



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

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April 2008

IN THIS ISSUE

Let's Play!	1
LWA Meetings	1
Business and Pleasure	2
Treasurer's Report.....	2
Membership Report	2
Classified Ads	2
Bike Line/LWA Racing Team.....	3
Team News.....	3
Junior Team Notes	3
Racing Results	3
Announcements, Tidbits and Other	
Really Great rides.....	4
LiveStrong Challenge	4
VeloSwap.....	4
2008 Commerce Bank TRIPLE CROWN OF CYCLING.....	4
SCU Quad County Metric, Green Lane, PA4 Bike Freedom Valley June 15, 2008!	5
2008 Doylestown Kids Triathlon	5
French Creek IRON TOUR: Cycling For Open Space.	5
Celebrating Women Conference	5
The Muhlenberg Bicycle Lending Program5	
Recreational Riding Schedule	9
LWA Discount Sponsors	11

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Let's Play!

Jack Helffrich, President

Such a deal...

My wife is always finding new ways to save me money. These usually involve saving 25% on some item she wants, which, unfortunately, requires an expenditure of the other 75%. Occasionally she encourages me to 'invest' in something we really need, like furniture.

Well, for cyclists, it's time to invest in the Lehigh Wheelmen Association by paying our dues and becoming members for another year. I just remitted my internet/DirecTV/phone bill for just one month, and it was enough to buy a decade of membership in the LWA.

So here is what you get for your nominal \$12 annual membership fee. Monthly newsletters, plus a chance to join with a great group of people participating in a healthy, environmentally friendly, socially rewarding and liberating activity. Furthermore, membership pays better dividends than energy stocks.

For the past several years, everyone who has participated in the Turkey Time Trial has gone home with a turkey. (Past performance is no guarantee of future success.) Up to a \$20 value. Plus the annual holiday party has been free for members the past several years, and that's a \$28 value.

If you led five rides, you were eligible for a \$25 gift certificate to the local bike shop of your choice. Those leading 15 or more rides received a ride leader's vest, another \$60 value.

This year, if you attend the monthly membership meetings (held the third Tuesday of each month at the Integrated Health Care Campus, 250 Cetronia Rd.) you had the chance to receive a free dinner the following month. Win once and its worth about \$15.

Borrowing a theme from a motel chain; this year kids ride free. The club voted to waive the \$5 membership fee for children of members. And if your spouse joined as an associate member, they too were eligible for all these benefits for only an additional \$8.

So being a member doesn't cost, it pays. So spend your money wisely and invest in the LWA. And tell all of your cycling friends to join too. You'll never find a better deal.

Regards,

Jack Helffrich

LWA Meetings

**NEW MEETING LOCATION
SCHEDULED MEETING**

Tuesday, April 15, 2008

5:30 PM Dinner Red Robin

7:00 PM: Speaker-Karen Nestor

8:00 PM-9:00 PM: Business Meeting

Directions to The Education Center

It is located at 250 Cetronia Road, which is behind the Tilghman Square Mall in Allentown.

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

Due date for *Quick Release* articles is the 10th of every month.

Business and Pleasure

Treasurer's Report

Jane Derby, Treasurer

Statement of Cash Flow 02/15/08 to 03/14/08

Income:

Membership Dues	964.00
	\$964.00

Expenses:

Rental of Storage Area	(98.50)
Meeting Costs	(32.26)
Membership Costs	(35.41)
Postage	(8.20)
Quick Release	(79.42)
Supplies	(26.80)
	\$(121.83)

Change in Cash \$ 842.17

Bal. Wachovia 2/14/08	\$1687.32
Change in Cash	\$ 842.17

Bal. Wachovia 03/14/08 \$ 2,529.49

Bal. Susquehanna MM 02/14/08 \$16,487.08

Interest For January \$19.47

Bal. Susquehanna MM 03/14/08 \$16,506.55

Membership Report

VACANT position.

