



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

March 2010

IN THIS ISSUE

| | |
|--|----------|
| The Winter Grind Error! Bookmark not define | |
| Subscribe to Yahoo Group..... | 1 |
| Jr. Racing Report..... | 2 |
| The Speed Racer's Report..... | 2 |
| LWA Meetings..... | 2 |
| Webmaster Report..... | 2 |
| Classified Ads..... | 2 |
| Out of Bounds Rides..... | 3 |
| Members Special..... | 4 |
| LWA Discount Sponsors | 4 |

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The Ides of March

Phil Eempio, President

With Daylight savings beginning on March 14th, and the Spring Equinox on March 21st, the time has come to prepare for a great touring year! Our Ride leaders kick off is on April 18th at Asia Restaurant in Allentown (for details, see the website). You will have the chance to sign up for dates when you will lead a ride and maybe learn some things from past ride leaders. We need leaders at all levels, A-D (see website for level details). Because of volunteers, we have "The Monday Night Ride", "The Wednesday 9am ride", "The Thursday Night Business Person's Special", "Smoothie Ride", and last year the Tuesday night Lenape Park ride was added. There are many more rides that you have enjoyed over the years, because of wonderful ride leaders willing to take you on that favorite route. Sallie, our Treasurer and Newsletter Editor told me that our Webmaster Terry Terfinko was the leader of the first ride she took with LWA, and Terry continues to lead many wonderful rides throughout the year. If you are nervous about leading a ride for the first time, there are past ride leaders that will gladly help you. The Coalition for Appropriate Transportation has Road One courses for those that want to ensure they know the rules of the road. You can visit their website at carfree.com. Long time LWA member Fritz Walker is the president of this organization, and a very experienced ride leader. Additionally, Susie Molnar, a long time LWA member and an active member of the Blue Mountain Ski Patrol, will be doing a seminar on how to handle emergencies during a ride, immediately after the membership meeting on

April 19th, at OAA. Cost per person of this event is \$25; however, if you agree to lead one ride during the year, the club will pay your share. Even better, if you agree to lead two rides - with one being an A or B level ride, and the other being a C or D level ride, the club will pay not only your share, but that of a guest you might chose to bring.

Without ride leaders, we would be stuck trying to find people to ride with, riding the routes over and over again, and missing out on meeting new people that share our love for bicycling! Each year we give out rewards for leading rides, and the club will continue this tradition again this year. IF you lead 5 rides, you can earn a \$25 gift certificate to your favorite bike shop! Who couldn't use some extra bike money? At the annual meeting, we award the Ride Leader of the Year award to the person that has lead the most rides. So come on out April 18th, raise a glass with us, enjoy some great food, and commit to lead a ride. I think you'll find that you enjoy the experience far more than you ever thought you might.

Phil Eempio

Subscribe to Yahoo Group to communicate with other members

General:

Sports.groups.yahoo.com/group/LehighWheelmen

Racing:

Sports.groups.yahoo.com/group/LWARacers

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

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

Jr. Racing Report

Gwen Hoover, Jr Coordinator

For the third year running, our junior cycling group has been recognized by USA Cycling as a Center of Excellence. Congratulations to all the riders, parents and club members who have supported our efforts to get more kids involved in cycling.

We have a strong junior group again this year. If you are interested in cycling (or know a child ages 8-18 who is interested in cycling(touring or racing)) please contact the junior development coordinator g Hoover@ptd.net.

March crit training series runs every sunday in March. See racers page on website for details.

Don't forget to renew you USA cycling license. Email Gwen if you have any questions on how to do that. Also, every junior racer must send me their name, category, license number and volunteer at one March training race (March 21 th juniors and their parents are responsible for all corner marshal duties) and one other event.

Hold the date. July 17 and 18 is the Nicole Reinhart Memorial Tour de FCCC. All junior races can be found at pacycling.org or bikereg.com.

We will once again sell used equipment on consignment as a fund raiser and service to the club at large. Next flea market at the velo is May 8 so start cleaning out the garage and donate your old bike stuff to support our efforts.

