



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

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Moving Forward!

Phil Eempio, President

As many of you already know, I am of the opinion that 2009 is a year of growth and change for the Lehigh Wheelman Association. Oftentimes, when a club has existed for a long period of time, as LWA has, members come to expect a certain level of event activity. For the LWA, this means major events like the Valley Veloce, the Donut Derby, the Gap Gallop, and the annual holiday party; but it also includes smaller, more regular events such as the Monday night rides, Women on Wheels, and the Smoothie rides. However, over the past few years, some of these events have either been scaled back, or in some cases, outright cancelled. The Valley Veloce is a recent example of an event being scaled back from a charity-based organized ride, to a simple social club ride, as it will be again this year.

A common question that I, as well as past presidents of the LWA, often have to field is, "How can you let (insert favorite club event here) be cancelled/scaled back/? It was always so wonderful in the past!" The answer to this question is a complex one. Large events like the Gallop or the Veloce take a huge amount of planning and organization; permissions for land use must be gained, food must be purchased and transported, and registration and rest stops must be staffed adequately in order for the event to be a success. Smaller events require less planning, but a more regular commitment – imagine blocking out two to four hours out of your busy schedule every week for six to eight months out of the year in order to regularly lead a ride! And yet, in every case, the organizers of these events are club members just like you, who have families and homes to care for, and usually a full-time job to boot, and yet willingly donate many hours of their time to insure such events go off year after year.

But bicycle clubs, like any other large organization, grow and evolve over time. While some events may fade out gracefully, others will sprout and fill their place. In 2009, we have started a monthly social ride, with multiple ride levels on similar routes, followed by a post-ride social get together. This month, it will occur on Saturday, June 20th, following the routes of the old Valley Veloce, with A, B, and C level rides. I hope you will come out and join us that day, and take the opportunity to meet some of your fellow club members afterwards.

Yours truly,
Phil

LWA Meetings

NEW MEETING LOCATION

LWA meetings are held the 3rd Tuesday of every month. **The June Meeting will be held at Phil Eempio's home. 134 S. Liberty St., Nazareth, PA 18064 at 7pm. The meeting will be preceded by a 5:30pm ride.**

SCHEDULED MEETING

Tuesday, June 16, 2009

7:00 PM-8:00 PM: TBA

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

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

Welcome to the webmasters corner. New membership continues to grow; we now have over 170 registered members. I have made some changes to the ride calendar. When a ride is selected the view is now larger and no longer a pop up. I have also removed the option to delete a ride. There was some confusion over the red delete X versus the smaller x to close the screen. If you need to cancel a ride, insert the word CANCELED in the title. You can reschedule this ride at a later date by simply changing the start date and time.

There is a new documents tab. Visit this tab to find all of the club documents. I am in the process of moving documents from the old Lehigh Wheelmen website. As documents are moved into the new area, they will be removed from the Link section.

The Gallery page has lots of new photos, be sure to visit and see what fellow riders are up to.

Terry Terfinko

Sponsor spotlight

Sleeping Dog Pro Cycles

Sleeping Dog Pro Cycles is modeled after a fit studio and a pro bike shop rolled into one. Having been in the industry for over 20 years I really wanted to focus on what I liked best, and had been doing for other shops but in a compromised way.

I was reading Bicycling Magazine and happened on a great article about fit studio's, and it just clicked, I wanted to do that," give the upper end customer service comparable to the bikes they ride". What that means is that bicycle service is more specific than a standard bike shop, because I do not repair all kinds of bikes just upper end road and some mountain, therefore I'm not overwhelmed by lots of entry-level repairs and able to give your higher end bike the attention it deserves.

That is also the same attention given to the fitting process. I am a Serotta Certified Fit Technician, and have one of the most comprehensive Fit Studios in the area, including Serotta Size Cycle, set up with a computrainer to help with fit analysis and verification. Full fitting with interview body measurements, flexibility and foot assessment, along with "Rad Pedals" for precise cleat alignment.