New Members

Name	Name
Seth Roeder	Amy Sander
Tracy Smith	Tamas Szasz
Harry Ting	Mike Adsit
Jean Black	Anne Dordal
Nancy Dordal	Drew Dzubinski
Caroline Dzubinski	John Dzubinski
Ken Goebel	Trish Hollis
Dan Hollis	Bob Murray
Charlie Crawford	Cheri Fager
Mary Anne Gatewood	Curt Junge
Joe Katona	Lisa Schwartz
Victor Skorochod	

Welcome New members! Hopefully, all of you will come out and enjoy some of the great rides the Wheelmen have to offer.

Classified Ads

ARTICLES FOR SALE
Hard bicycle travel case. Hardly used and in excellent condition. \$200.00
Contact Tom at: 717-332-3552 or tombenn24@yahoo.com
COMPLETE THULE ROOF RACK SYSTEM –very good condition- \$250.00 Includes: 2 load bars, 2 lockable fork attachment bike racks, 4 rack locks, 4foot packs, 1 wind fairing. Suggested retail: \$550.00 Thule Kayack Stacker: \$60.00; \$50.00 if purchased with above rack. Contact: kestrel4@ptd.net
Specialized Hard Rock TRX 20" BMX style bike Good condition: asking \$75.00 Specialized Rockhopper mountain bike. 21" frame, Deore components; good condition with new tires asking \$250.00 Call: Dave 610-377-0814 or Dmatsinko@yahoo.com
FOR RENT
2 HARD-SIDED BICYCLE TRAVEL CASES, Club owned, for rent to members for up to 4 weeks. \$25 for 1 or 2 weeks, \$50 for 3 or 4 weeks. Plus \$25 security deposit required for any rental. Contact Bill Derby 610-395-2546 or Bderby@PTD.net .
2005 Trek 1500 WSD 54cm. Shimano Ultegra Rear, Shimano 105 front. In excellent condition-just too small for me. \$450.00 OBO Contact either Dave or Kathy Moser: dmoser@cyoptics.com or Kathleen.Moser@LVH.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 10th of the month to appear in the following month's newsletter.** Send ads to Glenn at: Phlsphyguy@yahoo.com



The Race is on! Doughnut Derby 2007

Photo By: Glenn R. Toth



Bike Line/LWA Racing Team



Team News

Pete Siegfried, VP Racing

The Speed Racer Report

Well, here we are in April. We've done the March series and we are into the Thursday night Criterium Season. These races have been pretty fast this year, and competitive too.

In the junior races things were spread out as usual. While in the cat 5 races they seemed to be closer in competition. Bill Bray from Saucon Valley Bikes and Alex Cable From Skylands Cycling fought it out for the win with 11 points each in the first week.

The Second week the cat 5 race was not run and we ran the "A" and "B" races almost back to back with only fifteen minutes between. I've never seen that since I've been with the club.

The next cat 5 race was dominated by Jason Zerbe from PCA. He had 15 points while his closest competitor was Paul Aemesego from Bikeline with 9 points. Meanwhile, in the big races, it seemed that things were made bright by Bobby Lee [Rite Aid Pro], Paul Pearson [Bucks County Racing] and Bill Elliston [Rite Aid Pro].

Bobby Lee seemed invincible as he garnished a half lap lead on the main field in one of the races that eventually was bridged by Dyan DeWald [BattleyH/D] and the two almost lapped the field. They would have except that it is not smart to catch the field in this situation because you have to contend with the sprints. If you hang off the back and don't join the field you are still the lead riders and can continue to soak up the points.

In another race Bobby Lee did it again, but was eventually caught. Paul Pearson and another rider continued to hammer the field for the rest of the race. Chip Berezny and Bryan Barrett [Bikeline] were mixing it up pretty well against the big guns this past week too.

