



# QUICK RELEASE

newsletter of the  
**LEHIGH WHEELMEN ASSOCIATION Inc.**

**October 2010**

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## FALL

**Phil Esempio, President**

It's October and soon the holidays will be upon us. The Gap Gallop was a huge success, mostly due to the members that volunteered that day. Thank you so much! We had almost 300 participants that enjoyed the cool crisp day.

There are many options for you as winter approaches. Several bike shops or coaches hold spinning classes – those classes are usually cycling specific, versus a health club where the classes are music driven and overall fitness oriented. There are many CD's out there for spinning in your home. My favorites are Spinnervals. You can get a variety of different workouts to keep you interested and fit throughout the winter. Then there are days that you watch TV while sitting on the bike. I like to keep it fun and sprint or stand during commercials. Then there are roller sessions – don't be afraid of rollers. They will improve your pedal stroke and balance on the bike. Have fun through the colder months, take a little time off the bike so you give your body a little time to recover from riding throughout the warmer months.

On another note: Club Board nominations are currently underway. I will be stepping down as President, due to my family obligations. Every year we elect a President, VP Touring, VP racing, Secretary, Treasurer and 2 one year at-large board members. We typically meet for about 1.5hrs the third Monday of every month to discuss a variety of club activities. Additionally, we are looking for a volunteer coordinator and membership coordinator. The volunteer coordinator will assist event coordinators to find volunteers to work the event. The membership coordinator manages the membership database and mails out the membership cards. This person should be very computer literate.

Elections will be held at the Annual Meeting at the Year End Party that will be held on December 12, 2010 at Bear Creek Ski Lodge.

If you have any questions about what the positions entail, feel free to contact the current officer in the position or for more information regarding duties of the board visit <http://www.lehighvalleywheelmen.com/files/Documents/LWA%20By%20Laws.pdf>

If you or a friend is interested, please contact Paul Smith at [pocono723@yahoo.com](mailto:pocono723@yahoo.com) or Ed Gibney at [EDGYCATOR@aol.com](mailto:EDGYCATOR@aol.com).

I look forward to seeing you at Bear Creek.

*Phil Esempio*

## CLUB OFFICERS

<b>Phil Esempio</b> .....	<b>President</b>
<a href="mailto:pesempio@pmc-group.com">pesempio@pmc-group.com</a>	610-363-8318
<b>Gerald Polachak</b> .....	<b>VP Touring</b>
<a href="mailto:njbowmannj@yahoo.com">njbowmannj@yahoo.com</a>	610-252-3422
<b>Pete Seigfried</b> .....	<b>VP Racing</b>
<a href="mailto:Sracer866@aol.com">Sracer866@aol.com</a>	610-285-4006
<b>Stephanie Begovich</b> .....	<b>Secretary</b>
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<a href="mailto:Lin.roeder@gmail.com">Lin.roeder@gmail.com</a>	610-597-3994
<b>Terry Terfinko</b> .....	<b>Webmaster</b>
<a href="mailto:terfintt@verizon.net">terfintt@verizon.net</a>	610-966-2329
<b>Gwen Hoover</b> .....	<b>Junior Coordinator</b>
<a href="mailto:g Hoover@ptd.net">g Hoover@ptd.net</a>	610-216-1484

Visit the Lehigh Wheelmen home page at [www.lehighvalleywheelmen.com](http://www.lehighvalleywheelmen.com)

Due date for *Quick Release* articles is the 20<sup>th</sup> of every month.

## LWA Meetings

*Held the 3rd Monday of every month.*

Next meeting is:

**Monday, October 18, 2010  
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.

## Editor's Corner

**Sallie Urffer**

AHHHH Fall! I'm tired, I need a shower, I left all my stress 30 miles back and I'm at peace. I wish I could get more non-cyclists to understand that cycling is empowering and blissful.

What if riding a bike to work, to the store, or with friends on a 50-mile ride made you ordinary, instead of extraordinary? What if we let everybody in on our secret, that connectedness with our surroundings is an inevitable result of any bike ride? What if we could reduce air pollution in the Lehigh Valley by using our bikes for all trips less than a mile? What if we learned tolerance for our neighbors as a result of the common bond of riding a bike? What if we could reduce the obesity crisis in the region and foster fitness among youth as well as adults? It would be too sweet!