As a consumer myself, I've always hated to have to travel to the city for some of the finer brands so I picked three brands that were not represented in the valley, Felt, Look and Parlee, some of the best bikes in the world, Parlee specifically picked by Pez Cycling News and Bicycling Magazine as one of the best bikes period. In this way I hope to live up to my motto "Best Fit & Best Service".

Thanks
John Ireland
Sleeping Dog Pro Cycles
(610) 682-1000
www.sleepingdogprocycles.com
Email: sleepingdogprocycles@dejazzd.com

Editor's note:

Sallie Urffer, Editor

RACERS.... lets discuss race numbers! Being a race official I get to see all kinds of contortions and distortions of race numbers. Let me say one thing, IF WE CAN'T READ YOUR NUMBER YOU WON'T BE SCORED!!!! Stop crumbling it up and teaching your kids to crumble it up, we can't read the number because it gets distorted. Worried about it flapping in the wind, pin it down. OH and pinning your number on, we are kind to Cat 5's when they have their number pinned on wrong, but those of you who haven't learned how to pin a number on.... shame on you. Here's a hint.... most jersey's have a side seam, use that as your guide for where the bottom of the number goes. Keep it above your pocket, off your belly and off the middle of your back. Placement is almost always perfect for us to read you number when it's placed perfectly on your side. Jrs...do your best if you're small. Also, DON'T sit up at the finish.... guess what, we can't read your number! YOU WANT TO GET SCORED ... SO WE NEED TO BE ABLE TO READ THE NUMBER.

Touring riders.... You're not off the hook. Learn to maintain your bike; chain-clean and lube it; gears-learn to shift them appropriately; stop wearing underwear under your bike shorts-they are made to be against your skin; tires-learn to changed them; and learn to stand up on your pedals without throwing your bike backwards into the person behind you! Most of all have fun on your bike, you are not in a race against time, maybe darkness, but enjoy the ride and take care of the people that are less experienced than you or who are having a hard time, you may be that person one day and pay backs are a bitch. I've been the person dropped on a ride not knowing where I was; it's not a happy time. Conversely, I've been on rides with excellent ride leaders like our Webmaster, Terry, where I knew I was going to be on a great ride and I wouldn't be dropped no matter what.

I'm off my soapbox. Hope you found great deals at the Velo swap meet and have come to one of the races at the Velo. Tuesday nights are just as great as Fridays. On Saturdays you will get to see all kinds of races with Masters & Rookies...we need some cheering too!

Happy pedaling,

Sallie

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

Touring Report

Gerald Polachak VP of Touring

I just want to say HI to all of the new members and anyone who doesn't know me. Also a big THANK YOU to all of our ride leaders who make this the great club that it is.

I have received only 46 rides sheets so far this year and I know there are lots more out there. You can give them to me anytime or mail them to: Gerald Polachak, 123 Clover Hollow Road, Easton, PA 18045.

We had our first club ride/social on May 16. I want to apologize for picking a place with no alcohol. That is the bad news, the good news is that in June there will be wine and beer in a cooler when you get to Mazola's. It was nice seeing some old faces and all of my riding friends. We had a great turn out and I hope everyone had a good time. We are having another one in June. Watch the calendar for the date. Phil will be putting this one on. I will be away riding in California for three weekends in June.

We are also having hot dogs and burgers after the ride on June 8 after the Monday night ride. If you would like to bring something to share it would make a good time even better. Thanks in advance. I hope all of you will come out and enjoy a Monday night of riding. There will be A,B and C rides.

With the riding year getting warmer and everyone coming out and riding we need more leaders. There have been lots of rides the past month which is a great thing. It would be nice to see more rides in June. For those of you who never lead a ride, I just want to say it is easier than you think. Last year was the first year I ever lead a ride and look at me now. Lol I have lead several rides and am VP of Touring. I promise if you lead a ride you will not have to be VP. But I do promise you will have a great time and people will thank you.

I welcome any ideas to make the rides better and thoughts on club functions.