Bryan Barrett had this to say about the "A" race on the 16th of March:

"What happened was, there were a few different breaks early on. I know that I bridged to at least one of them. Later, there was a break that got away for some time. Several attempts were made by several riders to bridge unsuccessfully. Eventually, that break came back.

Soon after, a single rider got away, and stayed away for along time. He was away for most of the 2nd half of the race and scored the most points.

Several guys took shots at going off the front including me. I was just pushing the pace at the time because the pack was going slow just then around the top of the course. For a lap or two, a couple of riders were dangling just off the front of the pack. Soon, there was a gap and then the pro riders saw a chance and easily jumped the gap. [Chip and Bryan were in this break]

Now the final break was established and the pro's really pushed the pace. We were now in pursuit of the lone rider up front. Chip and I took turns on pull, but it was the pros who really put the distance between the pack and us. During the sprints, Chip was competitive and got points several times. Near the end of the race, the lone rider was pulled in, and I believe he was still competitive during the last sprint or two.

Races like this one are fun and the laps dwindle down quickly. I think that this is going to be a fun season if everybody stays healthy."

Also I want to remind everyone that the Bethlehem and Fitness park races will be coming soon on May 10th and 11th. If anyone is interested in helping on a corner or with Registration, please contact me at sracer866@aol.com and I will be happy to fill you in on how you can help and what to bring to make yourself comfortable.

The flyers for these races including the Thursday night training crit. should be on the racing pages.

See you on the road,

Pete Siegfried

VP of Racing

Junior Team Notes

Gwen Hoover, Junior Coordinator

FOR ALL YOUTH CYCLISTS

The Lehigh Wheelmen merged with famed youth cycling club Future Champions Cycling Club in 2004. We race on the same team as the adults Bikeline/LWA but sometimes go by "Lehigh Wheelmen Future Champions". We are dedicated to helping kids get involved and progress in the sport of cycling with a health balance of other activities and school. We have a race group, but you do not have to race to be part of our club. Here are some activities coming down the pike. Also, keep an eye on the junior section of the website and the calendar for late breaking information. We also have an email list for advice, arranging activities swapping equipment. Email g Hoover@ptd.net to get an invite to the list (tell me a little about yourself in the email)

Youth Fun Rides (road bikes only please) will begin in April Weather permitting. Please check the club calendar for dates and times. Will most likely be 10:30 am from the Velodrome parking lot. All interested families who are new to our social rides should feel free to give me a call (610-216-1484) to find out more about it. Ages 10-18 welcome. We regroup often. PARENTS ENCOURAGED TO ATTEND as well. 20 miles with a nice long snack break at the 10 mile mark on flat to rolling terrain. We'll be adding other rides, that don't require road bikes after school is out.

NOT TO LATE to sign up for the Velodrome's Bicycle Racing League. Contact the Valley Preferred Cycling Center at 610-395-7000 or check www.thevelodrome.com for registration information. This is a great after school cycling program on the track (all you need is a helmet, and if you don't have one they even provide that, though I say bike shorts highly recommended). Ages 10-16. no experience necessary, though if you are new to the track there is a mini clinic the two weeks before the program starts for newbees. Cost \$50 includes bike rental, coaching AND A REALLY COOL TEAM CYCLING JERSEY.

Bike racing season has started. Juniors ages 8-18 can contact Gwen (Junior Development Coordinator) at 610-216-1484 or g Hoover@ptd.net if you even have an inkling that you want to get into racing (or just more road riding).

Bike races posted at www.bikereg.com

HOLD THE DATE – MAY 3 Flea market (Bike swap meet) at the Velodrome 9-2. we'll have a bake sale and sell used equipment for the club Hold the date for the Oley Valley State Championship Road Race on July 13th. (anyone can participate, but I'd start riding soon)

Hold the date for the Nicole Reinhart Memorial Tour de FCCC on July 19 and 20th. The areas only junior stage race (yes, like a mini Tour de France). A very special week of bike activities for juniors ages 8-18 will be held the week between these prestigious events. Kids from all over the region, country and I've even heard a junior team from Australia is coming. SO Mark your calendar and take vacation another week. WE HAVE LOANER BIKES, road and track, so if you know a kid interested in bicycling (at any level) call me (number above) and we'll see what we have in inventory to loan them.

