



# QUICK RELEASE

newsletter of the  
LEHIGH WHEELMEN ASSOCIATION Inc.

Volume 35, Issue 6

June 2007

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## Let's Play!

### Sallie Urffer, President

I've had the unfortunate circumstance to be drawn into the middle of several conflicts with people in cars, on bikes and on rides. While we would like our rides to be social and enjoyable, there are times when they aren't immune to conflict; we all have to deal with it from time to time. Perhaps it's a confrontation with a fellow cyclist about a bike handling issue or speed, or a chronically late ride participant who delays rides and frustrates others. Whatever the circumstance, cyclists need to know how to handle all situations with grace and consciousness.

The trick is not avoiding conflict, but managing it; sometimes it's just not that simple. Some life experiences call for standing up against injustice (for lack of a better word) or for turning the other cheek. On a ride, if a conflict arises, you may need to decide how to manage it to ensure that the entire group feels comfortable and sometimes even safe.

If a rider rages during or after a ride or race, there's a feeling of instability that action brings to other cyclists. When it happens, we need to avoid talking about the person. Instead we must remember that when we come together, we bring our emotional selves along with our physical selves. Riding sometimes opens us up and whatever's inside comes out. Sometimes anger and other emotions get triggered; that's part of any ride. Sometimes you need to step back and observe yourself and others. In this way, you can shield yourself from the potentially unsettling repercussions of another person's negative actions or experience. This requires strong self-control, to see what reactions are triggered in your emotional self and how to work through those reactions mindfully.

There seems to be a time shift between initial anger and subsequent clarity. Taking a step back, you'll realize that you've been handed a lesson.

But remember lessons don't always come in perfect packages. The people with whom you have conflict are so often the people who have something to show you and sometimes are friends. You miss this chance to learn if you placate too much or avoid conflict. The mere avoidance of conflict doesn't necessarily make everyone feel good or safe either. Often, the conflict that we see in cyclists is internal. People tend to come to a ride with a vision of what a ride or ride leader should be and when they don't live up to what they 'should' be, they experience emotional reactions like anger.

Here are some tips that I learned when researching conflict resolution:

**Catch and release:** Learn to identify conflict early, and then let go of the need to attain resolution. Instead, focus on giving the situation enough space in time so that you can respond for the highest good of all involved, including yourself.

**Use your words:** Choice of words and tone of voice both matter. A calm, quiet and soothing way of speaking can help diffuse tension.

**Give more than you take:** The principles of the sword and the shield require us to fight for what's right while deflecting what's wrong. But don't be afraid to see yourself as wrong and to learn from your mistakes.

Ultimately, conflict is exactly like riding a bike: we push our limitations and resolve them in a way that's graceful. Just plowing through, whether in cycling or in life, rarely works out well: you suffer in the end.

Happy pedaling  
Sallie.

Visit the Lehigh Wheelmen home page at <http://www.LehighWheelmen.org>.

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

## Announcements

### **LWA Meetings**

LWA meetings are held the 3rd Tuesday of every month at Lehigh Valley Hospital's Health Center at Trexlertown.

All are welcome to attend Board of Directors meetings. Occasionally, the board meetings may be followed by special programs on a variety of cycling and fitness topics. Please refer to the schedule below to find out when special programs will be offered.

### **SCHEDULED MEETINGS**

**Tuesday, June 19<sup>th</sup>, 2007**

**7:00 pm** - Board Meeting

No Program currently scheduled.

### **Directions to The Health Center**

The Health Center at Trexlertown is located at the left end of the Trexler Mall, near the intersection of Lower Macungie Road and Route 222 (directly across from Air Prodcuts). From Route 222, turn onto Lower Macungie Road, then turn right into the mall parking lot.

### **June 3<sup>rd</sup>, Lancaster Leg of the Triple Crown**

Mark your calendars. This race begins the Commerce Bank Triple Crown of Cycling Series.

### **WEEU Covers the Reading Classic**

Reading radio station WEEU is covering the Reading Classic Bike Race, part of the Triple Crown, on June 7<sup>th</sup>, 2007.

They converge their radio, internet video and print coverage at the following URL:  
<http://www.readingclassic.com/>

### **Philadelphia Classic Race**

This famous bike race is June 10<sup>th</sup>. Watch cyclist climb the Manayunk Wall. This is the final event of the Commerce Bank Triple Crown of Cycling Series, and is perhaps the most important single stage cycling event in North America. Check out the following URL for details:

[http://www.procyclingtour.com/race\\_overview.cfm/race\\_id/6](http://www.procyclingtour.com/race_overview.cfm/race_id/6)

### **WILDLANDS CONSERVANCY ANNOUNCES A PUBLIC MEETING TO INTRODUCE THE JORDAN CREEK GREENWAY/TRAIL FEASIBILITY STUDY**

**June 6, 2007, Wildlands Conservancy's Pool Wildlife Sanctuary, 3701 Orchid Place , Emmaus, at 7:00 p.m.**

( Emmaus , PA , May 30, 2007)—Wildlands Conservancy will be hosting a public meeting at the Conservancy's Pool Wildlife Sanctuary, 3701 Orchid Place , Emmaus, on Wednesday, June 6<sup>th</sup> at 7:00 p.m. to introduce the Jordan Creek Greenway/Trail Feasibility Study project. The Jordan Creek extends from Allentown to the Blue Mountain , and has great potential for land preservation and recreational opportunities.

"The study is to determine the feasibility of developing a greenway/trail along the Jordan Creek corridor connecting parks, game lands and greenways, including Jordan Creek Park, Covered Bridge Park and Trexler Nature Preserve, all while protecting significant green space in the heart of Lehigh County," says Christopher Kocher, Wildlands Conservancy's president. "This is an important project that will help meet the recreational needs of the community."

Wildlands Conservancy has assembled a broad-based coalition of local organizations, corporations, and local, county and state governments to aid in the completion of this project including Lehigh County, Lehigh Valley Planning Commission, City of Allentown, South and North Whitehall Townships, Whitehall and Lowhill Townships, Lehigh Valley Zoo, Pennsylvania Game Commission, Harry C. Trexler Trust , Northwestern Recreation Commission, and legislative support from Representatives T.J. Rooney and Julie Harhart.

Any citizen, group or organization that would like more information on the project or would like to participate in the efforts to protect the environment and improve recreational opportunities along the Jordan Creek is welcome to attend on Wednesday, June 6<sup>th</sup> at 7:00 p.m.

