



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

November 2011

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Time to renew!

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Time to PARTY!

LWA's Year End Party and Annual Meeting will be held on December 4, 2011.

Social hour will be from 5:30 to 6:30 with dinner being served at 6:30. There will be a cash bar; non alcoholic drinks, entree and desserts are included. Following dinner will be the annual meeting with announcements for new club officers etc.

Price for members is \$15 and \$30 for non-members.

Please use the following link to register for the party. Bikereg fees are waived for this event.

<http://www.bikereg.com/events/register.asp?eventid=14560>

Club Elections

Club Board nominations are currently underway. Every year we elect a President, VP Touring, VP racing, Secretary, Treasurer and at-large board members. This year we need nominations for all officers and 5 at large board members, 3 are 2 year appointments and 2 are 1 year appointments. We typically meet for about 1.5hrs the third Monday of every month to discuss a variety of club activities.

Elections will be held at the Annual Meeting at the Year End Party that will be held on December 4, 2011 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 email LWA.Membership@gmail.com

Electronic Gadgets!

I recently had an annoying experience (amusing in retrospect).

I had set up my road bike on a work stand in my garage (planning on cleaning the chain later) prior to departing for a ride on my mountain bike.

When I attempted to close the garage door using the wireless keypad, the door wouldn't close, so I had to use my key to close the door.

When my wife came home, her wireless opener wouldn't open the garage door.

I checked the manual, changed batteries, etc. w/o success.

Later, after I returned my road bike to its normal storage location, the wireless garage door devices resumed working normally.

Suddenly it dawned on me that the road bike's wireless cyclo-computer had been interfering/interacting with the garage door's wireless devices!

By then I had wasted at least an hour.

Richard Baldock

LWA Meetings

Next meeting is:

**December 4, 2011
Annual Meeting & Party
MEETING LOCATION:
Bear Creek Mtn Ski Resort**

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

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

LWA Favorite Rest Stops

This Summer LWA members voted for their favorite rest stops. A total of 50 businesses were nominated! The LWA Board decided that the top 5 would be honored with plaques identifying their establishment as a "LWA Favorite for 2011". There was actually a three-way tie for 5th place so seven awards were presented. The top choice with more than twice the votes of the next runner up was The Market Café in Topton. Your favorites are:

1 st Place	The Market Café	Topton, PA
2 nd Place	The Country Cupboard (aka the Lenhartsville General Store)	Lenhartsville, PA
Tie		
2 nd Place	The Oley Turnpike Dairy	Oley, PA
Tie		
4 th Place	Wanamakers General Store	Wanamakers, PA
5 th Place	Jenn & Jessie's Ice Cream Parlor	Oley, PA
Tie		
5 th Place	Robert's Sunoco (aka the Coastal)	Kempton, PA
Tie		

In addition Honorable Mention goes to:

Longacre Dairy	Bally, PA
South Mountain Cycles	Emmaus, PA
The Hometown Diner	Breinigsville, PA
Curious Goods at the Bake Oven Inn	Germansville, PA
Simmeria Café & Bistro	Fleetwood, PA
Bagel Bunch	Pleasant Corners, PA
Blue Mt Family Restaurant	Danielsville, PA
Crystal Cave	Kutztown, PA
Crystal Springs	Schnecksville, PA
Echo Hill Country Store	Fleetwood, PA
Frenchtown Café	Frenchtown, NJ
OWowCow	Nockamixon, PA
The Bridge Café	Frenchtown, NJ
The Train Station Bakery	Milford, NJ

Not only did you vote, but comments were received as well:

- "By far, my favorite stop is the Market Cafe in Topton. Great coffee. Fresh baked goods and in the summer, a nice porch where you can sit and keep an eye on your bicycle. I can't think of a place in the Lehigh Valley that comes close to the place, in terms of cyclists. Every so often, a train passes by the former train station, too. A bonus."
- [Blue Mountain] "I stop there 2-3 days a week; it is great, and very friendly to cyclists."
- "For service, ambiance, and the best products, none can rival South Mountain Cycles in Emmaus."
- "Longacres Dairy comes to mind. They are always so nice to us."
- "Hometown Diner deserves an award. That is probably our favorite post ride lunch spot!"
- [Longacres Dairy] "They even gave me a band-aid when I needed it."
- [J&J Ice Cream] "The one that opens for us when we arrive early."

And my favorite comment:

- [An establishment we won't identify] "The food is not very good and the service is not very good but they eventually bring you a beer."

We encourage you to visit these LWA-friendly businesses. Keep an eye on the LWA ride calendar for rides to the top seven locations for the awards presentations.

Dick McCreight

Embracing the Cold

With the unwelcomed arrival of several inches of wet snow at the end of October and the waning of daylight hours, many cyclists will put their bikes into hibernation for the next 6 months. When I first started riding with the Wheelmen, and October approached I was talking to the ride leader about how sad I was that there wouldn't be many rides left because of the cold weather. He said, "You can ride through the winter you know". A thought that always seemed like it was bordering on crazy, eccentric even. In the past when I would see that rare person riding their bike on a cold winter's day I used to think "Wow that person is crazy! I like riding my bike but that's extreme".

The ride leader assured me it wasn't crazy and that if properly dressed it's quite enjoyable. I pondered the idea and looked into winter cycling gear online. I made a list of what I would need to stay warm and luckily Santa (my husband) bought me all the gear on my list. I was amazed at how truly liberating it felt to ride during a time of the year that in the past I thought was relegated to the gym.

Through trial and error I figured out what layers I needed for different temperature and wind conditions. Being able to continue riding through the winter helped reduce that cabin fever feeling and also gave me a fitness base to jump start the next cycling season.

So at the risk of sounding crazy, I strongly recommend cycling through the long cold winter. Grab a cycling buddy and go off the deep end together. If you are unsure of what to wear, a good place to start is with insulated cycling pants, a wind resistant cycling jacket, winter full finger cycling gloves, shoe covers, and my personal favorite, a balaclava. If you want a bit more help with what to wear, Bicycling magazine has a good tool on their website that tells you what to wear based on the weather conditions. www.bicycling.com/whattowear

When you get on your bike with all your gear on, if you feel like a geek, just remember that no one is going to recognize you hidden under that balaclava. You can ride incognito with a big smile on your face because you are outside doing what you like to do. Hopefully I will see more of you on the road this winter!

Maureen Porter, Secretary

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
Felt F85 Road Bike size 47. Pristine Condition. Tires are 650cc, weight is 19.4 # Carbon fork. Email lisambriggs@verizon.net
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

NEW SPONSOR:

Fitness Central Bike Shop - Open M,W,F 10-6, T,Th 10-7, Sat 10-5
4337 Route 309, Schnecksville, PA 18078 PH [610.769.7300](tel:610.769.7300) Fax [610.769.7511](tel:610.769.7511) www.facebook.com/fc.shop



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