On a Final Note, famed team member, Jake Hoover, will be starring in GUYS AND DOLLS at Northwestern Lehigh Middle School on April 25, 26 27. He'd love to see his teammates and friends in the audience. Check www.nwmsdrama.com for details-----Gwen

Racing Results

Vacant Position

Nothing to report-but don't worry: those really really long race reports that I have to retype will be coming soon! I am limbering my fingers...GT

Announcements, Tidbits and Other Really Great rides.

LiveStrong Challenge

Please mark August 24, 2008 on your calendars. That is the date for this years LiveStrong Challenge. I invite you to join our team for this memorable event. Last year, the LSC raised over \$2.25 million in a single day. Over 3000 riders participated. Our team raised thousands of dollars, and all team members had an incredible day. The ride is one of the most professionally supported rides you will ever encounter. Completely first class all the way. The community welcomes the riders as we roll through the countryside, cheering us on because of the gravity of our cause.

I urge you to join our team or to make a donation in support of one of our team members. You can learn more about the LiveStrong Challenge by visiting the Lance Armstrong Foundation Web site at www.livestrong.org. Click on links to the LiveStrong Challenge Philly, then find our team, The Wheelman Warriors.

See you on the road!

Rob Erbeau- Chief Warrior

VeloSwap

Flea Market at the Velodrome-a feeding frenzy of buying activity. Come prepared with a wad of cash to get unbelievable deals from socks to cycles. With all the great deals available, fistfights may occur-well, not really, but it is a frenzied rush to get the best deals. Most of the time, no good offer is refused!

Come out and also support our junior racers. Anyone willing to donate some baked goods, help out at the stand or want the juniors to sell some of your gear collecting dust (yes, there IS a market for 9spd Campy gear, older or newer gear of any make) for a small 20% fee, then contact Gwen Hoover at: Ghoover@ptd.net Come early to reserve your spot in line!

2008 Commerce Bank TRIPLE CROWN OF CYCLING

GEAR UP FOR VOLUNTEER SPOTS

Planning is well underway for the 2008 Commerce Bank Triple Crown of Cycling events, and now you have the opportunity to become a part of this world-class professional cycling series.

The public is invited to experience the excitement of professional cycling first-hand by volunteering with Pro Cycling Tour, the organizers of the Commerce Bank Triple Crown of Cycling. The dates and locations for the races are as follows:

Commerce Bank Lehigh Valley Classic – Tuesday, June 3, 2008

Commerce Bank Reading Classic – Thursday, June 5, 2008

Commerce Bank Philadelphia International Championship & Liberty Classic – Sunday, June 8, 2008

The series features the nation's biggest professional road cycling races with international athletes, live television coverage and community festival events.

"We always have room for helping hands and smiling faces," says Jerry Casale, chief operating officer of Pro Cycling Tour. "Whether you're a die-hard cycling fan or just a fan of the outdoors, you are welcome to join us for what promises to be an incredible experience for the athletes, the fans and the cities of Reading, Allentown and

Philadelphia. Show off your community pride and help us host safe and memorable race days for everyone!"

Hundreds of volunteers will be needed in the following areas: course marshals, stage crew, foreign language interpreters, hospitality, marketing and public relations, and driver support.

For more information about volunteer opportunities, requirements and sign-up procedures, go to www.procyclingtour.com or click on VOLUNTEER SIGN UP . You can also call 610-676-0390 ext. 106.

