



# QUICK RELEASE

newsletter of the  
LEHIGH WHEELMEN ASSOCIATION Inc.

April 2011

## IN THIS ISSUE

Celebrating 60 years.....	1
<i>and still riding strong!</i> .....	1
Saying good-bye to Nestor's Sporting Goods!.....	2
Recurring Weekly Rides:.....	2
Board Member Profiles:.....	2
VP of Touring Report:.....	2
LWA Meetings.....	2
Classified Ads for Members Only.....	2
LWA Discount Sponsors.....	3

**Time to renew!**

## CLUB OFFICERS:

<b>Mark Zappe</b> .....	<b>President</b>
<a href="mailto:mzappe73@gmail.com">mzappe73@gmail.com</a>	908-329-5959
<b>Geoff Rogers</b> .....	<b>VP Touring</b>
<a href="mailto:ganddpa@verizon.net">ganddpa@verizon.net</a>	610-966-5134
<b>Pete Seigfried</b> .....	<b>VP Racing</b>
<a href="mailto:Sracer866@aol.com">Sracer866@aol.com</a>	610-285-4006
<b>Maureen Porter</b> .....	<b>Secretary</b>
<a href="mailto:porterrunner@yahoo.com">porterrunner@yahoo.com</a>	
<b>Sallie Urffer</b> .....	<b>Treasurer &amp; QR Editor</b>
<a href="mailto:sallie.pedals@gmail.com">sallie.pedals@gmail.com</a>	610-554-2931

## CLUB COORDINATORS:

<b>Jack Helffrich</b> .....	<b>Membership</b>
<a href="mailto:jackhelffrich@hotmail.com">jackhelffrich@hotmail.com</a>	610-398-0205
<b>Terry Terfinko</b> .....	<b>Webmaster</b>
<a href="mailto:terfintt@verizon.net">terfintt@verizon.net</a>	610-966-2329
<b>Gwen Hoover</b> .....	<b>Junior Coordinator</b>
<a href="mailto:g Hoover@ptd.net">g Hoover@ptd.net</a>	610-216-1484

## Celebrating 60 years..... *and still riding strong!*

A little history to celebrate LWA's 60<sup>th</sup> anniversary:

Our club was established in 1951 and has since been the Lehigh Valley's largest cycling organization with over 400 members strong. In 1967 LWA became incorporated in the State of PA and in 1993 became a not-for-profit 501 (c) 7 – Social club. LWA is a member of the League of American Cyclists and PA Cycling Organization.

Future Champions Cycling Club (FCCC) was founded in 1984 and has been instrumental in providing support to juniors involved in competitive road and track cycling. The Tour de FCCC, begun in 1994, attracts cyclists from the tri-state area as well as teams from as far away as Bermuda and many well-known professional racers participated. Tour de FCCC, is a junior stage race for cyclists ages 10 through 18. The 'Tour' consists of a road race and time trial at the Pagoda in Reading, PA, followed by a criterium at the Rodale Cycling and Fitness Park in Trexlertown, PA. In 2004, FCCC merged with LWA and the new junior group began racing under the name of Bike Line Future Champions, as Bike Line sponsors our race teams.

Prior to Bike Line's sponsorship, Broken Spoke was the race team's sponsor. Over the years, our race team has produced State, Regional, National and World Champions. The race team has several staple training races, including the Thursday Nite Training Crit that was where Bill Strickland derived the title of his book "[Ten Points](#)".

The Gap Gallop Century has been going strong for over 35 years. Typically there are approximately 300 riders from across PA, NJ, & NY. It is usually held the day after the VPCC Flea Market.

More history to come in future newsletters.

The Club Board is kicking around many fun ideas to celebrate your 60<sup>th</sup> year; including a special picnic, t-shirt, water bottle or jersey. We are also looking into a raffle for a very special road bike. We will keep you posted on what is decided. If you have any ideas, please send us an email at [lwa.membership@gmail.com](mailto:lwa.membership@gmail.com).

*Sallie Urffer, Editor*

## Past Presidents (1951-1967 UKN)

Year	Last	First
1968	Petrick	Phil
1969	Petrick	Phil
1970	Petrick	Phil
1971	Taus	Andy
1972	Vreeland	Lenny
1973	Vreeland	Lenny
1974	Bailey	Keith
1975	Bailey	Keith
1976	Bailey	Keith
1977	Solliday	Mike
1978	Solliday	Mike
1979	Dorsey	Ellen
1980	Dorsey	Ellen
1981	Dorsey	Ellen
1982	Young	Steve
1983	Sell	Dave
1984	Yerman	John
1985	Yerman	John
1986	Yerman	John
1987	Hart	Hugh
1988	Bednarczyk	Paul
1989	Bednarczyk	Paul
1990	Sharpe	John
1991	Bilotta	Peter
1992	Bilotta	Peter
1993	Nellson	Deborah
1994	Nellson	Deborah
1995	Nellson	Deborah
1996	Bregenzner	Barron
1997	Bregenzner	Barron
1998	Bregenzner	Barron
1999	Koven	Ted
2000	Farmer	Scott
2001	Farmer	Scott
2002	Farmer	Scott
2003	Reinert	Lorie
2004	Reinert	Lorie
2005	Reinert	Lorie
2006	Urffer	Sallie
2007	Urffer	Sallie
2008	Helffrich	Jack
2009	Esempio	Phil
2010	Esempio	Phil
2011	Zappe	Mark

Visit the Lehigh Wheelmen home page at [www.lehighwheelmen.org](http://www.lehighwheelmen.org)

Due date for *Quick Release* articles is the 20<sup>th</sup> of every month.