Wildlands Conservancy is dedicated to saving the natural treasures of the Lehigh Valley and the Lehigh River Valley for current residents and future generations. Its mission is to preserve, protect, restore and enhance the land, water, ecological and recreational resources of the Lehigh Valley and the Lehigh River Valley. Established in 1973, the Conservancy collaborates with partnerships throughout the Commonwealth of Pennsylvania to achieve its goals. As a non-profit, member-supported organization, the Conservancy has protected more than 45,000 acres of critical farmland and wildlands in eastern Pennsylvania . For more information, please visit [www.wildlandspa.org](http://www.wildlandspa.org).

### **Attention All Weight Weenies!**

Want to know how many grams you will save by spending another \$200 on that set of Dura-Ace brake levers? Have a look at David Rinard's "Component Weights" website at <http://www.damonrinard.com/weights.htm>

### **Help Needed With the Quick Release**

Someone is needed to help with the distribution of the QR. This is a fairly simple task that takes about an hour a month. Here is what is involved: Pick up stamps from the post office. Pick up the print copies of the newsletter (about 40 a month) from Copys2 in Fogelsville at the intersection of route 100 and Tilghman. Fold, seal, and stamp the newsletter. Drop off to the post office. Because the printer is on Fogelsville, someone local to that area would be best. If you can help (please!!), contact Daniel Ackerman at [sdaniel\\_ackerman@yahoo.com](mailto:sdaniel_ackerman@yahoo.com) or via cell phone at (610) 657-8354. Thank you.  
-ed.

### **Volunteers Needed for the Veloce**

If you can help out, please contact Sallie Urffer at [sjurffer@rcn.com](mailto:sjurffer@rcn.com). It's coming up, so get in touch quickly!

### **Got Old Water Bottles?**

One aspect of cycling is that if you ride in organized events or go to cycling festivals like Pedro's, you end up with a lot of promotional water bottles. These things can take up a lot of space, and most of us are using insulated or oversized water bottles anyway. What do you do with your extra water bottles? Send interesting ideas to [sdaniel\\_ackerman@yahoo.com](mailto:sdaniel_ackerman@yahoo.com) for publication in the QR.

### **QR Content Needed!!!!**

Write for the club! Come up with ideas for articles! Send ideas, suggestions, articles, pictures, or anything else to me at [sdaniel\\_ackerman@yahoo.com](mailto:sdaniel_ackerman@yahoo.com).

Additionally, I would like to have interesting links to post every month. Surely some of you must have some bicycling web pages bookmarked somewhere that are a little off the beaten path. Send them to me! Let me know if you have any good title suggestions for the section. -ed.

# Business and Pleasure

## Treasurer's Report

Jane Derby, Treasurer

Gap Gallop	(300.00)
Expense Total	- (823.13)
Change in Cash	24.87
Bal. Wachovia Ckg. 4/15/07	4,379.35
Change in Cash	<u>24.87</u>
Bal. Wachovia Chg. 5/15/07	<u>\$4,404.22</u>
Bal. Susquehanna MM 4/15/07	13,594.17
Interest earned 4/30/07	44.62
Annual Bank Fee	(10.00)
Bal. Susquehanna MM 5/15/07	\$13,628.79

Submitted by Jane Derby 5/15/07

## Membership Report

Tammy Hein, Membership Administrator

### Welcome, New Members!

**Erik Feeney, Allentown, PA**  
**Lou Savant, Hellertown, PA**  
**Bryan Stahley, Alburtis, PA**  
**Dennis Dougherty, Bethlehem, PA**  
**Judy Dougherty, Bethlehem, PA**  
**Joe Ferry, Wescosville, PA**  
**Denny Snyder, Macungie, PA**  
**Phil Eempio, Easton, PA**  
**Sherri Eempio, Easton, PA**  
**Aaron Kraynak, Harleysville, PA**  
**Andy Kraynak, Harleysville, PA**  
**Chris Kraynak, Harleysville, PA**  
**Brian Wiggins, Allentown, PA**

## Meeting Minutes

Submitted by Sallie Urffer, Club President

LWA Minutes – April 18, 2007

Attendees: Sallie Urffer, Lin Roeder, Nick Roeder, Jane Derby, Bill Derby, Jack Helfrich, Ed Gibney, Tammy Hein & Dave Drummer

### Website – Earl Wuchter

Earl reported that for the month of March there were 86 hits per day, compared to 49 for February. For the first 15 days of April there were 93 hits per day. Peaks occurred with the announcement of race results, new flyers and reminders to renew club membership.

### Membership – Tammy Hein

Tammy had a number of items to discuss.

- Drawing for membership renewal on-line. Winners were: Rudy Dippl \$25 gift certificate to BikeLine. Water bottles were won by: Dan, Drabic, Karen Winkler, Renee Fenstermacher, Otto Acosta, Kelly Scheirer, Ron Perlstein, Mark Syslo, Ron Heistand, Tom Bzik & Phil Salen.
- Complimentary membership for Craig Bowes – unanimous decision following discussion to give Craig a 1 yr membership.
- Making the new web design the public face of LWA – Tammy is to research and discuss with Earl. The new website is housed on Target Software's server, which is where Tammy works and received permission to use.
- Reminder to all to check for membership before renting bike boxes or posting classified ads or leading rides.
- Do we need to eliminate the "members only" calendar – it was decided following discussion to keep the designation and we will revisit it again at the end of the year.
- Reminder to all to not take applications for membership unless you take the responsibility to get the forms to Tammy and money to Jane promptly.
- Content is still needed on the website. Tammy suggested we post pictures of the officers and that Sallie write a welcome to LWA message for the website.
- On renewals we received two negative comments regarding the \$20 cost for paper QR. We did the math and each QR cost the club approximately \$1.50 each month to print and mail. Multiply that out 12 months it equals \$18, not including volunteers time and energy.
- Jane recommended emailing the electronic version of the QR to other clubs to increase our exposure.
- Tammy recommended that we mail the renewal application to only those who got the paper QR that have not renewed.
- Discussion about free membership for new bikes sold at local shops resulted in Tammy volunteering to create a business card for bike shops to give out that have our website and contact information on it.

### Newsletter – Dan Ackerman

Dan needs information for the newsletter by the 20<sup>th</sup> of every month. He is working on a new format and template that he will submit to the board for approval.

### Treasurer report – Jane Derby

Balance: Money Market \$13,594 Checking Acct: \$4,379

*Minutes continue on page 9....*

# LWA Touring Division

## Leaders of the Pack

Fritz Walker, VP Touring

## Recreational Riding Schedule

Except where noted, non-members are welcome to participate in LWA rides. Riders under 18 must be accompanied by an adult. You must have a bicycle in good working order, carry a spare tube and know how to change it, obey all traffic rules, ride single file where necessary, and sign in at the ride start, giving your name and an emergency phone number. Please carry identification and the name of an emergency contact.