SCU Quad County Metric, Green Lane, PA

Saturday May 10, SCU Quad County Metric, Green Lane, PA

New for 2008: Register for the combo - Quad County Metric and Lake Nockamixon Century - and save \$5! Save time and money - register for both events for only \$45 with one convenient transaction. Receive two T-shirts (one long-sleeve Quad County Metric shirt on May 10 and one short-sleeve Lake Nockamixon Century shirt on August 24) if you register by April 27!

On Saturday, May 10, start from scenic Green Lane Park, Deep Creek and Snyder Roads, Green Lane, PA 18054, and ride 21, 31, 45, 53, 68, or 76 miles at your own pace 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 ft additional climbing. A flat 10-mile ride on the unpaved Perkiomen Trail is also available.

Registration includes marked route, cue sheet, SAG support, rest stops, and a post-ride meal with vegetarian option. Rest stops have a large assortment of home-baked snacks.

Camping is available at the start location. Suburban Cyclists Unlimited <http://www.suburbancyclists.org/>

Phone 215-234-0170

centuries@suburbancyclists.org



A social, But Not Casual Ride with 40,000 Cyclists- Waiting To Start The 2007 5 Boroughs Ride NYC-At The Front of The Line- Church & Duane Streets!-Photo By: Glenn R. Toth

Bike Freedom Valley June 15, 2008!

Benefits the Bicycle Coalition of Greater Philadelphia:

Registration: 7AM 1 Boathouse Row: Kelly Dr. @ Sedgely Dr

Mass Start: 7:45 AM

Routes: 8 mile River Drives path flat loop

22 mile Schuylkill River Trail, flat

44 mile Schuylkill River Trail into Valley Forge, flat

35, 50 & 68 mile loops with hills, which return on the trail;

Information and Registration:

<http://bikefreedomvalley.blogspot.com/>

or registration at: www.bicyclecoalition.org

Questions: jill@bicyclecoalition.org or 215 BICYCLE

Great Green America Fest Metric Century Bike Tour

Sunday, May 4th. Part of the Great Green America Fest being held on the grounds of the Mount Hope Estate and Winery. Tour passes through scenic Northwestern Lancaster, Lower Dauphin and Lebanon counties with courses of 30 and 62 miles. All cyclists will receive a water bottle, lunch voucher (value \$8), and free admission into the festival. Register online at bikereg.com or the day of the event. The entry fee is \$30 for adults and \$15 for riders under 18 accompanied by a paying adult. \$10 of the registration fee will be donated to Ducks Unlimited to benefit their wetland and water fowl conservation programs. For more information: WWW.greatgreenamericafest.com See Flyer as well.

2008 Doylestown Kids Triathlon

Fanny Chapman Pool, Doylestown, PA, Sunday, June 1. A fun time for kids and adults! See the attached brochure for more information.

French Creek IRON TOUR: Cycling For Open Space.

Sunday June 22...Come ride the Iron Furnace country---have a blast! The French & Pickering Creeks Conservation Trust preserves land where iron blast furnaces and forges served as cornerstones of industry in colonial Pennsylvania. When you ride the Iron Tour, you'll agree that the ironmasters couldn't have chosen a more beautiful area.

Since 1967, The French & Pickering Creeks Conservation Trust has protected more than 8500 acres of open space in Chester County. Last year alone. Over 400 acres were preserved. Your participation in the Iron Tour helps us to continue these efforts.

Ride features

Rides for all levels, from beginners to accomplished cyclists

20, 50, 68, 100 mile course options

Well marked courses and cue sheets

SAG support

3 covered bridges on all routes

Quiet, lightly traveled roads and scenic countryside.

Amenities

Fully Stocked rest stops with restrooms

FREE T-shirt if registered by June 8

After the ride enjoy:

Free lunch

FREE musical entertainment

Great picnic spot and playground for families

Professional massage (\$10 gratuity)

Register online at: www.irontour.org

For questions call: 610-469-0150 or office@frenchandpickering.org

Celebrating Women Conference

Friday, June 6 at the Holiday Inn Conference Center, Fogelsville.

