



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

June 2011

IN THIS ISSUE

Happy May!	2
Celebrating 60 years... ..	1
<i>and still riding strong!</i>	1
LWA Meetings	1
Editor's Corner:	2
Recurring Weekly Rides:	2
Classified Ads for Members Only	2
LWA Discount Sponsors	3

Time to renew!

CLUB OFFICERS

Mark Zappe	President
mzappe73@gmail.com	908-329-5959
Geoff Rogers	VP Touring
ganddpa@verizon.net	610-966-5134
Pete Seigfried	VP Racing
Srcracer866@aol.com	610-285-4006
Maureen Porter	Secretary
porterrunner@yahoo.com	
Sallie Urffer	Treasurer & QR Editor
sallie.pedals@gmail.com	610-554-2931
Jack Helffrich	Membership
jackhelffrich@hotmail.com	610-398-0205
Terry Terfinko	Webmaster
terfintt@verizon.net	610-966-2329
Gwen Hoover	Junior Coordinator
g Hoover@ptd.net	610-216-1484

Celebrating 60 years...

and still riding strong!

This season is the 60th anniversary of the founding of the Lehigh Wheelmen Association, and we are celebrating!

Mark Saturday July 16 on your calendar, because you'll want to commemorate this milestone. The festivities will begin early with several rides, followed by a picnic at Upper Saucon Township Community Park. In addition to a 60 mile B paced ride and a 60 kilometer (approx 36 miles) C paced ride, we are planning a social paced ice cream ride of about 20 miles, and a mountain bike ride using the trails at Lehigh University. Check the ride calendar for details. The recently opened Lower Saucon Rail Trail begins right behind the pavilion, and will be perfect for anyone who just wants to do a flat trail ride or perhaps simply take a nice walk. There is something for everyone.

This is a member's only event. However, if you know someone who isn't a member they are still welcome and can join that day. We really want to make this a special celebration.

The club is going to supply burgers, hot dogs and beverages. Please bring something to share. Alcoholic beverages are not allowed in the park. To help us plan for food, please RSVP your intention to come to Geoff Rogers at ganddpa@verizon.net

One of the things we would like to do during the picnic is recognize as many of the club's past presidents as we can. Unfortunately, we don't know how to contact everyone, or in some cases don't really have good records of who some of the former presidents are. So, if you were a past president, or if you know someone who was who may no longer be active in the club, please pass that info along to Geoff Rogers. Please include any contact info you may have as well.

To commemorate the anniversary, the club has designed a really cool tee shirt with the original club logo embroidered on the front.

Polar Bottles with the 1951 patch and the current patch have been ordered and should be arriving soon. Members (with a current membership card) can purchase them for \$6, non-members \$10. Email Sallie Urffer to reserve your bottle: Sallie.Pedals@gmail.com.

You will be able to pick up both the tee and bottle at the picnic and at most LWA events this year.

We will be holding a drawing for a SL Carbon Bike customized to fit the winner and will be equipped with SRAM Red or DuraAce components. Tickets will be on sale shortly.

The LWA advertising board at Valley Preferred Cycling Center is up between turn 1 and 2. Along with that board we receive a couple of Season Passes to Friday night races. We will be doing a drawing to give them to members.

Sallie Urffer, Editor

LWA Meetings

Held the 3rd Monday of every month.

Next meeting is:

June 20, 2011

Business Mtg 7:30 PM

MEETING LOCATION:

**Valley Preferred Cycling Center
Plaza**

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

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

Happy Riding!

Hey everyone, here comes summer. Do you have a favorite route you like to ride? Would you like to share it with others? Post a ride this coming month. If it's your first ride, contact me and we can discuss any questions you might have and can arrange for a mentor if you'd like. Let's get the ride calendar filled out nicely for June.

If you're on Facebook, Like LWA and have another place to interact with club members and friends. Just type Lehigh Wheelmen into your Facebook search bar.

The following people have earned ride leader gift certificates for leading 5 or more rides:

<u>Leader Name</u>	<u>Gift Certificate Level</u>
Bryan George	\$50
Jack Helffrich	\$25
Terry Terfinko	\$25
Doug Leavitt	\$25
Art Hunsberger	\$25

Recurring Weekly Rides:

Monday: 5:30pm – VPCC- A,B & C Rides
Tuesday: 10:00am – Preston Lane Park Coopersburg – C ride
Tuesday: 5:40pm – LLBean – B ride
Wednesday: 9:00am – Various – Check website – B & C rides
Wednesday: 5:45pm – SL Bike Shop - B ride
Thursday: 5:30pm – Stabler – B & C rides
Thursday: 6:00pm – Eagles Nest Park – C ride
Friday: 9:00am – Various – Check website – B ride
Saturday: 10:00am – VPCC – D Ride
Sunday: 10:00am – Rodale Fitness Park – A,B & C rides-check web

See you on the road.

