Did You Ride Today?

Jack Helffrich, President

"On the road again, I just can't wait to get on the road again"

~Willie Nelson

My granddaughter Julie will be two years old on May 20. From my perspective, which is totally objective and completely devoid of emotion, she is the sweetest little thing on earth. The only negative in her entire existence is that she lives three hours away in New York State, so, while I am looking forward to seeing her this weekend and celebrating her birthday, I am regretting the loss of six hours of prime biking time. Worse than that, I spent most of last Saturday in my yard and what began as a simple mulching project eventually grew to involve a wheelbarrow, rake, utility trailer, lopper, peavey, several shovels and a chain saw: We don't own things, they own us.

It's not that we can't ride in winter, but there is something about springtime when the warmth of the sun on a clear day is just enough to balance the cool morning air. Sometimes it feels so good to be out on the road, you just hate to turn toward home knowing the turn signals and the eventual end of the ride. As this was bike to work week, I managed to do one day in four. Although Rob Erbeau works from home, he reported circling the living room repeatedly. Pedaling home from work today, I kept thinking that if I had not commuted by bike, I could have gone out on a nice club ride in the evening. I strongly feel that we need more daylight hours in each day. Possibly shorter working hours would also help.

The LWA has an interesting variety of upcoming rides. Join us for the Ride of Silence, a memorial ride for Rudy Dippl, the Veloce and a Pagoda Ride. Check the website for details.

Also, don't miss the opportunity to witness the Lehigh Valley Classic bicycle race on June 3. This should be an exciting event and a great showcase for the Lehigh Valley. And if you need a bicycle part, tool, attire, or even a new ride, visit one of the local bike shops. In my experience, they are all excellent and support the LWA and local cycling in many different ways. We have never received sag support from a catalog.

Regards,
Jack Helffrich
**Treasurer's Report**

Jane Derby, Treasurer

Statement of Cash Flow 04/15/08 to 05/15/08

**Income:**
- Bike Case Rental $75.00
- A.E.D. 845.00
- Membership Dues 692.00

**Total Income:** $1,612.00

**Expenses:**
- Rental of Storage Area $(98.58)
- Director/officer Insurance $(501.70)
- Meeting Costs $(7.67)
- Membership Costs $(176.00)
- Ride Leader Party $(147.70)
- Stamps $(8.20)
- Web Costs $(167.40)

**Total Expenses:** $(1,107.25)

**Change in Cash:** $504.75

**Bal. Wachovia 4/14/08:** $4,108.14

**Change in Cash:** $504.75

**Bal. Wachovia 05/15/08:** $4,612.89

($1820.00 is AED money)

($2792.89 club general money)

**Bal. Susquehanna MM 04/14/08:** $16,521.40

**Interest April 30:** $13.54

**Bal. Susquehanna MM 04/14/08:** $16,534.94

**Welcome New Members!**

Dave Drummer, Membership Administrator

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Linda Dicker</td>
<td>Orefield</td>
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<td>Robert Docherty</td>
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<td>Kathleen Moser</td>
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<td>Adam Plotka</td>
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<td>Anna Plotka</td>
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<td>Brett Polenchar</td>
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<td>Nicole Smith</td>
<td>Easton</td>
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<td>Errol Walcott</td>
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<td>Charles Blosier</td>
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<td>Brad Kreschollek</td>
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<td>Emily Slane</td>
<td>Cherryville</td>
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<td>Rachel Slane</td>
<td>Cherryville</td>
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<tr>
<td>Tina Slane</td>
<td>Cherryville</td>
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<tr>
<td>Julie Westbrooks</td>
<td>Bethlehem</td>
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**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: kestr4@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

**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

The following are from Brian Kerecz and he can be reached at: briankerecz@gmail.com

**2 Brand new Yakima Raptor Bike Racks**. Used on car for about two weeks. I am changing to rear mount to accommodate kayaks on roof. MSRP=$99.00 ea. Asking $65.00 ea

