



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

December 2010

IN THIS ISSUE

CHANGES	1
LWA Meetings	2
Editor's Corner	2
Board Nominations	2
Classified Ads	2
Riders Wanted	2
CAT (Coalition for Appropriate Transportation)	2
LWA Discount Sponsors	4

CLUB OFFICERS

Phil Eempio	President
pesempio@pmc-group.com	610-365-8318
Gerald Polachak	VP Touring
njbowmannj@yahoo.com	610-252-3422
Pete Seigfried	VP Racing
Srcer866@aol.com	610-285-4006
Stephanie Begovich	Secretary
stephbvc@yahoo.com	610-694-9117
Sallie Urffer	Treasurer & QR Editor
sjurffer@rcn.com	610-554-2931
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

CHANGES

Phil Eempio, President

As my term as President of LWA comes to an end, I want to thank all the board members and volunteers that have dedicated time and efforts to the club. Without volunteers we would not have a cycling club, nor would we have the number of successful events we've had over the past two years.

Current Board members include:

President: Phil Eempio
VP Touring: Gerald Polachak
VP Racing: Pete Siegfried
Treasurer and QR Editor: Sallie Urffer
Secretary: Stephanie Begovich Jr.
Development Coordinator and At-Large Member (2010-2011): Gwen Hoover
At-Large Member (2010-2011): Mike Solliday
At-Large Member (2009-2010): Ed Gibney
At-Large Member (2009-2010): Jack Helffrich
At-Large Member (2010): Paul Smith
Website Manager: Terry Terfinko (appointed)
Membership Administrator: Linda Roeder (Appointed)

Every year the club elects a President, Vice-President - Touring, Vice President - Racing, Secretary, and Treasurer, as well as 2 two-year and 1 one-year at-large board members. We typically meet for about 1.5hrs each month to discuss a variety of club activities.

Additionally, we are looking for someone to fill the role of Volunteer Coordinator for 2011. The Volunteer Coordinator will assist event coordinators to find volunteers to work the event.

Jack Helffrich, a departing at-large board member, has agreed to take on the position of Membership Administrator for 2011. Terry Terfinko has agreed to stay on as Webmaster for the club, and Gwen Hoover is continuing on in her role as Junior

Coordinator. All of these positions are appointed, and not subject to election. Please thank all of these folks when you see them; all of these roles are time consuming, and often go unseen except when there are problems.

Elections will be held at the Annual Meeting during 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>

Current Nominations include:

President - Mark Zappe
VP Touring - Geoff Rogers
VP Racing - Pete Siegfried
Treasurer - Sallie Urffer
Secretary - Maureen Porter
At-Large member (2011-2012) - Paul Smith
At-large member (2011-2012) - Doug Leavitt
At-large member (2011) - Phil Eempio

Gwen Hoover and Mike Solliday are continuing on in their roles as at-large board members, as they were elected to 2-year terms (2010-2011) last year.

If you or a friend is interested, please contact Paul Smith at pocono723@yahoo.com or Ed Gibney at EDGYCATOR@aol.com, or myself at pesempio@pmc-group.com.

I look forward to seeing all of you at Bear Creek on December 12th.

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

Held the 3rd Monday of every month.

Next meeting is:

**Sunday December 12, 2010
5:30 PM-8:00 PM**

**MEETING LOCATION:
Bear Creek Ski Lodge as part of the Holiday Party**

See attached flyer for more information

Editor's Corner

Sallie Urffer

With the arrival of the holiday season take a moment to be kind and thankful for:

- The people in your life, for they may not be there tomorrow.
- Your health and your family and loved one's health.
- That you found the love for the bike and the freedom and empowerment it brings to you.
- Your place in this world – there are greater people than you and lesser, that's what makes life so grand.
- The little things – cause that's what's really important
- Cell phones – without them we couldn't call for help whether we are on the bike or not.
- The furry four legged house pets that are part of our family, they are full of unconditional love and acceptance.
- A beautiful fall day with no rain and 60-degree weather or a good muddy cross race!!
- Knowing you have the ability to jump on your bike, melt away the stress, get fit and love the environment.
- Padded shorts!
- The people I've met cycling and racing and the stories they tell
- The promoters that tire away creating routes, getting volunteers, etc, etc, etc
- Your job, many people have lost theirs and are struggling.

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

CAT (Coalition for Appropriate Transportation)

CAT is accepting bikes, usable bike parts and tools as part of the Morning Call's Be an Angel campaign. For more info regarding CAT please visit their website at <http://www.car-free.org/>



Classified Ads

ARTICLES FOR SALE
Orbea Track Bike 53cm lightly used - \$750 or best offer. Call Greg at 703-475-1569
Colnago Road Bike 58cm , campy record 10spd – beautiful paint - \$1, 375. or best offer. Call Terry at 484-707-2866
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

Riders Wanted

Please join us. Registration is now open for the fifteenth Pennsylvania Perimeter Ride Against Cancer (PPRAC). The 2011 tour, billed as the 'Mason-Dixon 500', will start in Elkins, WV on July 31 and end in Palmerton, PA on August 6. The tour is limited to 70 riders.

The PPRAC tour is held on alternate years, and always from a different starting point. It always lasts six days and always covers at least 500 miles. It is always either hilly or very hilly.

My purpose in writing this article is to encourage you to participate in this event. I rode my first PPRAC in 1997, so 2011 will be my eighth time, and I've discovered that it is an addicting endeavor. The reason is that PPRAC riders and volunteers are the best group of people you will ever meet. A strong feeling of camaraderie grows out of a shared love of cycling and hatred of cancer. Every night after dinner, a few of the riders share some of their personal experiences. Some share about the day's riding; others talk about experiences with cancer. You will laugh and cry more during this week than any other in the year.

If you consider fund-raising to be a negative, consider this: ALL of the money raised goes to support services of the local American Cancer Society and Dream Come True. All of the food, lodging, transportation, planning, support and logistics are donated. Be prepared to sleep in churches and high school gyms. But also be prepared to meet some wonderful people from the Elks, Kiwanis, Rotary, VFW, and other local organizations who are happy to provide a meal for you as their way of supporting you in the fight against cancer. Often they tell how they or loved ones have been affected by cancer. By the end of the ride, you will wish you had raised more money.

Don't miss this opportunity. In one week of riding, you will experience our country in a way that is truly unique. A brochure/registration form is available at online at www.pprac.net Or call Jack Helfrich at 484-347-3541. You won't regret it.

Jack Helfrich

***Reminder
Check your membership card for your
renewal date - Renew NOW!***

Wheelmen 2010

Sunday December 12th
Bear Creek Mountain Resort
Macungie, PA
Mountainside Ballroom

5:30 p.m. Cocktails (Cash Bar)
7:00 p.m. Buffet Dinner
\$15.00 p.p. Club Members
(Includes \$10.00 in Drink Tickets)
\$35.00 p.p. Non Members
\$5.00 p.p. Children Attending w/ an
Adult Member

Must RSVP and Pre-Pay by Sunday December

5th

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

Pre-Pay at BikeReg <http://www.bikereg.com/events/register.asp?EventID=11960>

Or make checks payable to Lehigh Wheelmen Assoc. and mail 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



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
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
**Free Lithium Battery

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
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

*10% off all parts and accessories