



# QUICK RELEASE

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

November 2010

## IN THIS ISSUE

FALL .....	Error! Bookmark not defined.
Board Nominations.....	2
LWA Meetings .....	2
Editor's Corner .....	2
MILESTONES: Error! Bookmark not defined.	2
Classified Ads .....	2
LWA Discount Sponsors .....	4

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## SUCCESS

### Phil Esempio, President

It is always wonderful to hear about Milestones reached. Following is a letter from long-time Member – Russ Cressman:

I rode a bike as a child, but as an adult, work and raising a family took priority. In 1990 a few years before I retired, a friend talked me into buying a road bike and starting to ride regularly. At first we rode once or twice a week. The following year, I was encouraged to join LWA.

After I retired in 1992, I became fairly active in the club. With a number of other volunteers, we planned and led many bike rides, marked the routes, helped at rest stops and participated in meetings and many other events including quite a few Gap Gallops. I was generally riding about 5000 miles a year. About that time my wife and I started spending the winters in Florida so I could ride year round. I was encouraged to keep a mileage log – which I do to this day. Several years ago I realized that I could log 100,000 miles before I reached the age of 80, if I could continue to ride the same number of miles each year.

When I began biking I had no long term goal, but being as active in the club as I was, the miles just added up quickly. I owe thanks to many members who rode with me, encouraged me and made my time as a member very enjoyable. If you are reading this, I encourage each of you to become or stay active as volunteers in providing a strong organization to support bicycling.

The other purpose of this note is to thank Jack Helffrich and all the other members who came out on Oct. 8 to help me celebrate my completing 100K miles. Unfortunately I wasn't able to ride that day, but I'm now back on the bike.

Keep pedaling with me. !!

Russ

On another note: Club Board nominations are currently underway. 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*

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, November 15, 2010  
7:00 PM-8:00 PM**

### MEETING LOCATION:

**The Education Center at the Integrated Health Care Facility** located at 250 Cetrionia 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.

## Board Nominations

We need "YOU" 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 (sjurffer@rcn.com) if you are interested or want to know more.

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).

## Editor's Corner

### Sallie Urffer

Recently we turned the clocks back an hour, officially ushering in winter. The shorter daylight hours and the cold feel like a bitter pill. But they also offer needed opportunities to follow nature's lead to slow down and tend to things at home.

In the spring and summer months, we usually focus is on building energy pushing our bodies faster and farther on our bikes. However, in the fall and winter, the opposite happens. Our energy comes from within. It's time to rest, reflect, and allow our minds and bodies to recharge. In the coming weeks, try resetting your internal clock to align yourself with the season. Help your body adjust to the seasonal change cook up a delicious and hearty winter-vegetable stew; and for those quiet days at home, try curling up with a good book. Take some time off the bike, plan for next year and just enjoy the up-coming holidays. Take time to "Fall" clean, enjoy a walk in a wooded area, sit by a fabulous fire, or have coffee on the patio in the crisp clear air. Remember to be thankful for all that you have, for others may not be as blessed.

Colds are something else we all must deal with in the winter. The theory is: if you just have a running or congested nose and all symptoms are above the neck, go ahead and workout. If you have a fever or chest cold, rest and drink fluids and wait to workout.

Which reminds me – our Annual Year-End party will be held December 12 at Bear Creek Ski Lodge. An invite is included in this newsletter! Also at this party we will elect new board members. Be there for some fun times and to vote – just like the election we recently had, your vote is important to help direct this club in a way you believe is best. I look forward to seeing you there.

Happy pedaling!

*Sallie Urffer*

**Congrats Russ for reaching  
100,000 Miles!**

## Classified Ads

### ARTICLES FOR SALE

**Orbea Track Bike** 53cm lightly used - \$800 or best offer.  
**Fuji 2009 D6** Tri bike 56cm used 3x - \$4000 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

# *Lehigh Wheelmen's Annual Party 2010*

**Sunday December 12<sup>th</sup>  
Bear Creek Mountain Resort  
Mountainside Room**

**6 p.m. Cocktails (Cash Bar)**  
**7 p.m. Buffet Dinner**  
**\$15 Club Members**  
*(Includes \$10 Drink Tickets)*  
**\$35 Non Members**  
**\$ 5 Children w/Adult**

**Must RSVP and Pre-Pay by Sunday December 5<sup>th</sup>**

**RSVP to Mary Earley @ [m.earley@rcn.com](mailto:m.earley@rcn.com)**

Pre-Pay on Bikereg at

<http://www.bikereg.com/events/register.asp?EventID=11960>

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!***



## 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

### **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](mailto:MassageWithSallie@gmail.com)

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

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

\*10% off all parts and accessories