Speaking of sweet – are you still tasting Krispy Kremes from the Donut Derby?? I only ate two and that's enough until next year for me. I'm blown away that Frank Gonzales could eat 27! But I heard and saw the attached picture showing that he has a special technique...squishing three donuts together to eat them! Karen Skorochod was the women's biggest eater with 13 donuts! Steve Lehman (a 60+ competitor and ex-world champion) was the first to finish, but he didn't eat any donuts! LWA's Pete Nestor and Greg Skinner were the next two to arrive they ate 3 and 4 donuts respectively. Sharon Schmidt-Mongrain was the first female to arrive – she ate 3 donuts. Brad and Tracy Ford was the first Tandem to return - they ate a total of 19 donuts! We had a fabulous day for the Derby and had 311 participants, with several people being disappointed since we needed to turn them away the day of – pre-reg is the only way to go for this event! We still have some tee-shirts remaining for a discounted price of \$8. If you are interested in a tee - please contact me.

BTW - I finally got a new bike! –Fuji SL1Pro SRAM Force – more bike than I need –maybe I'll start racing on the road now too– but the deal was too great to pass up! Gotta love PerformanceBike! Oh and I'm working on having a LWA day at the store. Irony of this-I wear BikeLine on my back when I race! Can't beat the personal professional service and high end components we get from Al at the Schoenersville store. Yet, I can walk to Nestor's! How great is this area with all the fabulous bike shops we have in this area! We are spoiled!

Happy pedaling!

*Sallie Urffer*

## Save the Date

**December 12 – End of Year Party – Beak Creek Ski Lodge**

## Board Nominations

We need new "blood" to help make this club vibrant!

Nominations are being accepted for several positions on the board. Every year we elect a President, VP touring, VP racing, Treasurer, Secretary, and at-large members. We are also in need of a volunteer coordinator and a touring ride coordinator, please contact Sallie Urffer if you are interested.

For more information regarding duties of the board visit <http://www.lehighvalleywheelmen.com/files/Documents/LWA%20By%20Laws.pdf>

If you or a friend are interested, please contact Paul Smith at [pocono723@yahoo.com](mailto:pocono723@yahoo.com) or Ed Gibney at [EDGYCATOR@aol.com](mailto:EDGYCATOR@aol.com).

## Race Results

See attached for race results for May & June.



**Donut Derby  
winner, Frank  
Gonzales' donut  
eating technique!**

## Classified Ads

### ARTICLES FOR SALE

Specialized Team Road Shoes sz.47 yellow (\$FREE); Oakley Half Jacket carbon with titanium lenses and access., \$40; Dura-Ace HollowTech Octalink Crank arms 175 with FSA chainrings 53/39, \$35; Dura-Ace HollowTech Crankset 175/53-39 FC-7800, \$100; Bell 2 Bike Carrier (fits any) \$40; Thule Crossroads 450 set, \$110;. Call Brett (614) 483-9109

**Orbea Track Bike** 53cm lightly used - \$850 or best offer.  
**Fuji 2009 D6** Tri bike 56cm used 3x - \$4500 or best offer.  
Call Greg at 703-475-1569

### 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 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](mailto:sjurffer@rcn.com)