### HELMETS ARE REQUIRED ON ALL RIDES !

Most club rides take place on the road, but there are also some off-road rides scheduled. For road rides, most riders use road bikes having narrow, high pressure tires. Wide, low pressure tires will make it harder to keep up with the group.

If you haven't ridden with a group before, or are not sure that you can keep up with a group, try one of the rides listed as a "Social Pace" or new member ride. No one gets dropped on rides advertised as such. Actually, ride leaders try not to drop anyone on any ride, but one person's "moderate" pace can be another person's "impossible" pace.

REMEMBER: Ride leaders should download a ride sign-in sheet, have all riders sign it, then return it to Lehigh Wheelmen Assoc., PO Box 356, Bethlehem, PA 18016.

Check the LWA Member's Website at <http://lwa.pryzm.net> for last-minute changes, cancellations, and additions.

If you are interested in a ride, please make an effort to contact the Ride Leader, so you can be "in the loop", should a last minute change or cancellation occur.

## Friday, June 1, 2007

Hill Church, Bechtelsville, Palm Valley



**B H / 35-44 mi 8:30AM** Rodale Park next to Velodrome  
♦ We will ride to Alburts, Huffs Church, almost Landis Store, then Hill Church and descend into Bechtelsville. Rest stop at the Longacres or Butter Valley. We will ride to Palm and Powder Valley and Alburts and return to the Park.

Directions: Map on the Website

Leader: Bill Derby 610-395-2546 [bderby@ptd.net](mailto:bderby@ptd.net)

Leader 2: Jane Derby 484-894-0151

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 5/31/2007 2:43:28 PM by William Derby

## Saturday, June 2, 2007

**CANCELED** ~~Troxlerstown Oley Troxlerstown~~

Cancelation Reason: Ride leader injured. Crashed on gravel. Nothing major, but too sore to ride.

**Updated: 6/1/2007 1:59:51 PM by Robert Erbeau**

Spring Ice Cream Ride



**C R / 20-25 mi 9:00AM** Velodrome

♦ Ride to Topton and Back, meet for ice cream at Premise Maid after the ride.

Directions: map on website

Event Organizer: Gwen Hoover

Leader: Peter Tkaczuk 610-966-3161 [cyclepsa@yahoo.com](mailto:cyclepsa@yahoo.com)

Leader 2: Gwen Hoover 610-216-1484 [gwhoover@ptd.net](mailto:gwhoover@ptd.net)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 5/8/2007 9:02:21 AM by Gwen Hoover

**Updated: 5/30/2007 7:58:49 AM by Gwen Hoover**

American Standard Trail



**B R / 16-17 mi 9:30AM** Jim Thorpe

♦ This trail just about has it all, twisty single track, some mud, climbs and descents and rock gardens.

Directions: Take Rt 309 S. out of Jim Thorpe approx. 3 miles and take Rt 93 about 2 miles to 1st parking area on right. Call if you need better directions

Leader: Pete Hepler 610-703-8434 [pdhdah@juno.com](mailto:pdhdah@juno.com)

Leader 2: Dick Saul 610-767-0282

- Rain Cancels
- Rest stop(s) along the way
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 5/20/2007 8:38:55 PM by Peter Hepler

## Sunday, June 3, 2007

12th Not Quite Annual Brewery Ride - 29 or 33 miles



**Q R / 33-29 mi 10:00AM** Dave Drummer's House

♦ A cue sheet ride of 29 or 33 miles. Both routes start at Dave Drummer's house for a ride out toward Kempton and along the Blue Mountain ridge. The terrain is rolling with a few short hills. A great ride for tandems. There is a 29 mile option for anyone who prefers a slightly shorter route. There is a cue sheet provided, so this is a great ride for you, regardless of your preferred pace.

Directions: email Dave at [beammeup@fast.net](mailto:beammeup@fast.net) if you need directions.

Leader: Dave Drummer 610-298-3382 [beammeup@fast.net](mailto:beammeup@fast.net)

- Bring food
- Bring water
- Cue sheets will be provided

Posted: 4/18/2007 5:23:53 PM by Dave Drummer

**Updated: 5/31/2007 9:25:52 AM by Dave Drummer**

## Women On Wheels



C R / 25 mi 1:00PM Velodrome

◆ The women's ride is a fun ride with no testosterone. Come enjoy a Sunday afternoon with like minded women. Get some exercise, meet new people and gain confidence on the road.

Directions: Map on website

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 [donalee.frary@dalecarnegie.com](mailto:donalee.frary@dalecarnegie.com)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/6/2007 1:26:33 PM by Donalee Frary

## Monday, June 4, 2007

### The Monday Night Ride



C F / 25 mi 5:45PM Velodrome

◆ The tradition of the Monday Night Ride continues. Beginners welcome.

Directions: Map on Website

Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Rob Erbeau 610-965-4562 [bob@nncs.com](mailto:bob@nncs.com)

Leader 2: Dave Cincera 610-967-1875 [bob@nncs.com](mailto:bob@nncs.com)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often

Posted: 4/4/2007 10:15:25 AM by Robert Erbeau

**Updated: 4/23/2007 11:03:58 PM by Robert Erbeau**

### The Monday Night Ride B Fast, Not Furious



B R / 30 mi 5:45PM Velodrome

◆ This is the ride if you are fit, have lots of group riding experience, and enjoy riding in a pace line. You will not be expected to take a turn at the front, but it will be appreciated. The group may decide to regroup after a hill, but for the most part riders will be dropped if they cannot maintain the B B pace. The ride will either be non-stop or with a brief rest, at the leaders discretion. The route will be the choice of the ride leader. Some hills will be included at times. The ride will leave promptly, so arrive at least 15 minutes early to sign in and prepare.

Directions: Map on Website

Event Organizer: Sallie Urffer

Leader: Terry Terfinko 610-554-2931 [terfintt@airproducts.com](mailto:terfintt@airproducts.com)

Leader 2: DonaLee Frary

- Rain Cancels
- Bring food
- Bring water

Posted: 4/4/2007 10:42:17 AM by Robert Erbeau

**Updated: 4/25/2007 4:57:40 PM by Sallie Urffer**

### The Monday Night Ride Training



T R / 30 mi 5:45PM Velodrome

◆ This ride is for cyclists who have had extensive experience riding in groups and pace lines and who can ride at a fast pace without the need to regroup. The riders will be expected to take a turn at the front of the

group. Sprints may break out, and the group will not be expected to wait for any riders with the exception of a mechanical failure. The pace will be fast and lively, and the terrain sometimes challenging. The ride will go most times non-stop. The actual route will be determined by the ride participants. The ride will leave promptly, so arrive at least 15 minutes early to sign in and prepare.

