



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

February 2010

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The Winter Grind

Phil Eempio, President

As we all know too well, this time of year can be very tough for cyclists in this part of the country. Short daylight hours, temperatures that range from cool to Arctic-like, and roads that are often covered in snow and ice are not conducive to getting one's mileage fix in. Personally, I'm willing to ride at temperatures down to around 35° F – maybe a little colder if the sun is shining – but riding outdoors during the week can be a real problem, given that the sun sets before many of us even leave work. So what's a Pennsylvania rider to do?

For some of us, skiing is a great way to stay active during the winter months. While there really hasn't been enough snowfall in recent years to allow cross-country skiing on a regular basis, all of the local ski resorts have advanced snowmaking equipment, which means that by mid-December at the latest, it's possible to carve turns at any of a number local hills. While alpine skiing doesn't really do much for the aerobic system, it does help with building strength in the legs and core muscles. Local ski resorts include Bear Creek in Macungie, Blue Mountain in Palmerton (along the Gap Gallop route), and Camelback in Tannersville, just off of I-80. Also, all of the local resorts have lighted slopes, allowing for night skiing as late as 10 or 11 PM.

The winter months are also a great time to get all that maintenance done that you've been putting off all summer long, simply because you'd rather ride than wrench. For February's meeting, I will be giving a short seminar on basic maintenance, covering such things as changing a tire, chain lubrication and maintenance, adjusting derailleurs, and staying on top of important safety items.

Because winter is a time when many of us choose to take time off of the bike to do other things, or even just relax, it is an excellent time to have your

bike fitted professionally. This way, when you start putting in your base miles at the start of the season, you can adjust to the new bike setup much more easily than if you'd had it done right in the middle of a big-miles month like July or August. John Strom of CycleFitters in Forks Township (www.cyclefitters.com) recently did a professional fitting for me on my bike, and I found the difference it made to be nothing short of amazing. John offers a significant discount for LWA members, as well. March's meeting will feature a seminar on bike fitting, and the benefits of doing so.

Lastly, there are some of us that simply can't get enough of cycling, even when the weather doesn't cooperate. For myself, that means spin classes at the local gym, or with Chip Berezny and Pete Siegfried; or even setting my bike up on the trainer in the basement, and pedaling in front of a good movie for an hour or two. If you're going to go this route, I recommend using a tire made specifically for use on a stationary trainer (Continental makes an excellent one – it's day-glo orange, and won't spit rubber all over the place), a good multi-speed fan to provide your body with adequate cooling when you're working hard, and a large DVD or VHS collection. Because, let's face it - boredom is your worst enemy when you're on the 'bike to nowhere'!

Phil Eempio



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

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

Sponsor Highlight

Spring will be here before you know it ,so why not start the season off right with a Bicycle Fitting. Did you know that a professional bicycle fitting can lead to better performance? It's true, proper positioning on your bicycle increases performance, efficiency and comfort. In fact, a professional fitting is beneficial to all skill levels, not just for the experienced cyclist. Hundreds of cyclists have already enhanced their riding experience at Cycle Fitters. Just mention this email and I will give you \$50.00 towards your professional bicycle fitting if you schedule by February 15th. As always if you purchase a new bicycle from Cycle Fitters you can be confident that you will Get One That Fits because I personally fit everybody to their new bike.

Thanks and have a great season,

John Strom
SICI Certified Bike Fit Technician
Cycle Fitters
1700 Sullivan Trail
Easton, PA 18040

Speed Racer's Report

Pete Siegfried, VP Racing

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.

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. We need volunteers to help with traffic control.

If you are interested in racing, 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.



Something to think about:

***The rules of cycling also apply to life.
Take care of yourself. Set goals. Learn
from the experts. Share your wisdom.
Be prepared***

Editor's Letter

Sallie Urffer, Editor

Being unemployed has been a double edge sword. One one side, I have all the time in the world to do what I want to do. Get caught up on repairs to the house, clean the house really well and just de-stress. Problem is was I wasn't riding. If I got on the trainer twice a week, I'm lucky. I've become addicted to DIY Network!

I'm forcing myself to train now and still not feeling any motivation. Doing aero base training three times a week still hasn't motivated me. I'm so looking forward to riding outside – the walls of my house are closing in on me. I thought about a spin class, but hate driving 30 minutes, sweating the going outside at 830 pm to drive 30 min home, then not sleeping! Isn't spin suppose to wipe you out so you can sleep? Exercise late at night just doesn't work for me. I prefer 10am and 5pm spins. I so want to be able to ride outside with the daytime touring groups. I set a reminder to do the Wednesday ride every week, but it's still too cold. I keep waiting.

So while I wait, I'm spinning in the basement, doing yoga, weight training and step aerobics.....half heartedly!

Send me your cycling questions or letters.

Hope to see you all out on the road soon!

Sallie Urffer

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 Dick McCreight @dick.mccreight@juno.com

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 20th of the month to appear in the following month's newsletter.** Send ads to Sallie @ sjurffer@rcn.com

<p>LWA Meetings <i>Held the 3rd Monday of every month.</i></p> <p>Next meeting is:</p> <p>Monday, February 15, 2009 7:00 PM-8:00 PM</p> <p>MEETING LOCATION: The Education Center at the Integrated Health Care Facility located at 250 Cetronia Road, behind The Tilghman Square Mall.</p> <p>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.</p>



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**