Forest City Velodrome Winter Nationals/ London ON Canada	1/31/2009	Track	David Gulick	Open	34th
Scratch Forest City Velodrome Winter Nationals/ London ON Canada	1/31/2009	Track	David Gulick	Masters	7th
3k Pursuit Forest City Velodrome Winter Nationals/ London ON Canada	1/31/2009	Track	David Gulick	Masters	8th
Omnium Forest City Velodrome Winter Nationals/ London ON Canada	1/31/2009	Track	David Gulick	Masters 2	1st
Bike Line Criterium Training Series	3/1/2009	Pts Crit	Chip Berezney	"A"	FIF
Bike Line Criterium Training Series	3/1/2009	Pts Crit	Chip Berezney	"B"	FIF
Bike Line Criterium Training Series	3/8/2009	Pts Crit	Chip Berezney	"A"	FIF
Bike Line Crit Series / Trexlertown, PA	3/8/2009	Crit	David Gulick	B	FIN
Bike Line Crit Series / Trexlertown, PA	3/8/2009	Crit	David Gulick	A	FIN
Bike Line Criterium Training Series	3/8/2009	Pts Crit	Scott Farmer	A	FIF
Bike Line Criterium Training Series	3/15/2009	Pts Crit	Chip Berezney	"A"	FIF
Bike Line Crit Series / Trexlertown, PA	3/15/2009	Crit	David Gulick	B	FIN
Bike Line Crit Series / Trexlertown, PA	3/15/2009	Crit	David Gulick	A	FIN
Bike Line Criterium Training Series	3/22/2009	Pts Crit	Chip Berezney	"A"	FIF
Bike Line Crit Series / Trexlertown, PA	3/22/2009	Crit	David Gulick	B	FIN
Bike Line Crit Series / Trexlertown, PA	3/22/2009	Crit	David Gulick	A	FIN
Bike Line Criterium Training Series	3/22/2009	Pts Crit	Scott Farmer	A	FIF
Bike Line Criterium Training Series		Pts Crit	Scott Farmer	B	FIF

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

May 09

## 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

### 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

### Nestor's Sporting Goods

2510 MacArthur Rd.  
Whitehall, PA 18052  
610-433-6051

### 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 Hwy  
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

16590 Route 61  
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