**2 Sets of Universal Mighty Mounts-brand new.** MSRP: $45.00 ea Asking: $25.00 OBO each set

**Yakima SKS Lock Set (4 locks)** MSRP=45.00 Asking: $25.00

**Ritchey Excavader Mountain Bike Tire (26x 1.9)** Never Used originally $32.00 Asking: $6.00

**Kenda Mountain Bike Tire (26x 1.95)** Brand New never used. Originally $22.00 Asking $6.00

**BRAND NEW Exustar Mens Road Shoes**. Still in box and never used. Sz 10.5 Originally: $90.00 asking $29.00

**Pearl Izumi Womens Vortex Mountain Biking Shoes Sz 9.5.** Brand New—used—still in box. Originally: $110.00 asking $35.00

**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.

**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:  Philphyquy@yahoo.com
Bike Line/ LWA Racing Team

Team News
Pete Siegfried, VP Racing

The Speed Racer Report

See the new race results page!

Stay upright and happy,
Pete Siegfried

Junior Team Notes
Gwen Hoover, Junior Coordinator
Junior News and Notes

Regular smoothie rides... please check on-line calendar for times. All kids ages 9+ are invited (road bikes required for children) Parents encouraged to participate. 20 miles, stop in Topton at ½ way point. Sometimes the older kids ride during the break. If your child or someone you know is interested in Youth Cycling, please check our web page at www.lehighwheelmen.org (then click on JUNIORS). There is lots of information on the site for kids who are just getting started. We have loaner bikes (road and track) for most sized kids (down to 7 or 8 years old). Feel free to contact Gwen Hoover (the junior development coordinator) at ghoover@ptd.net.

Thursday night training criteriums have started at Rodale Park. see www.lehighwheelmen.org (Race flyers) for more details.

Next big team events are June 6 Manyunk Amateur Hill Climb and June 7th Tri State Velo Junior Time Trial (8mile). Both are in Philly. Oley Valley Road Race on July 13, then we put on the Nicole Reinhart 7th Tri State Velo Junior Time Trial (8mile). Both are in Philly. Oley Valley Road Race on July 13, then we put on the Nicole Reinhart Memorial Tour de FCCC on July 19 and 20th. We hope to sponsor a week of junior cycle events, (races, clinics and social) between the Oley Valley and Tour de FCCC events.

~Gwen

Recreational Riding Schedule
Dave Drummer, VP Touring

Thanks to those members who have indicated that they would be willing to occasionally lead a C group for a cue sheet ride or to offer the ride in the afternoon as well as in the morning. Anyone who is interested in helping with this, please contact me: beammeup@fast.net.

The 13th Not Quite Annual Brewery Ride is June 28th. There are 55 gallons of beer sitting in my basement, in desperate need of thirsty riders. As always, I am looking for a stoker for my tandem. BE THERE OR BE SQUARE! Check the listing in June...

Looking ahead to July, the Pagoda Ride is scheduled for July 4th. The traditional ride leaves the Velodrome at 9:00, or you may want to join me on a shorter version of this ride that starts in Bowers at 9:30. The short route includes all of the great climbs to the Pagoda and up Baldy Hill (or Forgedale road), and then finishes with a downhill plunge back to the park in Bowers. A great way to be a bit more conscious for that afternoon picnic!

Finally, the Veloce will return to its original format this year, as a members only ride. No fee to ride, and the club juniors have graciously offered to run the snack/lunch area at the Rodale Park. Check the calendar listing for more details, to be posted soon.

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 140 Trexlertown, PA 18087

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.

Sunday, June 1, 2008

3 Trails Ride

SLO MO F / 8-24 mi 1:00PM Slatington parking lot by the bridge over to Wallnutport.

There are 3 trails that can be accessed from where we park-the Slate trail, the DSL (Delaware and Lehigh trail and the Walnutport Canal). Please check back at this posting for updates because there may be construction on a bridge on Main St. Slatington that may affect how you get to the parking area and how we access the slate trail. All three trail are out and back and end in or near the parking lot so you can do as little as 8 miles or as much as about 24 miles. Email or call with any questions. Hope to see you and ride with you on the trails.