# LWA Race Results

Tour De Syracuse Criterium	5/22/2010	Crit.	Alec Ratzell	Jr 10-12	3rd
Tour De Syracuse Omnium	5/22/2010	SR	Alec Ratzell	Jr 10-12	2nd
Tour De Syracuse Time Trial	5/23/2010	TT	Alec Ratzell	Jr 10-12	2nd
Philadelphia Amateur Time Trial	6/5/2010	TT	Alec Ratzell	Jr 10-12	2nd
Smoketown Airport Crit	5/16/2010	Crit	Chip Berezny	55+	4th
Masters and Rookies	5/22/2010	TR	Chip Berezny	Masters	
Masters and Rookies	5/29/2010	TR	Chip Berezny	Masters	
Tour of Somerville / Somerville NJ	5/31/2010	Crit	Chip Berezny	50+	FIF
Masters and Rookies	6/5/2010	TR	Chip Berezny	Masters	
Masters and Rookies	6/12/2010	TR	Chip Berezny	Masters	
Bethlehem Criterium / Bethlehem PA	6/19/2010	Crit	Chip Berezny	55+	3rd
Cargas Criterium / Lancaster PA	6/20/2010	Crit	Chip Berezny	55_	8th
BLP 2209 GP	5/16/2010	Crit	Dan Kiningham	45+	31
Masters & Rookies	5/29/2010	Points Race	Dan Kiningham	30+	FIF
Masters & Rookies	5/29/2010	Tempo Points	Dan Kiningham	30+	FIF
Masters & Rookies	5/29/2010	Scratch	Dan Kiningham	30+	FIF
Masters & Rookies	5/29/2010	Suprer Sprint	Dan Kiningham	30+	FIN
Tour of Somerville	5/31/2010	Crit	Dan Kiningham	50+	FIF
Giro del Cielo	05/15/2010	Time Trial	Evelyn Korbich	cat4 women	11 <sup>th</sup>
Giro del Cielo	05/15/2010	Crit	Evelyn Korbich	cat4 women	DNF
Giro del Cielo	05/16/2010	RR	Evelyn Korbich	cat4 women	FIF
Giro del Cielo	05/16/2010	omnium	Evelyn Korbich	cat4 women	19 <sup>th</sup>
Tour de Syracuse	05/22/2010	Crit	Evelyn Korbich	13-14 girls	2 <sup>nd</sup>
Tour de Syracuse	05/23/2010	Time Trial	Evelyn Korbich	13-14 girls	2 <sup>nd</sup>
Tour de Syracuse	05/23/2010	RR	Evelyn Korbich	13-14 girls	1 <sup>st</sup>
Tour de Syracuse	05/23/2010	omnium	Evelyn Korbich	13-14 girls	2 <sup>nd</sup>
Bear Creek future stars	05/25/2010	Scratch race	Evelyn Korbich	13-14girls	1 <sup>st</sup>
Bear Creek future stars	05/25/2010	Unknown distance	Evelyn Korbich	13-14 girls	1 <sup>st</sup>
Bear Creek future stars	05/25/2010	Elimination	Evelyn Korbich	13-14 girls	1 <sup>st</sup>
Philadelphia Amateur Time Trial	06/05/10	Time Trial	Evelyn Korbich	13-14 girls	1 <sup>st</sup>
Bear Creek future stars	06/08/2010	Scratch race	Evelyn Korbich	Junior B	4 <sup>th</sup>
Bear Creek future stars	06/08/2010	Tempo race	Evelyn Korbich	Junior B	2 <sup>nd</sup>
Bear Creek future stars	06/08/2010	Points Race	Evelyn Korbich	Junior B	2 <sup>nd</sup>
Pocono Raceway Crit	5/9/2010	Crit	Greg Ratzell	Junior 15-16	2nd
Pocono Raceway Crit	5/9/2010	Crit	Greg Ratzell	Cat 3/4	26th (FIF)
Thursday Training Crit	5/13/2010	Crit	Greg Ratzell	Open	FIF
Masters and Rookies	5/15/2010	Tempo Race-3km	Greg Ratzell	Cat 4- Even #s	1st
Masters and Rookies	5/15/2010	Scratch Race-3km	Greg Ratzell	Cat 4- Even #s	3rd
Masters and Rookies	5/15/2010	Points Race-4km	Greg Ratzell	Cat 4- Even #s	2nd
Masters and Rookies	5/15/2010	Omnium-Even #s Cat 4	Greg Ratzell	Cat 4- Even #s	2nd
Masters and Rookies	5/15/2010	"A" Feature - Elimination	Greg Ratzell	Masters, Cat 4	2nd
Tour De Syracuse Criterium	5/22/2010	Crit.	Greg Ratzell	Junior 15-16	2nd
Tour De Syracuse Time Trial	5/23/2010	TT	Greg Ratzell	Junior 15-16	2nd
Tour De Syracuse Road Race	5/23/2010	RR	Greg Ratzell	Junior 15-16	2nd
Tour De Syracuse Omnium	5/23/2010	SR	Greg Ratzell	Junior 15-16	2nd
24-7 Pro-Am Series	5/25/2010	Scratch Race- 5 lap	Greg Ratzell	Future Stars "A"	1st

