



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

IN THIS ISSUE

| | |
|---|----------|
| Onward & Upward | 1 |
| Webmasters Corner..... | 2 |
| LWA Meetings – <i>NOTE CHANGE</i> | 2 |
| Editor's Letter | 2 |
| LWA Discount Sponsors | 4 |

CLUB OFFICERS

| | |
|--|---------------------------|
| Phil Eempio | President |
| pesempio@pmc-group.com | 610-363-8318 |
| Gerald Polachak | VP Touring |
| njbowmanni@yahoo.com | 610-252-3422 |
| Pete Seigfried | VP Racing |
| Sracer866@aol.com | 610-285-4006 |
| Stephanie Begovich | Treasurer |
| stephbvc@yahoo.com | 610-694-9117 |
| Jennifer Sprankle | Secretary |
| jds Mozart@aol.com | 610-504-9630 |
| Lin Roeder | Membership |
| Lin.roeder@gmail.com | 610-597-3994 |
| Terry Terfinko | Webmaster |
| terfintt@verizon.net | 610-966-2329 |
| Gwen Hoover | Junior Coordinator |
| g Hoover@ptd.net | 610-216-1484 |
| Sallie Urffer | QR Editor |
| sjurffer@rcn.com | |

Onward & Upward

Phil Eempio, President

About this time last year, I received a call from one of the LWA board members about the impending election of officers, which was occurring that very evening. It seemed that despite numerous phone calls, there was no one who was willing to serve as club President for 2009. I had, some weeks earlier, put forward my name as a candidate for VP of Touring; since there were no other candidates, my election was all but certain. Additionally, per the club by-laws, if the office of President was vacant for any reason, the position would be filled by...yes, the VP of Touring.

This was quite a conundrum for me. At the time, I was still recovering from a severe injury I had incurred in 2008, and felt that the VP of Touring position, along with running the Gap Gallop for a second year, would be about as much as I could handle in 2009, given the amount of work I had ahead of me to recover my fitness. At the same time, I felt that the club was at a crossroads – if no one was willing to serve as President, even for one year, what did this say about the future of the Club? Who would set the tone, drive the agenda, and provide leadership? Would the club simply fade away? It really made me think very hard on the subject; I hadn't considered the possibility that no one would be willing to step up to fill the void. More to the point, who was I to criticize, if I wasn't willing to do so myself?

After what must have seemed like a very long pause to the caller, I agreed to offer myself as a candidate for President. While the job has not been without many challenges, I feel that we, as a club, have accomplished quite a bit in 2009. We have a great new website, two very successful touring events (the Donut Derby and the Gap Gallop), a great racing program led by Chip Berezny and Pete Siegfried, and a healthy Junior

racers program headlined by a fantastic junior stage race (the Tour de FCCC). And yet, I feel there is much left to do. I feel that my work in the club is incomplete on many levels, and so, I have agreed to offer myself as a candidate for President again in 2010.

Additionally, our VPs of Touring and Racing (Gerald Polachak and Pete Siegfried) have agreed to run for 2010, and Stephanie Begovich has agreed to run for Secretary, filling the position so ably filled by Jennifer Sprankle for the last two years. Running to fill Stephanie's position as Treasurer, is Sallie Urffer; and running for three vacant Board positions (2 for two years, 1 for one year) will be the following candidates (in alphabetical order): Meff Bardahl, Joe Garchinski, Gwen Hoover, Jennifer Latzgo, Steve Leiby, Dick McCreight, Geoff Rogers, Paul Smith, and Mike Solliday. Every one of these candidates has already given generously of their time and energy in the past for the benefit of our club, and all are deserving of a board position. Elections will be held at our annual Holiday Party, this year being held at Bear Creek Mountain Resort in Macungie, on December 13th, 2009.

I genuinely hope you can come out and attend this event, and show your support for the volunteers that make this club run so well.

Regards

Phil Eempio

Visit the Lehigh Wheelmen home page at www.lehighvalleywheelmen.com

Due date for *Quick Release* articles is the 20th of every month.

Webmasters Corner

Terry Terfinko, Webmaster

Our website will make membership renewal an easy task. Your renewal date will be 12 months from your join date. The website will notify you at login when it is time to renew your membership. Changing your personal information can be done via the User Profile Tab and then select edit. You must be logged in to see the User Profile Tab.

Terry Terfinko

Editor's Letter

Sallie Urffer, Editor

This is the time of year when everyone feels rushed. Running for groceries, running from store to store for gifts, running from party to party, running from relative to relative.....etc....just running! Among all this running, remember to breathe and relax, even if it's setting the bike up in the basement and pedalling hard for 15 minutes. Don't forget about yourself.