Directions: Meet and park on the stone parking lot across from Sal's Pizza 102 Main St. Slatington (by the bridge over to Walnutport). Event Organizer: Dean Hower
Leader: Dean Hower 610-462-0617 dean_the_bikeman@hotmail.com
Leader 2: Mike Soliday
- Rain Cancels
- Rest stop(s) along the way
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/19/2008 5:47:34 AM by Dean Hower
Updated: 5/8/2008 6:46:15 PM by Dean Hower

Monday, June 2, 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 volunteers 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: 3/24/2008 7:07:33 PM by Robert Erbeau

Monday Night 'A' Ride

 Definitely a 'group' ride as opposed to a 'drop' ride, as emphasis will be on a steady tempo, usually with one or more climbs of note since KOM's are fun, after all. PLEASE honestly assess your ability because, while no one minds waiting to regroup at the top of a climb, slowing the pace down on the flats or rollers can compromise our return time if the ride is longish and we're fighting daylight. Naturally as we get closer to home the ride may break up for those who are feeling particularly feisty. Note that there may occasionally be gravel roads included; conditions vary.

Directions: If you don't know where the Velo is by now....
Event Organizer: Brian Wacik
Leader: Brian Wacik 610-533-0015 brianwacik@rcn.com
- Rain Cancels
- Bring food
- Bring water
- No minors, please.

Posted: 5/12/2008 6:07:10 AM by Brian Wacik

Tuesday, June 3, 2008

Volunteers needed-Lehigh Valley Classic

Volunteers are needed for the Lehigh Valley Classis road race in Allentown

Directions: Contact Susie Molnar to volunteer. Information will be provided
Event Organizer: JACK HELFFRICH
- No minors, please.

Posted: 5/20/2008 7:36:38 PM by Jack Helffrich

Thursday, June 5, 2008

Women on Wheels

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

Directions: Parking lot by the barn at the Velodrome
Event Organizer: Donalee Frary
Leader: Donalee Frary 610-587-2355 donalee@verizon.net
Leader 2: Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info
- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/30/2008 1:31:33 PM by Donalee Frary

Thursday Night Ride

5:30PM Goodman Campus / Lehigh University
(Stabler Arena)

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.

Event Organizer: Art Hunsberger
Leader: Art Hunsberger 484-547-2695 ah3@ptd.net
- Rain Cancels
- Bring water
- Will wait for slow riders
- Will regroup often
- No minors, please.

Posted: 4/25/2008 7:11:24 PM by Art Hunsberger

Friday, June 6, 2008

Pedaling for Pizza

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supremely Intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website view "Maps of Start Locations" page
Event Organizer: Karen O'Brien Winkler
Leader: KO 610-317-9611 vptouring@yahoo.com
- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often


Saturday, June 7, 2008

State Time Trial Championships

Tri State Velo is putting on the Junior State Time Trial Championships. There will be no smoothie ride, but join us for this terrific event or take a nice ride in Rodale Park

Directions: see www.tristatevelo.com for directions
Event Organizer: Tri State Velo
Leader: Gwen Hoover 610-216-1484
- Bring food
- Bring water

Posted: 5/7/2008 5:42:22 AM by Gwen Hoover

Overnight Adventure

An overnight camping trip that will include two days of cycling, 50 miles each day (Saturday/Sunday). Perfect warm-up if you are going on RAGBRAI or just want to enjoy a weekend of riding and relaxation.

Directions: From I-80, take Exit 274 at the Hickory Run State Park Exit, and drive east on PA 534 for six miles. From the Northeast Extension of the Pennsylvania Turnpike, take Exit 95 and drive west on PA 940 for three miles then turn east on PA 534 for six miles.

Event Organizer: Rob Erbeau
Leader: Rob Erbeau 610-965-4562 info@nncs.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

**NATIONAL TRAILS DAY**

Posted: 5/20/2008 7:50:39 PM  by Dean Hower

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

**LWA Quick Release June 2008 5**

Updated: 3/21/2008 5:15:57 PM  by Robert Erbeau

- No minors, please.
- Will regroup often
- Will wait for slow riders
- Cue sheets will be provided
- Bring water
- Bring food
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

**MONDAY, JUNE 9, 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 A group, and volunteers will lead the other group(s). All are welcome. Beginners are 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: 3/24/2008 7:08:58 PM  by Robert Erbeau

**Thursday, June 12, 2008**

**Women on Wheels**

**F C / 30 mi  5:15PM Velodrome**

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

**Directions:** Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary
Leader: Donalee Frary 610-587-2355  donaleefrary@verizon.net
Leader 2: Nancy Sheffield 610-462-0847  nancy@sheffieldfamily.info
- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/30/2008 1:42:56 PM  by Donalee Frary

**Tuesday, June 10, 2008**

**R B / 25 mi  5:30PM Goodman Campus / Lehigh University**

(Stabler Arena)

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.