## Saying good-bye to Nestor's Sporting Goods!

A Letter from Pete Nestor.

Founded in 1946, Nestor's is one of Whitehall Township's oldest retailers and for the past 20 years one of America's top ranked winter sport shops. Karen and I are grateful for having worked 35 years in an industry we love while interacting with the many friends we have made in the course of business.

Because of this, it is with mixed emotions that we announce the closing of Nestor's Sporting Goods. Karen and I are looking forward to retiring into a new adventure of life and allowing our sons, Peter Jr. and Rob, to pursue their own interests. At the same time we are saddened by the prospect of closing the doors on the most defining era of our lives.

I am pleased to announce that next fall Buckman's Ski and snowboard Shops will be opening their sixth retail store at our Whitehall location. This opportunity ensures continuing service to our winter sports customers as well as employment possibilities for our staff with Buckman's, southeastern Pennsylvania's leading winter sport retailer.

The SIA Mid-Atlantic Snowsport Retailer of the Year for three out of the last four years, Buckman's specializes in winter sports exclusively and is closed during the summer months. Because of this Nestor's will be conducting a going-out-of-business retirement sale beginning immediately. Please stop by to take advantage of our inventory and fixture liquidation and help us celebrate the end of one era here in the Lehigh Valley and the beginning of another.

Sincerely,  
Peter Nestor

*Editor's note: Pete and Karen Nestor were LWA's 2010 Ride Leaders of the Year award winners. They lead many of the Monday Night Rides.*

### 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  
Thursday: 5:30pm – Stabler – B & C rides  
Thursday: 6:00pm – Eagles Nest Park – C ride  
Friday: 9:00am – Various – Check website – B ride  
Sunday: 10:00am – Rodale Fitness Park – A,B & C rides-check web

### Board Member Profiles:

#### Pete Siegfried – VP Racing

I started with the club in early 91 or 92. I was VP of touring for three years or so and on the board several years. I did the Pa Dutch tour for six or seven years before I started racing. I have raced and ridden with the touring division for years and became VP of Racing since 08. I have mostly raced Track but have raced many Criterium races. My passion is the track. I have medals from many State and Regional events and Two National events.

## VP of Touring Report:

Hi everyone. There are many rides that our club does not put on that are well known and beloved. They have traditionally been listed under the title "Out of Bounds Rides", which can currently be found under the Links tab on the LWA website. There are currently only a few rides listed. I know of several more that I will add shortly, but would like to ask for your help to add to this category of rides. Do you have a favorite Out of Bounds Ride? An example would be the Quad County Metric Century. Please email me at [ganddpa@verizon.net](mailto:ganddpa@verizon.net) and let me know what it is with as many details as you know. Thanks in advance.

*Geoff Rogers, VP of Touring*

## LWA Meetings

*Held the 3rd Monday of every month.*

Next meeting is:

**April 18, 2011**

**Business Mtg 7:30 PM**

**MEETING LOCATION:**

**Valley Preferred Cycling Center Plaza**

## Classified Ads for Members Only

### ARTICLES FOR SALE

**2006 Scott Speedster 5 road bike**, only ridden 500 miles, never crashed. Size 56cm, forks CR1, carbon seat stays, Shimano Ultegra 6600 10 sp Originally \$1,440 asking \$900 call Michael Black @ (610) 756-6304

**Trek 7600FX Hybrid** in excellent condition. Size 15" or small. Contact Kathy 610-351-3968 or email [kcm631@yahoo.com](mailto:kcm631@yahoo.com) Pictures are available.

2 pair of **Pearl Izumi winter womens cycling tights** no chamois size small \$40 **Burley Rockport rain jacket** womens size small \$50 Email Laurie at [laurie4550@yahoo.com](mailto:laurie4550@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](mailto: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.pedals@gmail.com](mailto:sallie.pedals@gmail.com)

***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)

### **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

### **Cutters Bike Shop\***

418 E. 3rd St.  
Bethlehem, PA 18015  
(610) 419-4027  
Website: [www.cuttersbikeshop.com](http://www.cuttersbikeshop.com)  
E-Mail: [cuttersbikeshop@yahoo.com](mailto:cuttersbikeshop@yahoo.com)

### **Cyclodrome\***

8150 Hamilton Boulevard  
Trexlerstown, PA 18087  
(610) 398 6631

### **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)

### **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](mailto:MassageWithSallie@gmail.com)

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

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

\*10% off all parts and accessories