Directions: Map on Website

Event Organizer: Sallie Urffer

Leader: Sallie Urffer 610-554-2931 [sjurffer@rcn.com](mailto:sjurffer@rcn.com)

- Rain Cancels
- Bring food
- Bring water

**- No minors, please.**

Posted: 4/24/2007 12:01:51 PM by Sallie Urffer

**Updated: 4/24/2007 12:02:41 PM by Sallie Urffer**

### Monday A Ride



A R / 30-40 mi 5:45PM Velodrome

◆ This is the Monday night "A" ride. We will leave promptly at 5:45 pm as a group and ride approx 35 miles on various routes throughout the area. All riders are expected to stay with the group and we will regroup occasionally as needed. Expect to travel at speeds between 17-21 mph depending on terrain and wind. There will be times when speeds increase and riders should be able to respond accordingly. We will make every effort to ensure that we finish the ride as a group. All riders should make sure that they can do the distance and speed before leaving. If you have any doubts, please talk to the ride leader before the start.

Directions: At the Velo.

Event Organizer: Joe Garchinsky

Leader: Joe Garchinsky 610-844-5820 [joelitespeed@gmail.com](mailto:joelitespeed@gmail.com)

Leader 2: Ken Knoll

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders

**- No minors, please.**

Posted: 5/30/2007 8:32:18 PM by Joe Garchinsky



Tuesday, June 5, 2007

### Just For The Hill Of It



B H / 25 mi 5:30PM Dimmick Park/Hellertown

◆ Help me as I help you get stronger by riding the hills of Saucon Valley and beyond. If there is enough interest, this can become a weekly ride. I have three 25 mile routes laid out. Each one is a little different so we will have a good variety. Don't let the hills scare you. If you know me, I am not the strongest hill rider and we will regroup at the top of all hills.

Directions: From I78 - Take exit 67 (Hellertown/Bethlehem) and take 412 S (Main St.) to Hellertown. Turn left @ Penn St. (Original Tavern House is on the left corner). Go approx 1/3 mile. Parking lot is on the right. From 22 - Take 378 S. Go across the Hill-to-Hill Bridge and take 412 S to Hellertown. Turn left @ Penn St. (Original Tavern House is on the left corner). Go approx 1/3 mile.

Event Organizer: Art Hunsberger

Leader: Art Hunsberger 484-547-2695 [ahh3@ptd.net](mailto:ahh3@ptd.net)

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

**- No minors, please.**

Posted: 5/7/2007 2:43:25 PM by Art Hunsberger

## Thursday, June 7, 2007

Business Person's Special



**B R / 25 mi** 5:30PM Goodman Campus / Lehigh University (Stabler Arena)

◆ Thursday nights are back. Note the starting time this year will be 5:30. We will rotate between 3 (maybe more) different rides.

Directions: The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle. More detailed directions are at

<http://www3.lehigh.edu/about/goodmandirections.asp>

Event Organizer: Art Hunsberger

Leader: Art Hunsberger 484-547-2695 [ahh3@ptd.net](mailto:ahh3@ptd.net)

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

**- No minors, please.**

Posted: 4/11/2007 12:51:45 PM by Art Hunsberger

## Saturday, June 9, 2007

Spring Ice Cream Ride



**JR C R / 20-25 mi** 10:00AM Velodrome

◆ Ride to Topton and Back, meet for ice cream at Premise Maid after the ride.

Directions: map on website

Event Organizer: Gwen Hoover

Leader: Peter Tkaczuk 610-966-3161 [cyclepsa@yahoo.com](mailto:cyclepsa@yahoo.com)

Leader 2: Gwen Hoover 610-216-1484 [ghoover@ptd.net](mailto:ghoover@ptd.net)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 5/8/2007 9:02:50 AM by Gwen Hoover

## Sunday, June 10, 2007

The New Pagoda Ride - 49 or 53 miles



**Q H / 53-49 mi** 9:00AM Bowers Park

◆ A cue sheet ride of 49 or 53 miles. This traditional ride to the Pagoda in Reading has been redesigned. It starts at Bowers Park, with the climb up Bowers Road to Dryville, so you may want to arrive a bit early in order to warm up your legs on the flat roads around Bowers. The long route climbs Baldy Hill and returns to Bowers for a total of 53 miles. The shorter ride returns via Forgedale Road for a total of 49 miles.

Directions: Map at <http://www.LehighWheelmen.org/map-menu.htm>

Event Organizer: Dave Drummer

Leader: Dave Drummer 610-298-3382 [beammeup@fast.net](mailto:beammeup@fast.net)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided

Posted: 5/11/2007 7:33:58 PM by Dave Drummer

**Updated: 5/18/2007 10:08:08 AM by Dave Drummer**

Women On Wheels



**C R / 25 mi** 1:00PM Velodrome

◆ The women's ride is a fun ride with no testosterone. Come enjoy a Sunday afternoon with like minded women. Get some exercise, meet new people and gain confidence on the road.

Directions: Map on website

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 [donalee.frary@dalecarnegie.com](mailto:donalee.frary@dalecarnegie.com)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/6/2007 1:27:06 PM by Donalee Frary

## Monday, June 11, 2007

The Monday Night Ride



**C F / 25 mi** 5:45PM Velodrome

◆ The tradition of the Monday Night Ride continues. Beginners welcome.

Directions: Map on Website

Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Rob Erbeau 610-965-4562 [bob@nncs.com](mailto:bob@nncs.com)

Leader 2: Dave Cincera 610-967-1875 [bob@nncs.com](mailto:bob@nncs.com)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often

Posted: 4/4/2007 10:15:53 AM by Robert Erbeau

**Updated: 4/23/2007 11:07:16 PM by Robert Erbeau**

The Monday Night Ride B Fast, Not Furious



**B R / 30 mi** 5:45PM Velodrome

◆ This is the ride if you are fit, have lots of group riding experience, and enjoy riding in a pace line. You will not be expected to take a turn at the front, but it will be appreciated. The group may decide to regroup after a hill, but for the most part riders will be dropped if they cannot maintain the b Bb pace. The ride will either be non-stop or with a brief rest, at the leaders discretion. The route will be the choice of the ride leader. Some hills will be included at times. The ride will leave promptly, so arrive at least 15 minutes early to sign in and prepare.