Event Organizer: Art Hunsberger
Leader: Art Hunsberger 484-547-2695  ahh3@ptd.net
- Rain Cancels
- Bring water
- Will wait for slow riders
- Will regroup often

No minors, please.

Posted: 5/18/2008 11:41:12 AM  by Art Hunsberger

**Friday, June 13, 2008**

**Pedaling for Pizza**

**C C / 21 mi  5:30PM Coopersburg Giant**

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30
every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supreme Intellectually, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website   view "Maps of Start Locations" page
Event Organizer: Karen O'Brien Winkler
Leader: KO 610-317-9611 vptouring@yahoo.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: 4/21/2008 12:02:10 PM  by Robert Erbeau

Updated: 5/22/2008 7:20:18 AM  by Robert Erbeau

Women on Wheels

Schuylkill Trail Ride 9

The ride on the scenic Schuylkill River Trail is something that is worth the drive. This ride is best enjoyed on a road bike. We will follow the Schuylkill Trail from Lower Perkiomen Valley Park in Oaks, Montgomery County (just west of Valley Forge) to the Philly Art Museum and return. We will stop in Manayunk for lunch at Le Bus. We should be back to Oaks by about 2 PM.

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

Posted: 4/21/2008 12:02:10 PM  by Robert Erbeau

Pedaling for Pizza

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 volunteers 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: 3/24/2008 7:10:01 PM  by Robert Erbeau

Thursday Night Ride

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 volunteers 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: Karen O'Brien Winkler
Leader: KO 610-317-9611 vptouring@yahoo.com
- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often


Updated: 5/22/2008 7:20:18 AM  by Robert Erbeau

Pedaling for Pizza

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 volunteers 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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Leader: KO 610-317-9611 vptouring@yahoo.com
- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often


Updated: 5/22/2008 7:20:18 AM  by Robert Erbeau

Pedaling for Pizza

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 volunteers 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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Event Organizer: Karen O'Brien Winkler
Leader: KO 610-317-9611 vptouring@yahoo.com
- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often


Updated: 5/22/2008 7:20:18 AM  by Robert Erbeau
for LWA members. The LWA juniors have graciously agreed to provide support at the start area.

**Directions:** map on website  
**Leader:** Dave Drummer 610-298-3382 beammeup@fast.net  
- Rest stop(s) along the way  
- Rest rooms available  
- Bring food  
- Bring water  
- Cue sheets will be provided  

**Posted:** 3/23/2008 6:29:36 AM by Dave Drummer  
**Updated:** 5/22/2008 6:08:52 AM by Dave Drummer

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**Monday, June 23, 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 volunteers 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  
**Event Organizer:** Rob Erbeau  
**Leader:** Rob Erbeau 610-965-4562 info@nnccs.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:** 3/24/2008 7:11:35 PM by Robert Erbeau

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**Thursday, June 26, 2008**

### Women on Wheels

![C F / 30 mi](5:15PM Velodrome)  
**Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.**

**Directions:** Parking lot by the barn at the Velodrome  
**Event Organizer:** Donalee Frary  
**Leader:** Donalee Frary 610-587-2355 donaleefrary@verizon.net  
**Leader 2:** Nancy Sheffield 610-462-0847 nancy@sheffieldfamily.info  
- Rain Cancels  
- Bring food  
- Bring water  
- Will wait for slow riders  
- Will regroup often  

**Posted:** 3/30/2008 1:46:11 PM by Donalee Frary

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**Thursday Night Ride**

![B R / 25 mi](5:30PM Goodman Campus / Lehigh University)  
**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.  
**Event Organizer:** Art Hunsberger  
**Leader:** Art Hunsberger 484-547-2695 ahh3@ptd.net  
- Rain Cancels  
- Bring water  
- Will wait for slow riders  
- Will regroup often  
- **No minors, please.**

