



# QUICK RELEASE

newsletter of the  
LEHIGH WHEELMEN ASSOCIATION Inc.

January 2011

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## Hi Everyone

As I sit at my computer attempting to write this, my introductory article as club president for *Quick Release*, I can't help but think that two years ago my bikes sat fallow in my basement, gathering dust. These days cycling has become a large part of my lifestyle and although the long warm days of summer have swapped places with long cold (and wet) nights, I still look forward to times when I can fit in a ride. Lately, my trainer has supplanted the roads and trails, and the only traffic I have to be mindful of is Marley the cat. Never the less, being on my bike has become something which I always look forward to.

I owe my rejuvenated love of cycling to the members of the Lehigh Wheelmen Association. Thanks to suggestive prodding by a good friend to join the club, my wife and I have met many wonderful and supportive people. Because of the club rides and riders, we have both gained improved fitness as well as some great friends. When I was asked if I would be interested in volunteering my time to be the new club president, I was all at once honored that my cycling peers felt I would be a good choice, and also a little daunted, hoping they were right.

Thanks to Phil Esemplio, our exiting president, I'll have some tough shoes to fill. Luckily for me, Phil will continue on in 2011 as an ex-officio board member, with the remainder of the board being made up of wonderful people dedicating their spare time to sharing insights and experiences to help our club continue to thrive. It is my ambition that 2011 will prove to be a year in which we carry on old cherished traditions, and add some new exciting ones to the club too!

Finally, I felt that as an incoming president who many of you probably don't know, I should mention the untimely loss of a former club president and long time LWA member who I'm sure most of you did know, Barron Bregenzer. In large part it is thanks to Barron and his dedication that we are able to belong to such an active and

thriving cycling club. Barron's actions as president helped to raise significant funds for our club which continues to help us facilitate the great LWA activities we participate in every year. Although I did not know Barron personally, the commitment and outstanding energy he put towards the club is something I will strive to emulate. While sadly, Barron will be absent from our rides, thanks to his efforts and the efforts of his contemporaries, new folks like me will have the opportunity to make cycling a part of their lives through the Lehigh Wheelmen Association.

Have a safe start to your new year and keep riding!

*Mark Zappe, President*

## NEW BOARD:

On December 12, 2010 at the annual meeting at Bear Creek Ski Lodge a new board was elected. They are:

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) – Dick McCreight  
At-large member (2011) – Gwen Hoover  
At-Large Member (2011): Mike Solliday  
Ex-officio – Phil Esemplio  
Web Manager: Terry Terfinko  
Membership Coordinator: Jack Helffrich

We are still looking for a volunteer coordinator to assist with special events. If you are able to help, please contact a board member.

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.

## Contacting Other Members:

I have received several requests from members who would like to contact other members via Email address. To facilitate this request I created a new field under the User Profile tab. The field is called "Share Email". If you would like to share your Email address with other LWA members, enter it in this field. It will then be displayed in the list generated under the Members tab. The Members tab is only viewable by LWA members who have logged in.

## To add your Email address in the new field:

Log in to the website  
Select the User Profile Tab  
Select Edit – Update Your Profile  
Select Contact Info  
Scroll down to the bottom and enter your Email in the Share Email field

## To view members Email address:

Log in to the website  
Select Members Tab

*Terry Terfinko, Website Manager*

## Editor's Corner:

Happy New Year! Halleluiah 2010 is OVER!!!!

Those of you who know me well know that I had a particularly challenging 2010. I am so looking forward to 2011 and all the wonderful opportunities it can bring.

Not everything was bad...because I found happiness in focusing on what I did have instead of what I didn't. I have a great little home, a faithful sweet dog, great friends, a new bike, and a couple fun per diem jobs. I even look forward to my 50<sup>th</sup> birthday in January! I'm getting healthy and strong.

I look forward to riding and racing with you in Spring. I'm also writing cycling articles for Examiner.com – check it out:  
<http://www.examiner.com/cycling-fitness-in-pittsburgh/sallie-urffer>  
Most exciting, is that Master's Track Nationals will be at Valley Preferred Cycling Center August 2-7, 2011!! Yippee!

Happy pedaling!

*Sallie Urffer, Editor*

## Classified Ads for Members Only

ARTICLES FOR SALE
<b>2005 Orbea Track Bike</b> 53cm lightly used – very good condition - \$700 or best offer. Call Greg at 703-475-1569
Mid-80's <b>Colnago Super road bike.</b> 56cm. Mix of mainly Dura Ace and Cinelli components with Shimano 600 levers and wheels. Red with silver. Very good condition. Asking \$600. Contact Mark at 215-237-2731.
FOR RENT
<b>2 HARD-SIDED BICYCLE TRAVEL CASES,</b> 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

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 @ [sallie.pedals@gmail.com](mailto:sallie.pedals@gmail.com)

## Member Letters:

Recent Riding Experiences

With winter approaching it's taking a little more effort to get in outside rides, but it's worth it.

I try to get to one or two spin classes during the week with a short run after and swimming as much as possible, but my rides up to and along the Blue Mountain ridge are a priority. I like to keep a slow steady pace of about 14 MPH.

On a couple of recent rides, I had trouble with dogs chasing me. One started his pursuit from a farmhouse. I made eye contact and talked to him, saying "good boy". He got tired or acting mean and running up the street and finally slowed down. On another ride as I passed a remote house, the owner was outside and yelled "Beatrice stay!". I picked up speed and heard a deep sounding "woof!" and fast moving footsteps as Beatrice ran thought the woods to my right. Thankfully, she never emerged.

Terry Terfinko's niece is a dog behavior specialist and owner of Priority Dog recommends: Absolutely avoid eye contact. Dogs communicate mostly by signals. When you talk calmly you are also probably giving other signals that you don't realize but the dog is probably responding more to these signals. If I were on a bike, I would lower my head, turn it to the side away from the dog and soften my eyes (these are the things you may have been doing when talking calm). You can also slow down and curve away and you could throw in a yawn if necessary. But never eye contact! All these other signals tell the dog you are not a threat. Visit <http://prioritydog.com/> for more information

On another ride, I was coming up on the same area that I had problems with and was on the lookout when I thought I saw 3 dogs off in the distance. They turned out to be large deer and ran off along a stream. As I was watching them the fourth deer, which decided to hide next to the road jumped up and ran off.

This last Saturday was a bit colder and I appreciated the thicker fleece balaclava and wool cycling socks added to my gear. The Clif bar in my outer jacket pocket was barely pliable enough to break in pieces to thaw in my mouth. Next time I'll keep it in my inside shirt so my gut keeps it from freezing.

Looking forward to more riding soon, barring ice on the road and plan to get the trail bike out went that happens. Perhaps I'll post some rides and enjoy some Wheelmen company.

Doug Leavitt

## LWA Meetings

*Held the 3rd Monday of every month.*

Next meeting is:

**January 17, 2011  
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.

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



## LWA Discount Sponsors

**Receive a 10% discount with your LWA membership card!** (unless otherwise noted)

\*10% off all parts and accessories

### **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

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

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