



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

January 2010

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New Faces, New Challenges, New Year

Phil Eempio, President

2010 marks the beginning of a new year as well as a new decade (technically, it doesn't, but that's just semantics!), and the Lehigh Wheelmen Association ushers it in with some new faces on the club's Board. While I am continuing on in my second (and final) year as club President, along with VP's Gerald Polachak (Touring) and Pete Seigfried (Racing), and at-large members Jack Helffrich, Ed Gibney, and Gwen Hoover, I would like to welcome our new board members for 2010.

Stephanie Begovich, who served in 2009 as club Treasurer, moves over to the Secretary position, replacing Jennifer Sprankle, who served admirably in 2008 and 2009. Stepping into Stephanie's role as Treasurer is Sallie Urffer, a name which many of you should be familiar with. Sallie is the current newsletter editor, and has served the club in the past as both Treasurer and President. Joining the Board for the first time this year as at-large members are Paul Smith and Mike Solliday. Paul and Mike have both been very active in the club in recent years; many of you may know Mike as the ride leader for some of the Monday night C rides in 2009.

Also continuing to serve in other capacities for the club are Terry Terfinko (Webmaster) and Lin Roeder (Membership Coordinator); Gwen Hoover also serves as Junior Coordinator in addition to being an elected board member.

For 2010, meetings will be moving to the third Monday of each month. In the winter months, we will continue to meet in the OAA offices on Cetronia Road; but in the summer, we will be trying some different meeting locations, as we did last year. Watch the club website for details on this as the year progresses.

There are, in the upcoming year, many challenges yet to meet. Due to the late appointment of our Membership Coordinator, membership cards were not mailed in 2009, although this should be resolved shortly. Membership is up, as is member participation, and this bodes well for the future of the club. In addition, for 2010, the following events are tentatively scheduled as follows:

Tour de FCCC – (July 18th-19th) – Gwen Hoover
Club Picnic – (July/August) – Fritz Walker
Donut Derby (September) – Brian Cincera
Gap Gallop (October) – Phil Eempio/ Geoff Rogers
Holiday Party (December) – Mary Early/ Ed Gibney

Some events that were popular in the past, such as the Valley Veloce, have been inactive for a few years due to a lack of an event organizer. Many of you have expressed to me, and to other board members, a desire to see the Veloce return to its former glory; for that to happen, someone needs to be willing to step forward to organize and run the event.

Thank you again for all of your support and efforts to keep the club going in 2009; without all of our members, we could have had as successful a year as we did. With a little effort, we can have an even better year in 2010!

Happy New Year!

Phil Eempio

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

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

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.

Junior News and Notes

Gwen Hoover, Jr Development Coordinator

We are pleased to announce that the Lehigh Wheelmen Future Champions have been selected once again as a Center of Excellence by USA Cycling Development Foundation

The USA Cycling Development Foundation was created with the primary purpose of raising money to drive American athlete development programs in cycling. Of the major industrialized countries, only the United States does not maintain a socialized sport development system. This means we do not receive government support, (your tax dollars.) Our donors fund the athlete development programs for juniors, U23 and other future Olympic athletes with their annual gifts. Our mission is to assist USA Cycling with the implementation of consistent and sustained development programs for young American bike racers - We support the future of American cycling. <http://www.usacdf.org/>

REMINDER TO RENEW your USCF license at www.usacycling.org – The March Training Series is around the corner.

TRACK JUNIOR NATIONALS COMING TO TRELLETTOWN July 8-11
Whether you want to race or watch, it's an exciting event and its coming to the Lehigh Valley. Watch kids ages 10-18 compete for the coveted Stars and Stripes National Championship Jersey.

The tentative dates for the Nicole Reinhart Memorial Tour de FCCC are July 18-19.

If you are interested in winter indoor training, all current "junior" members (ages 8-18) can attend Pete's Spinn Class on Saturday mornings free of charge. Parents can pay \$10 to join you! All you need are your shoes and shorts (heart rate monitor optional). Email or call Gwen or Pete (SRacer866@aol.com) for details.

Interested in Junior / Family Smoothie rides. They'll be starting up Saturday mornings when the weather gets nice. As always we leave from the Velodrome parking lot. Contact Gwen if you want more information. We do limit this to "road bikes" only. Keep eyes open for trail rides as well which are more suitable for hybrids and mountain bikes.

Gwen Hoover

Speed Racer's Report

Pete Siegfried, VP Racing

Christmas and New Year's are over. I'm sitting here with a bloated stomach and thinking that it is time to start getting back on track. Well, I'll wait until the new year and then get serious. I'm still riding with a purpose though. I'm doing Chip's Spin Class on Tuesday and Thursday nights and I run my own on Saturday. You are welcome to come to mine if you like. It runs from Ten AM to Noon every week. The focus is improvement on the bike so that when spring comes you are in shape

and ready to kick butt. As for Chips class, the focus is the same. You should contact him to see if there is a seat open either night. Our club President has started coming and he gives it the thumbs up. I hope you are all getting some road time in as well as your trainer time. We don't have much warm weather left.

As for future racing events, we don't have anything to look forward to except our racer's meeting on Feb 27th at 4:30 PM at the Fogelsville fire company. At that meeting we will discuss the up coming season and last years racers will receive there reimbursements.

The following week the March series races will begin on every Sunday in March. Everyone is welcome to come out as a spectator or to try racing for your self.

If you are interested in racing, you should contact me at sracer866@aol.com and I will steer you in the right direction. If you already have a license and want to be on the team, contact me and I will send you an email detailing what you need to do.

Well, until next month
Keep it right side up!

Pete Siegfried.

Holiday Party Recap

Mary Earley

On Sunday December 13th a cold rain was falling with the threat of freezing road surfaces, but that didn't deter the 100 people that made the trip to Bear Creek Mountain to attend this year's Wheelmen Holiday Party. The weather was soon forgotten by the guests as they mingled during the cocktail hour, enjoying passed hors d'oeuvres and most likely exchanging stories about the past season, before heading into the beautiful Mountainside Ballroom for the buffet dinner.

Our President Phil Eempio welcomed us and provided us with a few remarks before dinner commenced. While enjoying our dinner we were treated to a wonderful Power Point Presentation created by Jack Helffrich, consisting of photos of this past years events and rides while set to a great selection of music....thanks Jack for putting that together for our enjoyment!

The evening wouldn't be complete without the selection of new officers and board members.... this year turned out to be quite interesting with a showdown or should it be 'countdown' between Paul Smith and Geoff Rogers for new board member, sending our infamous 'baldies' Ed Gibney & Jack Helffrich out to count the votes 3 times before the winner was declared!

Bear Creek was selected as the site of the party for several reasons. In addition to the beautiful accommodations, all guest attending received a **FREE** weekday ski pass and the \$300 room rental fee was waived because we held the event on a Sunday. I believe the only thing we lacked was a nice blanket of snow on the mountain. To streamline attendance and payment procedures, a preregistration/prepay was required this year and most likely will become the standard procedure. There are not many facilities that accept 'day of event walk-ins' without an additional fee added on to the cost of the event.

Overall, a good time was had by all! It was the general consensus that this holiday party was the highest in attendance (for those of us that can remember.) It was nice to see the juniors attending with their families and especially nice for everyone to have the chance to get to know your fellow biker a little more.....without a helmet!!! For those of you members that didn't attend.....hopefully we will see you next year!

Mary Earley



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**