24-7 Pro-Am Series	5/25/2010	Point-a-Lap - 3 km	Greg Ratzell	Future Stars "A"	1st
24-7 Pro-Am Series	5/25/2010	Points Race-4km Omnium - Future Stars	Greg Ratzell	Future Stars "A"	1st
24-7 Pro-Am Series	5/25/2010	"A"	Greg Ratzell	Future Stars "A"	1st
Clark's Summit Criterium	5/29/2010	Crit.	Greg Ratzell	Junior 15-16	1st
Tour of Somerville, NJ	5/31/2010	Crit.	Greg Ratzell	Junior 15-18	12th
Philadelphia Amateur Time Trial	6/5/2010	TT	Greg Ratzell	Junior 15-16	4th
Philadelphia Jr. Pro Cycling Tour	6/6/2010	Points Race	Greg Ratzell	Junior 15-18	6th (tie)
Pro-Am Series	6/8/2010	Scratch Race- 5 lap	Greg Ratzell	Future Stars "A"	5th
Pro-Am Series	6/8/2010	Points Race - 12 Lap	Greg Ratzell	Future Stars "A"	FIF
Pro-Am Series	6/8/2010	Elimination Omnium - Future Stars	Greg Ratzell	Future Stars "A"	1st
Pro-Am Series	6/8/2010	"A"	Greg Ratzell	Future Stars "A"	3rd
Giro del Cielo	5/15/2010	TT	J S Korbich	Cat 4/5	24th
Giro del Cielo	5/15/2010	Crit	J S Korbich	Cat 4/5	4th
Giro del Cielo	5/16/2010	RR	J S Korbich	Cat 4/5	6th
Giro del Cielo	5/16/2010	GC	J S Korbich	Cat 4/5	5th
Tour De Syracuse	5/22/2010	Crit	J S Korbich	Cat 4	15th
Tour De Syracuse	5/23/2010	TT	J S Korbich	Cat 4	33d
Tour De Syracuse	5/23/2010	RR	J S Korbich	Cat 4	FIN
Tour De Syracuse	5/23/2010	GC	J S Korbich	Cat 4	24th
Philadelphia Amateur Time Trial	6/5/2010	TT	J S Korbich	Cat 4	14th
Philadelphia Amateur Time Trial	6/5/2010	TT	Joanne Cannon	Wmn Open	22:28:00 (27)
Pocono Raceway Crit	5/10/2010	Crit	John Schwarz	Cat 3/4	27
NJ RT 29 TT	5/16/2010	TT	John Schwarz	35+	52:44:00
Bloomsburg Town Park	5/23/2010	Crit	John Schwarz	Cat 3/4	16
RT 29 TT	6/2/2010	TT	John Schwarz	40-44	23:18:00(4TH)
Philadelphia Amateur Time Trial	6/5/2010	TT	John Schwarz	Cat 4	18:37:00(11th)
Masters and Rookies	5/15/2010	Track	Kip Jansen	4	FIF
Masters and Rookies	5/15/2010	Track	Kip Jansen	4	FIF
Masters and Rookies	5/15/2010	Track	Kip Jansen	4	FIF
Masters and Rookies	5/15/2010	Track	Kip Jansen	4	FIF
PA State Masters Road Championship	5/22/2010	Road	Kip Jansen	45+	12TH
Masters and Rookies	5/29/2010	Track	Kip Jansen	4	FIF
Masters and Rookies	5/29/2010	Track	Kip Jansen	4	FIF
Masters and Rookies	5/29/2010	Track	Kip Jansen	4	FIF
Masters and Rookies	5/29/2010	Track	Kip Jansen	4	FIF
Smoketown Airport Crit	5/15/2010	Crit	Mike Holub	45+	35th
tour of Somerville	5/31/2010	Crit	Mike Holub	Cat 3	29th
Masters and Rookies	5/15/2010	16 lap pts	Pete Siegfried	Masters	FIF
Masters and Rookies	5/15/2010	4K Scratch	Pete Siegfried	Masters	15th
Masters and Rookies	5/15/2010	4K Point a lap	Pete Siegfried	Masters	FIF
Masters and Rookies	5/15/2010	Miss and out	Pete Siegfried	Masters	DNS
Rodale training race	5/27/2010	Points crit	Pete Siegfried	Open	Fif
Masters And Rookies	5/29/2010	20 lap pts	Pete Siegfried	Masters	DNF
Masters And Rookies	5/29/2010	3k Tempo	Pete Siegfried	Masters	Fif
Masters And Rookies	5/29/2010	4k Scratch	Pete Siegfried	Masters	Fif
Rodale training race	6/3/2010	Points crit	Pete Siegfried	Open	FIF
Rodale training race	6/10/2010	Points crit	Pete Siegfried	Open	Fif
Masters And Rookies	6/12/2010	3k Scratch	Pete Siegfried	Mastes	Fif
Masters And Rookies	6/12/2010	Miss and out	Pete Siegfried	Masters	Last