Geoff Rogers, Vice President Touring

Junior Update:

Congrats to Phil Esemio our new junior development coordinator. As always we are here to assist kids with the different aspects of cycling. Equipment, rides, safety, touring and racing. Phil brings an excellent background in cyclocross and mountain bike that complements our existing strength in road and track. To get started, feel free to email Phil (phil.esempio@gmail.com) or Gwen (ghoover@ptd.net).

New riders, kids and families check calendar for our Smoothie rides Saturdays at 10am 20 miles. Stop half way @ Topton cafe. 10-12 mph. No one dropped. Also review basic road safety.

Hold the dates - Nicole Reinhart memorial Tour de FCCC. Great first race with three stage. Time Trial, road Race and crit. Sponsored by Berks Lehigh Optimists Bicycling. Racers (boys and girls) ages 10-18 Volunteers (any age, no experience necessary).

July 16: 8am-3pm @ Rodale Institute, Maxatawny

July 17: 9am-2pm @ Rodale Park, Trexlertown

Gwen Hoover, Jr Coordinator

THE DONUT DERBY--a 36-mile bike race held this Labor Day celebrates both calorie junkies and road-bike warriors across the Lehigh Valley in an epic elbows up, knock down hunger fest where only the strong survive. The rules are simple; eat donuts (each krispily, kreamily krueller takes 3 min. off racer's final time)and ride hard!!!! Race starts from the Valley Preferred Cycling Center and loops around Topton, Bowers, and Fleetwood. See the sights, live the dream.

HOW MANY DONUTS CAN YOU EAT!!!

Board Member Profile:

Maureen Porter-Secretary

I've ridden a bike since I was about 6. Riding a bike was my way of getting to friends houses before I could drive. I started 'serious' road cycling in my mid 20's until I had my daughter. After a bit of a hiatus I got back into cycling in 2003 after recovering from an ankle fracture I received while doing a early morning run in the dark. I joined the LWA in 2008. I have learned so much about cycling and have improved my abilities because of the wonderful people I have had the opportunity to ride with. I am currently the club Secretary. My favorite ride was the Philly Livestrong ride. It was also my first century ride. I am looking forward to doing that ride again in August. I ride a Trek Madone 5.2. I currently work as a Certified School Nurse in the Palmerton Junior and Senior High Schools. I've worked in many areas of Nursing prior to this. I have my Master's Degree in Physical Education with an Exercise Physiology concentration. For 10 years I had my own Personal Training business. I also worked for the Lehigh Valley Hospital as an Exercise Physiologist for 4 years. I am married with a 17 year old daughter. Last summer my daughter started doing some rides to Topton with me. I can't wait for summer vacation so we can do our mother-daughter lunch rides again. I ride to stay fit and because it's an amazing stress management tool. I sign up for duathlons (run-bike-run) to keep me motivated to get on the bike and run consistently. The vision of being the last one across the finish line keeps me consistent with my workouts.

Classified Ads for Members Only

ARTICLES FOR SALE
Trek 7600FX Hybrid in excellent condition. Size 15" or small. Contact Kathy 610-351-3968 or email kcm631@yahoo.com Pictures are available.
2 pair of Pearl Izumi winter womens cycling tights no chamois size small \$40 Email Laurie at laurie4550@yahoo.com
Fuji Track , 57c w/brakes, 2 sets clincher wheels. Excellent condition. Contact Tom 717-330-3552 or tombenn24@yahoo.com
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

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

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



LWA Discount Sponsors

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

Action Wheels *

530 W. Broad St. #1
Bethlehem, PA 18018
610-866-1113
www.action-wheels.com

BikeLine Allentown *

1728 Tilghman St.
Allentown, PA 18104
610-437-6100
www.bikeline.com

BikeLine Bethlehem *

2112 Schoenersville Rd.
Bethlehem, PA 18018
610-691-0943
www.bikeline.com

Cycledrome *

8150 Hamilton Boulevard
Trexlerstown, PA 18087
610-398-6631
www.cycledromebikes.com

Cutters Bike Shop *

418 E. 3rd St.
Bethlehem, PA 18015
610-419-4207
www.cuttersbikeshop.com

Eric J. Loch Diamonds & Fine Jewelry**

3370 Lehigh St.
Allentown, PA 18103
610-967-3479
www.lochsjewelers.com
**Free Lithium battery

Keswick Cycle Co.*

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

Longswamp Bed & Breakfast

1605 State Street
Mertztown, PA 19539
610-682-6197
www.longswamp.com

Saucon Valley Bikes *

824 Main St.
Hellertown, PA 18055
610-838-1500
www.sauconvalleybikes.com

Sleeping Dog Professional Cycles*

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

SL Bikes*

23 W. Fourth St.
Bethlehem, PA
570-380-4793
www.slbikes.com

South Mountain Cycles & Coffee Bar *

303 Main St. Lower Level
Emmaus, PA 18049
610-967-4490
email: smcbikes@ptd.net

Spokes Bike Shop *

16590 Route 61
Hamburg, PA 19526
610-562-8900
www.spokesbikeshop.com

Therapeutic & Sports Massage

1744 Elmwood Drive
Whitehall, PA 18052
610-774-0426

Weaver's Bike Shop *

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

*10% off parts and accessories