Core exercises are an important part of a well-rounded fitness program. Aside from occasional sit-ups and push-ups, core exercises are often forgotten. Still, it pays to get your core muscles — the muscles around your trunk and pelvis — in better shape.

1. Core exercises improve your balance and stability. Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmon, which leads to better balance and stability, on and off the bike.
2. Core exercises don't require special equipment or a gym membership. Any exercise that uses the trunk of your body without support counts as a core exercise. Abdominal crunches are a classic core exercise. Classic push-ups count, too. You can also do push-ups on your knees or standing up against a wall.
3. Core exercises can help tone your abs. Although it takes aerobic activity to burn abdominal fat, core exercises can strengthen and tone the underlying muscles.
4. Strong core muscles make it easier to do most physical activities. Weak core muscles leave you susceptible to poor posture, lower back pain and muscle injuries.
5. You can take it slow. You don't have to dedicate hours a day to core exercises. Instead, concentrate on doing each exercise with correct technique and proper form. Gradually build up to 10 to 15 repetitions of each exercise. You don't need to work your core every day.
6. You can do core exercises at home. You can do core exercises on the floor at home while you're watching your favorite tv shows without any equipment.
7. My favorite core & leg exercises that can help you reach your fitness goals.
 - a. Plank pose (aka table top) – Hold the top of a classic push up for 30 seconds then release. If that is too hard, rest on forearms, elbows directly under shoulders with hands flat on the floor shoulder width apart. Press up off the floor keeping the body rigid and straight.

LWA Meetings – **NOTE CHANGE**

Held the 3rd Monday of every month.

Next meeting is:

Monday, January 19, 2009
7:00 PM-8:00 PM

MEETING LOCATION:

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.

- b. Side plank pose – Lying on side with legs straight and feet stacked, rest bottom forearm on floor with elbow directly under shoulder. Place other hand on hip with elbow skyward. Lift body & hips off floor with only forearm and outside of foot supporting body weight. Raise hips straight up in the air, pushing body past parallel. Hold for 5 seconds, release and repeat 10-25x, switch sides and repeat.
- c. Bridge pose – lie on your back, bend your knees, placing your feet on the floor hip distance apart with heels close to buttocks. Tilt pelvis till it lifts off the floor, hold for 15 seconds then repeat 3 x.
- d. Balance lunge – Place the top of your foot on a chair or step. Lunge outward with the other leg, making sure to keep your knee over your ankle. Lunge deep trying to keep your leg on the chair straight. Repeat 10-25 times. Switch legs and repeat.
- e. Wall squat – place your feet hip width about 2 feet away from the wall. Lean against the wall with your back and slide down the wall until your thighs are just above parallel, hold for 15 seconds, slide lower until your thighs are parallel to the floor, hold for 15 seconds, repeat both 3 x for a total of 90 seconds.
- f. Step back lunge – Stand with legs together and step back into a lunge, keeping knee over ankle of front leg. Return to standing and repeat 15x. Switch legs and repeat.
- g. Deadlift squat – Standing on one leg with the other leg bent behind you, balance and squat down and reach for the floor, trying not to touch the back foot on the floor. Repeat 20 x. Switch legs and repeat.
- h. Single leg wall squat – place your feet and knees together about 2 feet away from the wall. Lean against the wall with your back and slide down the wall until your thighs are parallel to the floor, raise one leg parallel to the floor, hold for 10 seconds, alternate legs every 10 seconds for 60 seconds.

Selene Yeager, Bicycling Magazine's Fit Chick, has core moves on video on Bicycling's website. Check them out, they are great!

Have fun, be strong and keep the rubber side down!

Sallie

Lehigh Wheelmen 2009

**Sunday December 13th
Bear Creek Mountain Resort
Mountainside Room**

6 p.m. Cocktails (Cash Bar)
7 p.m. Buffet Dinner
\$15 Club Members
(Includes \$10 Drink Tickets)
\$30 Non Members
\$ 5 Children w/Adult

Must RSVP and Pre-Pay by Sunday December 6th

RSVP to Mary Earley @ m.earley@rcn.com

Pre-Pay on Bikereg at

<http://www.bikereg.com/events/Register.asp?EventID=9574>

or send checks payable to Lehigh Wheelmen Assoc to:

**Mary Earley
1550 Cherry Lane
Macungie, PA 18062**

Walk-Ins & Payment will not be accepted day of event!

Free Weekday Ski Pass Included for Each Person Attending!

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

Dec 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

Cycledrome*

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

Sallie Urffer, CNMT, LPTA
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