Gwen Hoover

The Speed Racer's Report

Pete Siegfried, VP Racing

It's February and two weeks from our first races. By the time you read this, we probably have had a week or two of racing down at the William Penn Business Center. Hopefully it has not snowed any more. Otherwise it will be hard to run races or train on the road.

Please feel free to come out and cheer for your favorite racer every Sunday at the William Penn Business Center. Races start at 12:00 noon with the Juniors racing first, then the open "A" race. After that is the Cat 5, Women, Juniors and Unlicensed racers. Finally we will finish with the "B" race.

The "A" and "B" races are an open race with everyone from pro down to category 4 racers, both women and men. Many of the racers from the local area come out for the first races of the year. Some even com out after the Derby and race Both A and B races.

After the March Series, is the beginning of the Thursday Night Critrium Training Races. These will run every Thursday night from April 1st until October at the Rodale Fitness park.

In June, we will run the Bethlehem Fitness Park Races on the 19th in Bethlehem and 27th at the Fitness Park.

I'll keep you all informed on upcoming races in the next Speed Racer Report, and I'll try to find some more interesting reading for you.

Well, until next month
Keep it right side up!

Pete Siegfried.

LWA Meetings

Held the 3rd Monday of every month.

Next meeting is:

**Monday, March 15, 2009
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.

Webmaster Report

Terry Terfinko

Membership Dues

For years the LWA membership dues were payable annually between January and March. Last year the board approved a by-law change which allowed dues to be paid on a 12 month cycle. This means your membership dues need to be renewed 12 months or less from the last time you paid. If you paid your dues in March of 2009, you should plan on paying your dues soon.

To pay your dues, log onto the website and select the **JOIN** button. Choose either single or family membership and then follow the instructions. When completed, 12 months will be added to your membership expiration date.

You can determine your annual renewal date by selecting the **User Profile** button after logging in. You will see a "Member Since: xx Months Ago" field. This will be the number of months from the date you joined/paid dues. If this number is 11 or 12, it is time to pay your annual dues.

If you prefer to pay your dues at the beginning of the calendar year, you can do that. 12 months will be added to your expiration date. When you let your dues expire you will be notified at login and you will need to pay your dues before full access to the website is allowed.

*Terry Terfinko
Webmaster*

Classified Ads

| |
|---|
| ARTICLES FOR SALE |
| 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 |
| FREE ADS FOR MEMBERS |

Ads must be private (non-commercial) 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 @ sjuffer@rcn.com

Out of Bounds Rides

Dream come True's 20th Anniversary

Save the date: May 16, 2010

SCU Quad County Metric Century - May 8, 2010

The tenth annual SCU Quad County Metric will be on Saturday, May 8, 2010. Start from scenic Green Lane Park in Green Lane, PA, and ride 21, 31, 45, 53, 68, or 76 miles on low-traffic back roads. The 21-mile route avoids the longest climb and is suitable for casual riders. The longer routes are on rolling to hilly terrain. The 53- and 76-mile routes include the 8-mile "Intensive Climbing Unit" extra-hilly segment with 1,200 feet additional climbing. A flat 10-mile ride on the unpaved Perkiomen Trail is also available. Pre-register online or by mail by April 16th and receive a free, inscribed premium insulated water bottle; \$25 for SCU members, \$30 for non members. Online pre-registration closes on May 6th, day of registration is \$35. Registration includes marked route, cue sheet, SAG support, rest stops, and a post-ride meal. Rest stops have a large assortment of home-baked snacks. Camping is available at the start location. Go to <http://www.suburbancyclists.org> to register online or download a brochure which includes a mail-in registration form. For more information, contact centuries@suburbancyclists.org or call 215.643.0597.

The NEW Great Northern Crossing Bicycle Tour

Start location: **Erie, PA** End location: **Wilkes Barre, PA**
Date: **August 7 – 14, 2010**
Mileage: **55 – 75 daily, total 450**
Cost: \$1249.99 Rider limit: **125**
Accommodations: **Hotels and Inns**
Benefiting: **Your own charity**
Sponsoring organization: **Pedal Pennsylvania**
Address: **PO Box 385, Harleysville, PA 19438**
Telephone: **(215) 513-7550**
Fax number: **(215) 513-7552**
E-mail address: info@pedalpa.com
Website: www.pedalpa.com

An all-new Northern Crossing will return for 2010 and Pedal Pennsylvania is looking forward to your return to touring with us. The Northern Crossing is the number one requested tour and were excited to bring it back.