Directions: Map on Website

Event Organizer: Sallie Urffer

Leader: Sallie Urffer 610-554-2931 [sjurffer@rcn.com](mailto:sjurffer@rcn.com)

Leader 2: Dave Moser [dmoser@cyoptics.com](mailto:dmoser@cyoptics.com)

- Rain Cancels
- Bring food
- Bring water

Posted: 4/4/2007 10:43:32 AM by Robert Erbeau

**Updated: 4/24/2007 2:08:37 PM by Sallie Urffer**

## Thursday, June 14, 2007

### Business Person's Special

 B R / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)

◆ Thursday nights are back. Note the starting time this year will be 5:30. We will rotate between 3 (maybe more) different rides.

Directions: The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle. More detailed directions are at

<http://www3.lehigh.edu/about/goodmandirections.asp>

Event Organizer: Art Hunsberger

Leader: Art Hunsberger 484-547-2695 [ahh3@ptd.net](mailto:ahh3@ptd.net)


- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

- **No minors, please.**

Posted: 4/11/2007 12:52:29 PM by Art Hunsberger

## Saturday, June 16, 2007

### Veloce

 Q R / 20-100 mi 7:00AM Velodrome

◆ Multi-route fundraiser that supports local grass root not-for-profit organizations. See flyer under events page. Register on Active.com

Directions: See map on website

Event Organizer: Sallie Urffer

Leader: Sallie Urffer 610-554-2931 [sjurffer@rcn.com](mailto:sjurffer@rcn.com)


- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often

Posted: 12/14/2006 3:36:59 PM by Sallie Urffer

**Updated: 4/24/2007 2:09:30 PM by Sallie Urffer**

## Sunday, June 17, 2007

Leaser Lake/Game Preserve - 27 or 49 miles

 Q R / 49-27 mi 9:00AM Eagle's Nest Park

◆ A cue sheet ride of 27 or 49 miles. The long route travels out past Leaser Lake and through the Stony Run Valley. Finishes through the Game Preserve. Generally rolling with a few climbs, but nothing too difficult. There is also a 27 mile option that returns through the Germansville area.

Directions: Follow 309 N through Schnecksville, and continue on 873 N through Neffs. After passing Best Station Road on your left, make the next left onto Eagle Road. You'll see the park on your left.

Event Organizer: Dave Drummer

Leader: Dave Drummer 610-298-3382 [beammeup@fast.net](mailto:beammeup@fast.net)


- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided

Posted: 5/16/2007 3:24:20 PM by Dave Drummer

**Updated: 5/18/2007 10:20:08 AM by Dave Drummer**

## Monday, June 18, 2007

### The Monday Night Ride

 C F / 25 mi 5:45PM Velodrome

◆ The tradition of the Monday Night Ride continues. Beginners welcome.

Directions: Map on Website

Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Rob Erbeau 610-965-4562 [bob@nncs.com](mailto:bob@nncs.com)


Leader 2: Dave Cincera 610-967-1875 [bob@nncs.com](mailto:bob@nncs.com)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often

Posted: 4/4/2007 10:16:18 AM by Robert Erbeau

**Updated: 4/23/2007 11:11:44 PM by Robert Erbeau**

### The Monday Night Ride B Fast, Not Furious

 B R / 30 mi 5:45PM Velodrome

◆ This is the ride if you are fit, have lots of group riding experience, and enjoy riding in a pace line. You will not be expected to take a turn at the front, but it will be appreciated. The group may decide to regroup after a hill, but for the most part riders will be dropped if they cannot maintain the b Bb pace. The ride will either be non-stop or with a brief rest, at the leaders discretion. The route will be the choice of the ride leader.

Some hills will be included at times. The ride will leave promptly, so arrive at least 15 minutes early to sign in and prepare.

Directions: Map on Website

Event Organizer: Sallie Urffer

Leader: DonaLee Frary 610-587-2355 [Donalee\\_frary@dale-carnegie.com](mailto:Donalee_frary@dale-carnegie.com)

Leader 2: Dave Moser [dmoser@cyoptics.com](mailto:dmoser@cyoptics.com)

- Rain Cancels
- Bring food
- Bring water

Posted: 4/4/2007 10:44:19 AM by Robert Erbeau

**Updated: 4/25/2007 5:00:47 PM by Sallie Urffer**

## Tuesday, June 19, 2007

### Monthly Club Meeting

 7:00PM Health Center in Trexlertown

◆ Monthly Club Meeting

Directions: See map on website. Route 222 in Trexlertown, next to Kohls.

Event Organizer: Sallie Urffer

Posted: 12/14/2006 3:30:26 PM by Sallie Urffer

## Thursday, June 21, 2007

### Business Person's Special

 B R / 25 mi 5:30PM Goodman Campus / Lehigh University (Stabler Arena)

◆ Thursday nights are back. Note the starting time this year will be 5:30. We will rotate between 3 (maybe more) different rides.

Directions: The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle. More detailed directions are at

<http://www3.lehigh.edu/about/goodmandirections.asp>

Event Organizer: Art Hunsberger

Leader: Art Hunsberger 484-547-2695 [ahh3@ptd.net](mailto:ahh3@ptd.net)

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often
- **No minors, please.**

Posted: 4/11/2007 12:53:24 PM by Art Hunsberger

### **Saturday, June 23, 2007**

Spring Ice Cream Ride



JR C R / 20-25 mi 10:00AM Velodrome

◆ Ride to Topton and Back, meet for ice cream at Premise Maid after the ride.

Directions: map on website

Event Organizer: Gwen Hoover

Leader: Peter Tkaczuk 610-966-3161 [cyclepsa@yahoo.com](mailto:cyclepsa@yahoo.com)

Leader 2: Gwen Hoover 610-216-1484 [ghoover@ptd.net](mailto:ghoover@ptd.net)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 5/8/2007 9:03:15 AM by Gwen Hoover

### **Sunday, June 24, 2007**

Windsor Castle - 29 or 50 miles



Q R / 50-29 mi 9:00AM Upper Macungie Park

◆ A cue sheet ride of 29 or 50 miles. Includes the great descent of Wessner road, then continues to Windsor Castle via Dunkels Church and Balthaser roads. Returns via Crystal Cave and Saucony roads. Generally rolling terrain with some climbing, but the long hills aren't very steep, and the steep ones aren't very long. Route designed by Dave Goodrich.

Directions: Map on website.