Keep it safe and enjoy the warm weather.

Gerald

Speed Racer's Report

Pete Siegfried, VP Racing

This has been an interesting month already. You may or may not be aware that they are installing some drainage pipes under the course at the Fitness Park, so that when the school is built, the rain will not flood the park and cause a swamp around the trees and the macadam.

Each week we have been expecting to have to alter the course for our Thursday night race to utilize the small loop. So far this hasn't happened. The first week we showed up to run the race and the work was done on one side and we ran the race on a beautifully repaired course. We received word that the second pipe would be started a week or two later, and that we would expect it to take two or three weeks. The following week came and no work had been started. So, we raced the big loop again. The next week we expected the course to be cut so we planned to race the small loop and guess what? Yup, you guessed it. They were taking the trees out so that they can dig a basin for the rocks that will help the drainage. So, we raced the big loop again. Now it has rained from Friday through Monday [today] and maybe some more tomorrow. That leaves Wednesday and some of Thursday to cut the course for the big tube that will allow water under the course. What do you think will happen? Dare I guess or will I jinx myself?

Ok, now, a couple of things you might want to know.

Our Bethlehem race is on the 30th of May. We run a good race and an exiting time can be had by all who come and watch the races. The Bethlehem race is around Liberty High School, and races begin at 8:30 and end some time around 3:30pm. Some of the local shops may be open so ice cream and lunch food is not out of the realm of possibility. We often have a Massage Therapist on hand who would be happy to help you with a sore spot.

Also, the Fitness park race is on the 31st of May. This race is held at the Fitness Park across from the Velodrome. Races start at 8:30 am and end around 3:30 pm. Bring a blanket and sit on the grass to enjoy a relaxing day at the park.

If you have any race stories, please send them to me. I'd love to publish it. It doesn't need to be great writing. You know that. Just read mine and you know you can do it. Also, it doesn't have to be about winning. Just about racing. Win or lose. People love to read about it.

Keep the rubber side down!

Pete

A note from USA Cycling about Masters Road Nationals:

Dear USA Cycling Member,

Now that the 2009 competitive cycling season is in full swing, we know many of you are looking ahead to this year's USA Cycling Masters Road National Championships. Returning to Louisville, Ky. June 28 - July 4, this year's edition will again provide a competitive racing environment for our Masters athletes and crown national champions in time trial, road race, criterium and tandem events.

With just two months remaining until the event, online registration is set to open at 12:00 a.m. EDT on Friday, May 1. To register, please visit www.sportsbaseonline.com or click on the following link: www.sportsbaseonline.com/events/index.xhtml?categoryId=2820.

Based on previous valuable feedback from our members, USA Cycling will again offer on-site registration and race-day packet pick-up, as well as a refund option in case your plans change. Also, please note that USA

Cycling will also implement an escalating registration fee structure, so be sure to register early before the first increase in registration fees occurs on June 7!

Information regarding the event, such as the schedule, rules page, course maps and profiles can be found here:

www.usacycling.org/events/2009/mastersroad/

Lodging information can be found here:

https://resweb.passkey.com/Resweb.do?mode=welcome_gi_new&groupID=936831

Should you have any further questions related to the event, please don't hesitate to contact the National Events Department of USA Cycling at 719-434-4284 or e-mail USA Cycling National Events Manager Tom Vinson at tvinson@usacycling.org.

Good luck in 2009 and we hope to see you in Louisville!

Racing Results are on the next page.