We have crossed this wonderful state through the north, central and the south and each route is unique in its own way. The Northern tier of our state is rich in history and stands still in time. Delight your senses in the Lake Erie and Lake Chautauqua grape region. Visit Lucy's hometown of Jamestown NY. Cycle through the vast maple forest of Sugar Grove PA. Cycle to must see destinations like the Kinzua Wolf Run Marina and the Kinzua Dam located along the Allegheny Reservoir in Warren County. The Kinzua Bridge near Mt Jewel. The Lumber Museum in Galeton, and one of Potter County's best back roads that's rich in wildlife. The spectacular Grand Canyon of Pennsylvania near Wellsboro.

Experience the charm of a picturesque town as you stroll through the quiet streets lined with historic homes and family-run businesses meeting the warmhearted residents of communities like Warren, Kane, Smethport, Wellsboro, Williamsport, Bloomsburg and Wilkes Barre.

Ride for Haiti

The concept of Ride for Haiti is very simple; I am going to get on my bike and ride. On March 8th I plan to follow the www.adeventurecycling.org Atlantic Coast bicycle route from Norristown, Pennsylvania, to St. Augustine, Florida, where I will pick up its Southern Tier route to St. Francisville, Louisiana. The route as written is 2,259 miles; however I will be adding a ride from Glenside to Norristown and a ride from St. Francisville to New Orleans; I also know from previous touring experience that an additional 10-20 miles can be expected per day to reach the necessary comfort services.

In 2007 I went on a solo bicycle tour of America coast to coast from Yorktown, Virginia to San Francisco, California. The amount of public interest I encountered was overwhelming—from newspaper articles to a barrage of questions from friends, family and complete strangers along the way; everyone wanted to know the story behind my experience. At that time my trip was simply something I wanted to do. This time however I want to make sure that all this public interest is focused towards something positive—the Vermont Haiti Project.

I will be handing out and posting fliers at every opportunity along my tour. The fliers in conjunction with word-of-mouth outreach leading up to, during, and following the ride are all aimed to direct people to our Website: www.rideforhaiti.org. Through the site people will be able to follow my ride through an ongoing travel log, read about the Vermont Haiti Project and furthermore make a contribution to its organization. The donation option leads directly to the Vermont Haiti Project's Website in which donors will have the option to choose the specific program for their contribution to benefit.

The Vermont Haiti Project was formed in 2007. It is the current extension of the former "Project Haiti", which for the past 18 years has been involved with humanitarian services in the rural Haitian mountain region north of Port-au-Prince. VHP has always functioned as a grassroots, volunteer organization with its activities constantly evolving and expanding in line with the needs of its partner Haitian communities.

The goal of Ride for Haiti is above all else: to raise public awareness when it has otherwise diminished. It is inevitable that news organizations slowly fade coverage away from a disaster in the months that follow. Unfortunately, the months that follow the disaster are the most critical time in the disaster recovery process. The Vermont Haiti Project was in existence before the earthquake and will continue to work to build a more sustainable Haiti in the years to come, and also serves as my perfect partner in Ride for Haiti.

Cole W. Starkey

Members Special

Eric Lock, President/Owner feels everyone's pain about riding, and has only been able to get out a little bit.

He has made a special offer for LWA members, a free Lithium bicycle computer battery to any member that stops in.

Eric J. Loch Diamonds & Fine Jewelry
3370 Lehigh St.
Allentown, PA
610.967.3479
LochsJewelers.com



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

Cycledrome*

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

Longswamp Bed & Breakfast

1605 State Street
Mertztown PA 19539
610- 682-6197
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

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

Weaver's Bike Shop*

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

*10% off all parts and accessories

**Free Lithium Battery