Event Organizer: Dave Drummer

Leader: Dave Drummer 610-298-3382 [beammeup@fast.net](mailto:beammeup@fast.net)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided

Posted: 5/29/2007 1:52:40 PM by Dave Drummer

Women On Wheels



C R / 25 mi 1:00PM Velodrome

◆ The women's ride is a fun ride with no testosterone. Come enjoy a Sunday afternoon with like minded women. Get some exercise, meet new people and gain confidence on the road.

Directions: Map on website

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355 [donalee.frary@dalecarnegie.com](mailto:donalee.frary@dalecarnegie.com)

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders

- Will regroup often

Posted: 3/6/2007 1:27:54 PM by Donalee Frary

### **Monday, June 25, 2007**

The Monday Night Ride



C F / 25 mi 5:45PM Velodrome

◆ The tradition of the Monday Night Ride continues. Beginners welcome.

Directions: Map on Website

Event Organizer: Gwen Hoover/Rob Erbeau

Leader: Rob Erbeau 610-965-4562 [bob@nncs.com](mailto:bob@nncs.com)

Leader 2: Dave Cincera 610-967-1875 [bob@nncs.com](mailto:bob@nncs.com)

- Rain Cancels, bring food, bring water
- Rest stop(s) along the way, rest rooms available
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often

Posted: 4/4/2007 10:16:46 AM by Robert Erbeau

**Updated: 4/23/2007 11:13:59 PM by Robert Erbeau**

The Monday Night Ride B Fast, Not Furious



B R / 30 mi 5:45PM Velodrome

◆ This is the ride if you are fit, have lots of group riding experience, and enjoy riding in a pace line. You will not be expected to take a turn at the front, but it will be appreciated. The group may decide to regroup after a hill, but for the most part riders will be dropped if they cannot maintain the b Bb pace. The ride will either be non-stop or with a brief rest, at the leaders discretion. The route will be the choice of the ride leader.

Some hills will be included at times. The ride will leave promptly, so arrive at least 15 minutes early to sign in and prepare.

Directions: Map on Website

Event Organizer: Sallie Urffer

Leader: DonaLee Frary 610-587-2355 [Donalee\\_frary@dale-carnegie.com](mailto:Donalee_frary@dale-carnegie.com)

Leader 2: Dave Moser [dmoser@cyoptics.com](mailto:dmoser@cyoptics.com)

- Rain Cancels, bring food, bring water

Posted: 4/4/2007 10:44:53 AM by Robert Erbeau

**Updated: 4/25/2007 5:05:05 PM by Sallie Urffer**

Summer Solstice Ride (Monday "A" Ride)



A H / 56 mi 5:45PM Velodrome

◆ Join me and meet the challenge to travel to Hawk Mountain and back during the evening of one of the longest days of the year. The pace will have to be furious as we attempt to ride the 56 miles of rolling terrain non-stop in less than 3 hours to get back before dark. The route will take us to Stage Coach Rd by way of New Smithville. We will wind our way to Hawk Mountain Road and ultimately climb to the top of Hawk Mountain before beginning our journey back. The action will heat up as we increase the pace down Mountain Rd. We will go through Kempton and blaze along Kistler Valley road to Werley's Corner. From there, we will make our way to Route 863. Once we reach the intersection of Route 863 and Old Route 22, it will be a race to the finish via the "traditional route" home for those who desire. Otherwise, riders are expected to stay within 50 feet of the ride leader, except up hills where you will be expected to wait for my aching body. Pace line cooperation will be a must in order for the group to accomplish the goal of 18+ mph average. When we ride pace line we will do so with the mental state that the group will only be as strong as its weakest rider. We will have to leave promptly at 5:45. Thunder and lightning will cancel, rain will discourage, clouds and mechanical problems may reduce the distance.

Directions: Map on website

Event Organizer: Steve Kelly

Leader: Steve Kelly 610-433-0367 [sdhkkelly@cs.com](mailto:sdhkkelly@cs.com)

- Rain Cancels, bring food, bring water
- Will wait for slow riders

- **No minors, please.**

Posted: 6/1/2007 10:50:04 AM by Steve Kelly



## Thursday, June 28, 2007

Business Person's Special



**B R / 25 mi** 5:30PM Goodman Campus / Lehigh University (Stabler Arena)

◆ Thursday nights are back. Note the starting time this year will be 5:30.

We will rotate between 3 (maybe more) different rides.

**Directions:** The Goodman Campus is located in Saucon Valley off Mountain Road South. Turn into the complex and follow the road to a small traffic circle. We will meet in the parking lot by the circle. More detailed directions are at

<http://www3.lehigh.edu/about/goodmandirections.asp>

Event Organizer: Art Hunsberger

Leader: Art Hunsberger 484-547-2695 [ahh3@ptd.net](mailto:ahh3@ptd.net)

- Rain Cancels

- Bring food

- Bring water

- Will wait for slow riders

- Will regroup often

- **No minors, please.**

Posted: 4/11/2007 12:54:07 PM by Art Hunsberger

## Saturday, June 30, 2007

Schuylkill Trail Ride 6



**C F / 50 mi** 9:30AM Oaks, Montgomery County PA

◆ We had so much fun, let's do it again!! The ride to Philly on the scenic Schuylkill River Trail is something that is worth the drive. This ride is best enjoyed on a road bike as the entire route is paved. We will follow the Schuylkill Trail from Lower Perkiomen Valley Park in Oaks, Montgomery County (just west of Valley Forge) to the Philadelphia Art Museum and return. On the way back, we will stop in Manayunk for lunch at Le Bus. We should be back to Oaks by about 3:30-4:00PM.

**Directions:** Allow about 1 hour from the Valley. Take PA 100 S to US 422 East. Go 15 miles east to the Oaks/Audubon Exit. Bear right on ramp onto Egypt Rd. towards Audubon/Norristown. Cross under 422 and turn right at first road, New Mill Road (less than 1/4 mile). Parking lot is on left (this lot is usually pretty busy, so park legally wherever you can).

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 [info@nncs.com](mailto:info@nncs.com)

- Rain Cancels

- Rest stop(s) along the way

- Rest rooms available

- Bring food

- Bring water

- Will wait for slow riders

- Will regroup often

Posted: 5/21/2007 10:36:14 PM by Robert Erbeau

**Updated: 5/21/2007 10:36:37 PM by Robert Erbeau**

Spring Ice Cream Ride



**JR C R / 20-25 mi** 10:00AM Velodrome

◆ Ride to Topton and Back, meet for ice cream at Premise Maid after the ride.

