Let's Play!

Phil Esempio, 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, 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.org 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 functionality 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.

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 Esempio

May is National Bike Month

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.

Congratulations 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.


Due date for Quick Release articles is the 20th 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

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
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

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

May 09

LWA Discount Sponsors

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

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* please present card before ordering