Featuring the 2008 Athena Awards and the new Athena Young Professional Awards.

7:30 AM Registration, 8:30 AM-3 PM Conference. Includes Professional Development Workshops.

Keynote Speaker: Linda Armstrong Kelly- Mother of 7 time "TOUR de LANCE" winner and cycling champion, Lance Armstrong. Passionate activist, author and motivational speaker.

You can get the Chamber Discount by mentioning Lori Reinert.

For more information:

Contact Marta Anglade at Martaa@lehighvalleychamber.org or

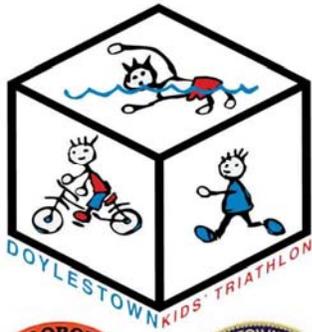
610-841-5863 www.lehighvalleychamber.org

The Muhlenberg Bicycle Lending Program

This program (planned to kick off this Spring) will enable interested students to borrow a bicycle on a short term basis. This initiative is a joint effort of students, faculty and staff.

They currently have three bicycles to get the program started...but they would like a few more. That's where you come in-we are looking for hybrid style bicycles in good working order. If you have a used bicycle in good condition that you would be willing to donate, please contact miles at: md232620@muhlenberg.edu





CycleSports of Doylestown

2008 Doylestown Kids' Triathlon

SWIM-BIKE-RUN



Fanny Chapman Pool, Sunday June 1st

Online registration opens Friday Feb 1st - www.cyclesports.com for link

Registration ends Tuesday May 27th 10:00pm - \$30 no refunds

Max 88 participants per age group T-shirts guaranteed for first 150 racers!

Same-day reg \$35 but please register early as age groups close out

This is an introductory triathlon for boys and girls between ages 7 and 15 race age as of 12/31/2008. This event stresses fun with family, participation, and staying healthy. See website for ongoing updates: www.cyclesports.com. Bikes in transition area 15 minutes before each race. Mandatory pre-race talk 10 minutes before each race.

VOLUNTEERS NEEDED - see website www.CYCLESPO RTS.COM

- 8:15am Age:13,14&15 Swim:100yds Bike: 3 mi Run: 1 mi
- 9:15am Age:10,11&12 Swim: 75yds Bike: 3 mi Run: 1 mi
- 10:15am Age:7,8&9 Swim: 50yds Bike: 1.5 mi Run: 1/2mi

Registration will be online - www.CycleSports.com for link. Helmets and bikes will be inspected. Those that do not pass basic safety will not be allowed to race.

Stop by Cycle Sports 641 N Main St. Doylestown (behind Buckman's Ski) for free pre-race inspection.

Event presented by:



Kids Bikes, Road & Mountain Bikes, Cruisers, & Service on ALL Models
641 North Main Street, Doylestown 215-340-2526 www.cyclesports.com

Great Green America Metric Century Bike Tour

A Scenic Tour Through PA's Farmlands

A PA Renaissance Faire Production

Sunday, May 4th, 2008

Register online at bikereg.com

For more information, visit
GreatGreenAmericaFest.com



Located on the Royal Grounds of Mount Hope Estate and Winery
2775 Lebanon Road • Manheim, PA • 14 miles East of Hershey • 15 miles North of Lancaster



Admission to the
Great Green America Fest is
included in registration price.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Mar  B H Blue Mountain Madness, Bicentennial Park 1:00PM	31 Mar 2008 Dues are Due!   C R The Monday Night Ride, Velodrome 5:45PM	1 April Fool's Day :) 	2	3	4	5
6  B H Blue Mountain Madness, Bicentennial Park 1:00PM	7  C R The Monday Night Ride, Velodrome 5:45PM	8	9	10	11	12  RING IN SPRING, LINDA & NEIL DICKER'S HOUSE 6:30PM
13	14  C R The Monday Night Ride, Velodrome 5:45PM	15	16	17	18	19
20	21  C R The Monday Night Ride, Velodrome 5:45PM	22	23	24	25	26
27	28  C R The Monday Night Ride, Velodrome 5:45PM	29	30	1 May	2 May	3 May

Recreational Riding Schedule

Dave Drummer, VP Touring

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.