**Directions:** map on website

Event Organizer: Gwen Hoover

Leader: Peter Tkaczuk 610-966-3161 [cyclepsa@yahoo.com](mailto:cyclepsa@yahoo.com)

Leader 2: Gwen Hoover 610-216-1484 [ghoover@ptd.net](mailto:ghoover@ptd.net)

- Rain Cancels, bring food, bring water

- Rest stop(s) along the way, rest rooms available

- Will wait for slow riders

- Will regroup often

Posted: 5/8/2007 9:03:34 AM by Gwen Hoover

## **JUST FOR KIDS (parents too)**

Kids and/ or families interested in riding bikes should contact our Junior Development Coordinator Gwen Hoover [ghoover@ptd.net](mailto:ghoover@ptd.net) to get on our family bike ride email list. We have trail rides for the whole family, ice cream rides from the velodrome on the road, safety clinics and road riding clinics at Rodale Park. Keep your eyes peeled on the Club Ride Calendar for events. All junior and family events will have JR logo.

Saturday Junior Social ride has begun. We meet every Saturday at the Velodrome at 10am (except 5/26 Hellertown Jr. Crit and 6/16 Valley Veloce). Road bikes required for the kids.

### **Meeting Minutes Continued from page 3:**

**Juniors - Gwen Hoover – no report**

**Racing – Pete Siegfried – no report**

**Touring – Jack Helfrich**

Jane recommended that Jack review other club newsletters and list out of bound rides on the website.

Veloce still needs volunteers. LWA t-shirts will replace event t-shirts. Sallie will get quotes and order. LWA polar bottles are available to purchase. We will sell them at events and use them as thank you gifts for volunteers.

Dave Drummer reported he is creating cue sheets and updating cue sheets to post on the website.

Old Business: none, New Business: none

## **Classified Ads**

### **ARTICLES FOR SALE**

**Trek XO Cyclo Cross bike**, great condition, 58cm frame, \$350.00.  
**Andrew Bollinger (610) 691-6041** (Oct 06)

**NordicTrack** Cross country ski machine. Call for details  
**Andrew or Hince Bollinger (610) 691-6041** (Sept06)

**Trek 2200 Alpha** Aluminum 58 cm, Ultegra shifters, cranks, & rear derailleur, 105 front derailleur & calipers, Rolf wheels **Deb (610) 799-2050 (After 6PM)** (May 06)

**1994 57c Bianchi EL/OS** road bike, steel frame, Dura-Ace gear, old-style headset, Ferrari red in color, \$1K OBO; **1996 Fuji Newest** road bike, 27 speeds, great for centuries, touring, training, \$750 OBO; **2003 Fuji Track**, only 70 miles logged, \$500 OBO; **1990 Wicked Fat Chance** MTB hardtail, a classic steel-frame MTB built by a great framebuilder, \$700 OBO. Contact **Tom (717)-330-3552** or [tombenn24@yahoo.com](mailto:tombenn24@yahoo.com) (Mar 07)

### **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 **Bill Derby** [bderby@ptd.net](mailto:bderby@ptd.net) **(610) 395-2546**

### **WANTED**

#### **Call for Track Bikes**

Anyone interested in selling smaller size track bikes: There is an interest from the juniors in the club. Looking for 43cm – 52cm. Also, donations of track components to the juniors is always appreciated. Please contact **Gwen Hoover** [ghoover@ptd.net](mailto:ghoover@ptd.net) (Sep 05)

### **FREE ADS FOR MEMBERS**

Ads must be private (non-commercial) buy/sell/wanted/etc. having to do with bicycling and/or other sports. PLEASE DO NOT SUBMIT ADS IN ALL CAPS!! **Ads must be submitted by the 20th of the month to** [sdaniel\\_ackerman@yahoo.com](mailto:sdaniel_ackerman@yahoo.com)



# Bike Line/LWA Racing Team



## Junior Team Notes

**Gwen Hoover, Junior Coordinator**

### Lehigh Wheelmen Future Champions

Bicycle Racing League finals on Friday June 22. Come watch the kids tear up the track.

[Junior Racing Schedule \(all are Wheelmen Club events except for National Championships\)](#)

See [www.lehighwheelmen.org](http://www.lehighwheelmen.org) for specific information and race Flyers. For more information on junior racing and training opportunities contact Gwen Hoover [gwhoover@ptd.net](mailto:gwhoover@ptd.net) or 610-216-1484

June 30-July 3 Junior National Track Championships ( Colorado Springs , CO )

July 11-17 Junior National Road Championships ( Seven Springs , PA ) YES, these are in PENNSYLVANIA AGAIN THIS YEAR

July 21-22 Tour de FCCC (Kutztown and Trexlerdown , PA ) – WE NEED VOLUNTEERS FOR THIS EVENT. Contact Gwen at the number above.

## Newly Formed PCA Racing Committee

I'd like to introduce the newly formed PCA Junior Racing Committee. We (PCA) are fortunate to have 3 individuals whom are dedicated to the future of our sport:

Gwen Hoover (LWA) [gwhoover@ptd.net](mailto:gwhoover@ptd.net)

Mark Krajci (Gotham Cyclists) [MobilCrane@cs.com](mailto:MobilCrane@cs.com)

May Britt Hartwell (Young Cycling Medalists) [maybritt@youngmedalists.com](mailto:maybritt@youngmedalists.com)

Just as the PCA has done with the Women's Committee, Mark, May Britt, and Gwen have access to any and all resources we have to help them in their efforts to increase participation in and enhance racing for juniors in PA.

Let us know what we can Mark, May Britt, and Gwen. Welcome aboard!

*David H. Mitchell*

## Racing Results

**Jim Hare, Racing Results Editor**

### THURSDAY NIGHT TRAINING SERIES CRIT'S

APRIL 5<sup>TH</sup>  
LATE RACE: CHIP BEREZNY,fif

APRIL 19<sup>TH</sup>  
LATE RACE: CHIP BEREZNY,fif

APRIL 26<sup>TH</sup>  
LATE RACE: CHIP BEREZNY,dnf

### MORE RESULTS

APRIL 7<sup>TH</sup> – CHARLESTOWN, RI CRIT  
SR45+: CHIP BEREZNY,fif  
SR55+: **CHIP BEREZNY,1<sup>ST</sup>**

APRIL 14<sup>TH</sup> – MOUNT JOY, PA R. R.  
SR50+: CHIP BEREZNY,3<sup>RD</sup>

APRIL 21<sup>ST</sup> – TURTLY POND C. R. (Loudon, NH)  
SR55+: CHIP BEREZNY,3<sup>RD</sup>

APRIL 22<sup>ND</sup> – L. PROVIDENCE, PA SPRING CLASSIC  
SR30+: CHIP BEREZNY,fif  
SR50+: **CHIP BEREZNY,1<sup>ST</sup>**

APRIL 28<sup>TH</sup> – STURBRIDGE, MA R. R.  
SR55+: **CHIP BEREZNY,1<sup>ST</sup>**

APRIL 29<sup>TH</sup> – PALMER, MA ROAD RACE  
SR55+: **CHIP BEREZNY,1<sup>ST</sup>**

\* \* \* \* \*

Please report your race results to Jim Hare at [hare3jim@entermail.net](mailto:hare3jim@entermail.net). Without reporting, no results are entered. Thanks, Chip, for sending in your results. We know that more LWA members are racing, so let's get those results in!

