



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

July 2011

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Time to renew!

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Celebrating 60 years...

and still riding strong!

We are celebrating the 60th anniversary of the founding of the Lehigh Wheelmen Association on **Saturday July 16**. 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 will 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

We are holding a drawing for a SL Carbon Bike customized to fit the winner and will be equipped with SRAM Red or DuraAce components. Raffle tickets are \$20 and we will only be selling 250 tickets so the odds of winning are very good. To check out the bike go to <http://www.slbikes.com/> Tickets can be purchased on BikeReg.com at

<http://www.bikereg.com/events/register.asp?eventid=13879>

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

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

Junior Update:

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

LWA Meetings

Held the 3rd Monday of every month.

Next meeting is:

July 18, 2011

Business Mtg 7:30 PM

MEETING LOCATION:

**Valley Preferred Cycling Center
Plaza**

Visit the Lehigh Wheelmen home page at www.lehighwheelmen.org

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

NATIONAL TRAILS DAY

National Trails Day is an annual celebration of America's trail systems held the first Saturday in June. This year's theme, "Made With All Natural Ingredients," encourages people to get outside to experience, appreciate and celebrate natural places that offer beautiful scenery, peace of mind, and a venue where health can be improved through recreation. For more information, visit www.AmericanHiking.org.

National Trails Day was on Saturday June 4th and The Delaware & Lehigh National Heritage Corridor (<http://www.delawareandlehigh.org/>) wanted to have two bike rides to preview New additions of the trail. I volunteered to guide and recruit fellow Trail Patrol members to help with the ride from Cementon north to Slatington section while D&L Staff members guided a ride from East Penn Township boat launch (near Bomanstown) south to Slatington. There were about 25 people on the Cementon north ride including LWA members Brad Yeakel, Laurie Ohleger, and Mark Zappe. Brad and Laurie rode from Allentown and then rode the trail to Slatington. Also meeting us on the way in Laurys Station was Morning Call writer Gary Blockus who took this video: <http://www.mcall.com/videobeta/109743e6-de65-44ad-8948-73555a60c7b1/Sports/VIDEO-National-Trails-Day>
At the Slatington trail head D&L staff was on hand trail mix, water and information about the D&L and the trail. Any question about the D&L you can email me at dean.the.bikeman@hotmail.com
See you on the TRAILS!

Dean Hower

Happy Riding!

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

Gap Gallop

Gap Gallop will be October 2nd. Registration is open at <http://www.bikereg.com/events/register.asp?eventid=13646>

Spring Gallop was a success; roads are in good shape for the fall event, although some serious remarking needs to be done, especially on the back side of the mountain. If you wish to volunteer to support this event please email phil.esempio@gmail.com.

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 kruegger 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. If you are willing to volunteer that day, please email sallie.pedals@gmail.com.

HOW MANY DONUTS CAN YOU EAT!!!

Watch for Master's Track Nationals

Master's Track Nationals will be held the last week of July at Valley Preferred Cycling Ceenter. Stop in any time of the day during that week to cheer on LWA members. Many are participating and I'm sure will bring home a Stars and Stripes Jersey!

What's your favorite rest stop?

Lehigh Wheelmen members, help choose your favorite rest stops. The Wheelmen board of directors is requesting your help to identify favorite Wheelmen locations for rest and refueling. Businesses receiving the most votes will receive a plaque recognizing them as a Lehigh Wheelmen Favorite. What can you do? Send an e-mail to dick.mccreight@juno.com listing up to five of your favorites. Deadline for submitting your choices is July 31st.

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.
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
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www.cycledromebikes.com

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Sleeping Dog Professional Cycles*

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Bethlehem, PA
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www.slbikes.com

South Mountain Cycles & Coffee Bar *

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610-967-4490
email: smcbikes@ptd.net

Spokes Bike Shop *

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www.spokesbikeshop.com

Therapeutic & Sports Massage

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Whitehall, PA 18052
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Weaver's Bike Shop *

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www.weaversbikeshop.com

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