Masters And Rook	6/12/2010	win and out	Pete Siegfried	Masters	6th
Masters And Rookies	6/12/2010	8K pts race	Pete Siegfried	Masters	DNF
Clark's Summit Criterium	5/29/2010	Crit.	Tom Ratzell	Mas 45+	4th
Masters & Rookies - VPCC	5/15/2010	2k scratch	Urffer	Wms	FIF
Masters & Rookies - VPCC	5/15/2010	3k points	Urffer	Wms	FIF
Masters & Rookies - VPCC	5/15/2010	2k tempo	Urffer	Wms	FIF
Masters & Rookies - VPCC	5/22/2010	2k scratch	Urffer	Wms	FIF
Masters & Rookies - VPCC	5/22/2010	3k snowball	Urffer	Wms	FIF
Masters & Rookies - VPCC	5/22/2010	2k points	Urffer	Wms	DNF
Masters & Rookies - VPCC	5/29/2010	2k scratch	Urffer	Wms	FIF
Masters & Rookies - VPCC	5/29/2010	3k points	Urffer	Wms	FIF
Masters & Rookies - VPCC	5/29/2010	2k point a lap	Urffer	Wms	DNF
Masters & Rookies - VPCC	6/5/2010	1 mile	Urffer	Wms	4th
Masters & Rookies - VPCC	6/5/2010	Unknown Dist	Urffer	Wms	FIF
Masters & Rookies - VPCC	6/5/2010	3k Points	Urffer	Wms	FIF
Masters & Rookies - VPCC	6/26/2010	2k scratch	Urffer	Wms	6
Masters & Rookies - VPCC	6/26/2010	3k points	Urffer	Wms	FIF
Masters & Rookies - VPCC	6/26/2010	3k Tempo	Urffer	Wms	5
Masters & Rookies	5/15/2010	3km Tempo	Zack Houlik	Cat 4	9th
Masters & Rookies	5/15/2010	3km Scratch	Zack Houlik	Cat 4	13th
Masters & Rookies	5/15/2010	4km Pts Race	Zack Houlik	Cat 4	16th
Tour de Syracuse	5/23/2010	Crit	Zack Houlik	Junior 15-16	3rd
Tour de Syracuse	5/24/2010	Time Trial	Zack Houlik	Junior 15-16	4th
Tour de Syracuse	5/24/2010	RR-55 mile	Zack Houlik	Junior 15-16	6th
Tour de Syracuse	5/24/2010	Omnium	Zack Houlik	Junior 15-16	4th
24-7 Pro-Am Series	5/25/2010	5 Lap Scr	Zack Houlik	FS "A"	6th
24-7 Pro-Am Series	5/25/2010	3km Pt a lap	Zack Houlik	FS "A"	9th
24-7 Pro-Am Series	5/25/2010	4km lap pts	Zack Houlik	FS "A"	5th
24-7 Pro-Am Series	5/25/2010	Omnium	Zack Houlik	FS "A"	5th
Clarks Summit Criterium	5/29/2010	Crit	Zack Houlik	Junior 15-16	4th



## 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

### **Water Gap Coffee Co.**

[www.gapcoffee.com](http://www.gapcoffee.com)  
20% off

### **Keswick Cycle Co \***

408 N. Easton Road  
Glenside, PA 19038  
215-885-7433

\*10% off all parts and accessories

### **Eric J. Loch Diamonds & Fine Jewelry\*\***

3370 Lehigh St.  
Allentown, PA  
610.967.3479  
[www.LochsJewelers.com](http://www.LochsJewelers.com)  
\*\*Free Lithium Battery

### **Longswamp Bed & Breakfast**

1605 State Street  
Mertztown PA 19539  
610- 682-6197  
[www.longswamp.com](http://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](http://www.sauconvalleybikes.com)

### **Sleeping Dog Cycles\***

330 W. Weis St.  
Topton, PA 19562  
610-682-1000

### **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  
Whitehall, PA 18052  
610-774-0426  
MassageWithSallie@gmail.com

### **Weaver's Bike Shop\***

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