June 2007

Check out the online calendar at <http://lwa.pryzm.net> for event details, updates, cancellations, and additional events posted after the publishing deadline.

**LWA Quick Reference Calendar**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>B H</b> Hill Church, Bechtelsville, Palm Valley, Rodale Park next to Velodrome 8:30AM	2 <b>C R</b> Spring Ice Cream Ride, Velodrome <b>B R</b> American Standard Trail, Jim Thorpe 10:00AM
3 <b>Q R</b> 12th Not Quite Annual Brewery Ride, Dave Drummer's House 10:00AM <b>C R</b> Women On Wheels, Velodrome 1:00PM	4 <b>C F, B R, T R, A R</b> The Monday Night Ride, Velodrome All Rides leave at 5:45PM	5 <b>B H</b> Just For The Hill Of It, Dimmick Park/Hellertown 5:30PM	6	7 <b>B R</b> Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	8	9 <b>C R</b> Spring Ice Cream Ride, Velodrome 10:00AM
10 <b>Q H</b> The New Pagoda Ride, Bowers Park 9:00AM <b>C R</b> Women On Wheels, Velodrome 1:00PM	11 <b>C F</b> The Monday Night Ride, Velodrome 5:45PM <b>B R</b> The Monday Night Ride B Fast, Not Furious, Velodrome 5:45PM	12	13	14 <b>Flag Day</b> <b>B R</b> Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	15	16 <b>Q R</b> Veloce, Velodrome 7:00AM
17 <b>Father's Day</b> UPDATED on 5/18/07 Leaser Lake/Game Preserve - 27 or 49 miles, Eagle's Nest Park 9:00AM	18 <b>C F</b> The Monday Night Ride, Velodrome 5:45PM <b>B R</b> The Monday Night Ride B Fast, Not Furious, Velodrome 5:45PM	19  Monthly Club Meeting, Health Center in Trexlertown 7:00PM	20	21 <b>Summer Begins</b> <b>B R</b> Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	22	23 <b>C R</b> Spring Ice Cream Ride, Velodrome 10:00AM
24 <b>C R</b> Women On Wheels, Velodrome 1:00PM	25 <b>C F, B R, A H</b> The Monday Night Ride, Velodrome All Rides leave at 5:45PM	26	27	28 <b>B R</b> Business Person's Special , Goodman Campus / Lehigh University (Stabler Arena) 5:30PM	29	30 <b>C R</b> Spring Ice Cream Ride, Velodrome 10:00AM

<b>LEGEND</b>	Road Ride	Trail / Off-Road Ride	Mountain Bike Ride	Race	Track Event	Indoor Training	Workshop	Public Ride / Special Event				
	Meeting	Junior Event	Social Gathering	Party	Group Trip	Non-Biking Sport	Fundraiser	Public Demo / Outreach				
	Pace Ratings: D Easy / Beginner		C Casual / Social		B Intermediate		A Advanced		T Training / Expert		Q Cue Sheet Provided - Ride at your own pace	
	Terrain Ratings: F Flat		R Rolling		H Hilly		X Extremely Hilly					

LEHIGH WHEELMEN ASSOCIATION, INC  
PO BOX 356  
BETHLEHEM, PA 18016

JUN 07

## LWA Discount Sponsors

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

### Accents "from head to toe"

Nail and Hair Salon  
742 Linden Street  
Bethlehem, PA 18018  
610-867-5116

### Aardvark Sports Shop

571 Main St Commons  
Bethlehem, PA 18018  
610-866-8300

### Action Wheels

531 W. Broad St.  
Bethlehem, PA 18018  
610 866 1113  
(discount excludes service)

### Alburtis Neuromuscular Inst.

202 N. Main Street  
Alburtis, PA 18011  
610-967-3117

### Bennigans Grill & Tavern °

Schoenersville & Stoke Park Rd  
Bethlehem, PA18018  
610-625-4700

### Bike Line Allentown \*

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

### Bike Line Bethlehem \*

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

### Bone Appetit Bakery

Healthy Treats for Pets  
591 Main Street Commons  
Bethlehem, PA 18018  
610-332-2663

### Cycledrome

8150 Hamilton Boulevard  
Trexlerstown, PA 18087  
(610) 398 6631  
(parts & accessories only)

### Finish Line Running Store

17 S. 12th Street  
Allentown, PA 18102  
610-432-9939

### Fitness Plaza

(disc. on 6 mo membership)  
1124 Glenlivet Drive  
Allentown, PA 18106  
610-481-0100

### Grille 3501

3501 Broadway near  
Cedar Crest Blvd in Allentown  
(15% off lunches)  
[www.grille3501.com](http://www.grille3501.com)

### Keswick Cycle Co

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

### Longswamp Bed & Breakfast

1605 State Street  
Mertztown PA 19539  
610- 682-6197

### Perkins Restaurant °

2100 W Union Blvd  
Bethlehem, PA 18018  
610-974-9900

### Red Robin Allentown °

Tilghman Square Mall  
Allentown, PA 18104  
610-366-1776

### Red Robin Bethlehem °

1875 Airport Road  
Bethlehem, PA 18017  
610-266-1776

### Red Robin Easton °

3716 Easton-Nazareth Hywy  
Easton, PA 18042  
610-515-1111

### Saucon Valley Bikes \*

648 Main St.  
Hellertown, PA  
610-838-1500  
[www.sauconvalleybikes.com](http://www.sauconvalleybikes.com)

### 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

### Southwest Trekking

Professional Guide Services  
[www.swtrekking.com](http://www.swtrekking.com)  
Tucson, AZ

### Therapeutic & Sports Massage

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

\* discount on labor and accessories only

° please present card before ordering