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.


Due date for Quick Release articles is the 20th of every month.
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 19th, 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 Products). From Route 222, turn onto Lower Macungie Road, then turn right into the mall parking lot.

June 3rd, 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 7th, 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 10th. 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

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Announcements

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 6th 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 6th 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.wildlands.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.damonnardin.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 or via cell phone at (610) 657-8354.

Volunteers Needed for the Veloce
If you can help out, please contract Sallie Urffer at 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 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.

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**

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**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
- Bal. Susquehanna MM 4/15/07: 13,594.17
- Balance earned: 44.62
- Annual Bank Fee: (10.00)

Bal. Susquehanna MM 5/15/07: $13,628.79

Submitted by Jane Derby 5/15/07

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**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

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**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.

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**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.

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**Newsletter – Dan Ackerman**

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

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**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

Road H / 35-44 mi 8:30AM Rodale Park next to Velodrome
- We will ride to Alburtis, 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 Alburtis and return to the Park.
Directions: Map on the Website
Leader: Bill Derby 610-395-2546 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.

Saturday, June 2, 2007

CANCELED: Trexlertown-Oley-Trexlertown

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

Sunday, June 3, 2007

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

CANCELED: Trexlertown-Oley-Trexlertown

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

Spring Ice Cream Ride

American Standard Trail
Monday, June 4, 2007

The Monday Night Ride

The Monday Night Ride B Fast, Not Furious

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


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

Monday A Ride

- No minors, please.

Posted: 5/20/2007 2:30:52 PM by Sallie Urffer

Just For The Hill Of It

- No minors, please.

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

The Monday Night Ride Training

The Monday Night Ride B Fast, Not Furious

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

The Monday Night Ride Training

The Monday Night Ride B Fast, Not Furious

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

Posted: 5/20/2007 2:30:52 PM by Sallie Urffer

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- No minors, please.

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

Women On Wheels

The Monday Night Ride B Fast, Not Furious

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- Rest stop(s) along the way
- Rain Cancels
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- No minors, please.


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- Rain Cancels
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- No minors, please.

Posted: 5/20/2007 2:30:52 PM by Sallie Urffer

Just For The Hill Of It

- No minors, please.

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

Women On Wheels
Thursday, June 7, 2007

Business Person’s Special

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

- 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.


Saturday, June 9, 2007

Spring Ice Cream Ride

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

Directions: map on website

Event Organizer: Peter Tkaczuk 610-966-3161 cyclepsa@yahoo.com
Leader: Gwen Hoover 610-216-1484 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

This is the 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

- 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

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

Women On Wheels

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

- 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

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
Leader 2: Dave Cincera 610-967-1875 dmoser@cyoptics.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


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

Monday, June 18, 2007

The Monday Night Ride

B 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@nnacs.com
Leader 2: Dave Cincera 610-967-1875 bob@nnacs.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
Updated: 4/25/2007 5:00:47 PM by Sallie Urrfer

Wednesday, June 20, 2007

Saturday, June 16, 2007

Veloco

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 Urrfer
Leader: Sallie Urrfer 610-554-2931 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 Urrfer
Updated: 4/24/2007 2:09:30 PM by Sallie Urrfer

Sunday, June 17, 2007

Leaser Lake/Game Preserve - 27 or 49 miles

R / 49-27 mi 9:00AM Eagles 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
- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided

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

Posted: 5/16/2007 3:24:20 PM by Dave Drummer
Updated: 5/18/2007 10:20:08 AM by Dave Drummer

Thursday, June 21, 2007
Spring Ice Cream Ride

**Saturday, June 23, 2007**

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


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**Sunday, June 24, 2007**

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

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

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**Monday, June 25, 2007**

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

Thursday, June 28, 2007

Business Person's Special

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

Saturday, June 30, 2007

Schuylkill Trail Ride 6

- 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: Art Hunsberger 484-547-2695 ahh3@ptd.net
  - Leader: Peter Tkaczuk 610-966-3161 cyclepsa@yahoo.com

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

Spring Ice Cream Ride

- 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 Tkaczuz 610-966-3161 cyclepsa@yahoo.com
  - Leader: Gwen Hoover 610-216-1484 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

JUST FOR KIDS (parents too)

Kids and/ or families interested in riding bikes should contact our Junior Development Coordinator Gwen Hoover 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 Caledar 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 Hence Bollinger (610) 691—6041 (Sept06)
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 (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 (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 (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 sdenial.a.ckerman@yahoo.com
**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, ghoover@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 Trexlerlown, PA) – WE NEED VOLUNTEERS FOR THIS EVENT. Contact Gwen at the number above.