Monday, March 31, 2008

The Monday Night Ride

 **C R** / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and a volunteer will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 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: 12/4/2007 2:11:40 PM by Robert Erbeau

Updated: 3/11/2008 7:09:27 AM by Robert Erbeau

Sunday, April 6, 2008

Blue Mountain Madness

 **B H** / 40 mi 1:00PM Bicentennial Park

We will work our way up through the hills to the Blue Mountain ridge where the terrain flattens out then long slightly down grades and rolling hills back to the park. A beautiful route and an excellent work out!! This ride is typically more of a B+ level, but we will alter the speed per the group's capability.

Directions: East park entrance on the Airport Rd. side.

Directions to the park on the website.

Leader: Doug Leavitt 610-730-6573

dogleavitt@netzero.net

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

- No minors, please.

Posted: 3/16/2008 5:18:24 PM by Doug Leavitt

Updated: 3/22/2008 4:50:41 AM by Doug Leavitt

Monday, April 7, 2008

The Monday Night Ride

 **C R** / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and a volunteer will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

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

Posted: 12/4/2007 2:12:38 PM by Robert Erbeau

Updated: 3/11/2008 7:10:03 AM by Robert Erbeau

Saturday, April 12, 2008

RING IN SPRING

 6:30PM LINDA & NEIL DICKER'S HOUSE

The Great Warmup Spring Fling Party!! Come thaw out and celebrate the new cycle season with your friends. We will have the Cycling Calender ready so come with your dates and information ready to fill in for our club rides. We are looking for lots of ride leaders this year for all levels of rides. Prizes and rewards will be given out to those who are our ride leaders! ALSO -- Dinner will be served by you! Bring your favorite covered dish so we can all enjoy some good eating. A few deserts would go a long way too! Enjoy great cycling videos from 2007 including The Giro and The Tour on the BIG SCREEN. Please RSVP asap to Neil at 610-395-6316.

Directions: From Route 22 and Route 309. Travel North on 309 past several traffic lights and past Walbert Avenue. Go underneath the NE extension and make your first left onto Snowdrift Road[you can only make a left there]. Travel for a few miles on Snowdrift, past a church, up a hill and past the Orchard Restaurant on your right. At the top of the hill, bear to the right when the road forks. The name changes to Hilltop Road. Go two blocks to Barkwood drive and make a right onto Barkwood Drive. My house is the third house on your left, 1616 Barkwood Drive with the numbers clearly marked on the mailbox.

Event Organizer: JACK HELFFRICH

Posted: 3/10/2008 7:56:16 PM by Jack Helffrich

Updated: 3/19/2008 4:16:22 PM by Neil Dicker

Monday, April 14, 2008

The Monday Night Ride

 C R / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and a volunteer will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 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: 12/4/2007 2:14:06 PM by Robert Erbeau

Updated: 3/11/2008 7:10:28 AM by Robert Erbeau

Monday, April 21, 2008

The Monday Night Ride

 C R / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and a volunteer will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 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: 12/4/2007 2:14:53 PM by Robert Erbeau

Updated: 3/11/2008 7:10:51 AM by Robert Erbeau

Monday, April 28, 2008

The Monday Night Ride

 C R / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and a volunteer will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 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: 12/4/2007 2:15:35 PM by Robert Erbeau

Updated: 3/11/2008 7:11:21 AM by Robert Erbeau

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Apr 08

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