2009 BikeLine / Lehigh Wheelmen Racing Results

RACE TITLE / LOCATION	DATE	TYPE	RACER	CATEGORY	RESULT
Rodale Park Thurs Training Crit	4/2/2009	pts	John Schwartz	5	FIF
Chris Hinds Memorial Criterium, Ninigret, RI	4/11/2009	Crit	Chip Berezney	55+	1st
Thursday night Crit	4/16/2009	pts crit	Scott Farmer	open	14th
Daniel Harwii Mem./Lower Providence, PA	19-Apr-09	crit	Andy Kraynak	Cat 4	18th of 45
Rahway River Park Criterium, Rahway NJ	4/19/2009	Crit	Chip Berezney	45+	8th
Rahway River Park Criterium, Rahway NJ	4/19/2009	Crit	Chip Berezney	Cat 1/2/3	15th
Lower Providence Spring Classic Crit / Norristown, PA	4/19/2009	Crit	David Gulick	Cat 3/4	6th
Lower Providence Spring Classic Crit / Norristown, PA	4/19/2009	Crit	David Gulick	45+	8th
Lower Providence Spring Classic/Lower Pro	4/19/2009	crit	John Schwartz	5	16
Lower Providenc Spring Classic Crit	4/19/2009	Crit	Mike Holub	Masters 45+	30th
Rodale Park Thurs Training Crit	4/23/2009	pts	John Schwartz	5	3 pts
Thursday night Crit	4/23/2009	pts crit	Scott Farmer	open	dnf
Tour de Ephrata	4/25/2009	RR	Bryan W Barrett	50+	22nd
Tour De Ephrata Middle Creek RR	4/25/2009	RR	Chip Berezney	55+	8th
Tour de Ephrata	4/26/2009	TT	Bryan Barrett	50+	5th
Tour de Ephrata	4/26/2009	Crit	Bryan Barrett	50+	10th
Tour de Ephrata	4/26/2009	GC	Bryan Barrett	50+	10th
Tour De Ephrata Pain Mountain TT	4/26/2009	TT	Chip Berezney	55+	8th
Tour De Ephrata Ephrata Criterium	4/26/2009	Crit	Chip Berezney	55+	1st
Rodale Park Thurs Training Crit	4/30/2009	pts	John Schwartz	5	5 pts
Thursday night Crit	4/30/2009	pts crit	Scott Farmer	open	12th
Memorial Hall Crit / Philadelphia, PA	5/3/2009	Crit	David Gulick	45+	3rd
Memorial Hall Crit / Philadelphia, PA	5/3/2009	Crit	David Gulick	35+	19th
Memorial Hall Crit / Philadelphia, PA	5/3/2009	Crit	David Gulick	3/4	22nd
Memorial Hall/Fairmount Park	5/3/2009	crit	John Schwartz	5	12
Memorial Hall/ Fairmount park	5/3/2009	crit	John Schwartz	4/5	34
Habitat for Humanity Circuit Race / Norristown, PA	5/10/2009	CR	David Gulick	45+	10th
Smoketown Airport Crit	5/16/2009	Crit	Mike Holub	Cat3/4	28th
Smoketown Airport Crit	5/16/2009	Crit	Mike Holub	Masters 40+	DNF
Cherry Blossom Challenge, Newark NJ	4/182009	Crit	Chip Berezney	55+	8th
Tour De Ephrata General Classification	4/25+26/2009	GC	Chip Berezney	55+	5th
Bike Line Criterium Training Series		Pts Crit	Scott Farmer	B	FIF
Bike Line Criterium Training Series		Pts Crit	Scott Farmer	B	16th

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

June 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
610 866 1113

Bike Line Allentown *

1728 Tilghman St.
Allentown, PA 18104
610-437-6100

Bike Line Bethlehem *

2112 Schoenersville Rd.
Bethlehem, PA 18018
610-691-0943

Cyclodrome*

8150 Hamilton Boulevard
Trexlerstown, PA 18087
(610) 398 6631

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
www.longswamp.com

Nestor's Sporting Goods*

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

Saucon Valley Bikes *

824 Main St.
Hellertown, PA
610-838-1500
www.sauconvalleybikes.com

Sleeping Dog Cycles*

330 W. Weis St.
Topton, PA 19562

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

Therapeutic & Sports Massage

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

Weaver's Bike Shop*

729 Park Rd.
Fleetwood, PA 19522
610-944-9565

***10% off parts and accessories**