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**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) ghoover@ptd.net

Mark Krajci (Gotham Cyclists) MobilCrane@cs.com

May Britt Hartwell (Young Cycling Medalists) 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*

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**Racing Results**

**Jim Hare, Racing Results Editor**

**THURSDAY NIGHT TRAINING SERIES CRIT’S**

APRIL 5TH

LATE RACE: CHIP BEREZNY, fif

APRIL 19TH

LATE RACE: CHIP BEREZNY, fif

APRIL 26TH

LATE RACE: CHIP BEREZNY, dnf

**MORE RESULTS**

APRIL 7TH – CHARLESTOWN, RI CRIT

SR45+: CHIP BEREZNY, fif

SR55+: CHIP BEREZNY, 1st

APRIL 14TH – MOUNT JOY, PA R. R.

SR50+: CHIP BEREZNY, 3rd

APRIL 21ST – TURTLY POND C. R.

SR55+: CHIP BEREZNY, 3rd (Loudon, NH)

APRIL 22ND – L. PROVIDENCE, PA SPRING CLASSIC

SR30+: CHIP BEREZNY, fif

SR50+: CHIP BEREZNY, 1st

APRIL 28TH – STURBRIDGE, MA R. R.

SR55+: CHIP BEREZNY, 1st

APRIL 29TH – PALMER, MA ROAD RACE

SR55+: CHIP BEREZNY, 1st

* Please report your race results to Jim Hare at 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!
### LWA Quick Reference Calendar

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<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
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#### June 2007

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

**Sun, Mon, Tue, Wed, Thu, Fri, Sat**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>B H Hill Church, Bechtelsville, Palm Valley, Rodale Park next to Velodrome</td>
<td>8:30AM</td>
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<tr>
<td>2</td>
<td>C R Spring Ice Cream Ride, Velodrome</td>
<td>10:00AM</td>
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<td>3</td>
<td>Q R 12th Not Quite Annual Brewery Ride, Dave Drummer's House</td>
<td>10:00AM</td>
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<tr>
<td>4</td>
<td>C F, B R, T R, A R The Monday Night Ride, Velodrome</td>
<td>All Rides leave at 5:45PM</td>
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<tr>
<td>5</td>
<td>B H Just For The Hill Of It, Dimmick Park/Hellertown</td>
<td>5:30PM</td>
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<tr>
<td>6</td>
<td>B R Business Person's Special, Goodman Campus / Lehigh University (Stabler Arena)</td>
<td>5:30PM</td>
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<tr>
<td>10</td>
<td>Q H The New Pagoda Ride, Bowers Park</td>
<td>9:00AM</td>
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<tr>
<td>11</td>
<td>C F The Monday Night Ride, Velodrome</td>
<td>5:45PM</td>
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<td>14</td>
<td>Flag Day</td>
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<td>17</td>
<td>Father's Day UPDATED on 5/18/07 Leaser Lake/Game Preserve - 27 or 49 miles, Eagle's Nest Park</td>
<td>9:00AM</td>
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<tr>
<td>18</td>
<td>C F The Monday Night Ride, Velodrome</td>
<td>5:45PM</td>
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<td>19</td>
<td></td>
<td>Monthly Club Meeting, Health Center in Trexlertown</td>
<td>7:00PM</td>
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<td>20</td>
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<tr>
<td>21</td>
<td></td>
<td>Summer Begins</td>
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<td>23</td>
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<td>24</td>
<td>C R Women On Wheels, Velodrome</td>
<td>1:00PM</td>
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<tr>
<td>25</td>
<td>C F, B R, A H The Monday Night Ride, Velodrome</td>
<td>All Rides leave at 5:45PM</td>
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**Legend**

- **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

- **Terrain Ratings:**
  - F: Flat
  - R: Rolling
  - H: Hilly
  - X: Extremely Hilly

- **Cue Sheet Provided - Ride at your own pace**
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, PA 18018
610-625-4700

**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
Trexler Park, 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 Glenlvet Drive
Allentown, PA 18106
610-481-0100

**Grille 3501**
3501 Broadway near
Cedar Crest Blvd in Allentown
(15% off lunches)
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 ***
1875 Airport Road
Bethlehem, PA 18017
610-266-1776

**Red Robin Bethlehem ***
1728 Tilghman St.
Allentown, PA 18104
610-437-6100

**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

**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
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