**Posted:** 5/18/2008 11:42:30 AM by Art Hunsberger

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**Friday, June 27, 2008**

### Pedaling for Pizza

![C R / 21 mi](5:30PM Cooperburg Giant)  
**This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Cooperburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Cooperburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supremely Intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.**

**Directions:** Map on Website  
**Event Organizer:** Karen O'Brien Winkler  
**Leader:** KO 610-317-9611 vptouring@yahoo.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:** 4/13/2008 1:49:31 PM by Karen Winkler

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**Saturday, June 28, 2008**

### 13th 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 if you need directions.  
**Event Organizer:** Karen O'Brien Winkler  
**Leader:** Dave Drummer 610-298-3382 beammeup@fast.net  
- Bring food  
- Bring water  
- Cue sheets will be provided  

**Posted:** 4/20/2008 11:08:45 AM by Dave Drummer  
**Updated:** 4/27/2008 7:33:35 AM by Dave Drummer

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**Monday, June 30, 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 volunteers 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  
**Event Organizer:** Rob Erbeau  
**Leader:** Rob Erbeau 610-965-4562 info@nnccs.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:** 4/20/2008 11:08:45 AM by Dave Drummer  
**Updated:** 4/27/2008 7:33:35 AM by Dave Drummer

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LWA Quick Release  
June 2008
Announcements, Tidbits and Other Really Great Rides

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 Schuykill River Trail, flat
44 mile Schuykill 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: http://www.bicyclecoalition.org/
Questions: jill@bicyclecoalition.org or 215 BICYCLE

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

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

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
doors, 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

LBC Covered Bridge Metric Century

Sunday August 17, 2008

Rides of: 25K, 50K, and 100K (15, 31 and 62 miles). The ride
meanders through the heart of Lancaster County, offering up acres of
unspoiled rolling farmland and six historic covered bridges.
Registration is $15.00 if you pre-register online with Active.com on or
before July 18th 2008 and $30.00 after that. Children 12 and under are
free. The fee covers: lunch, water stops, SAG wagons, cue sheets,
road markings, ice cream and a good time. Additionally, a
commemorative T-shirt can be purchased for $15.00 by July 18, 2008:
Pre order to ensure availability. For more information, please visit our
website: Http://www.lancasterbikeclub.org/cbm.php
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</tbody>
</table>

**Ride 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

For LWA Members Only

---

LWA Quick Release June 2008
# Bike Line / Lehigh Wheelmens Racing Results

## 2008 Bike Line/LWA

<table>
<thead>
<tr>
<th>RACE TITLE / LOCATION</th>
<th>DATE</th>
<th>TYPE</th>
<th>RACER</th>
<th>INITIALS</th>
<th>CATEGORY</th>
<th>RESULT</th>
<th>NOTE</th>
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<tbody>
<tr>
<td>Chris Hinds Memorial Criterium NiniGreg Ratzellert RI</td>
<td>4/12/2008</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td></td>
<td>55+</td>
<td>1st</td>
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<tr>
<td>Turtle Pond Circuit Race Loudon NH</td>
<td>4/13/2008</td>
<td>CR</td>
<td>Chip Berezny</td>
<td></td>
<td>55+</td>
<td>7th</td>
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<tr>
<td>Bikeline Fitness Park Training Race</td>
<td>4/17/2008</td>
<td>PTSCRIT</td>
<td>Tom Ratzell</td>
<td>&quot;A&quot;</td>
<td>FIF</td>
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<tr>
<td>Tour De Beach Virginia Beach VA</td>
<td>4/19/2008</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td></td>
<td>1/2/3</td>
<td>13th</td>
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<tr>
<td>Tour De Beach Virginia Beach VA</td>
<td>4/19/2008</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td></td>
<td>40+</td>
<td>12th</td>
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<tr>
<td>Casey Auto Greg Ratzelloup Criterium Newport News VA</td>
<td>4/20/2008</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td></td>
<td>40+</td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td>Casey Auto Greg Ratzelloup Criterium Newport News VA</td>
<td>4/20/2008</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td></td>
<td>50+</td>
<td>1st</td>
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<tr>
<td>Lower Providence Criterium</td>
<td>4/20/2008</td>
<td>Crit</td>
<td>Bryan Barrett</td>
<td></td>
<td>50+</td>
<td>5th</td>
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<td>Lower Providence Criterium</td>
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<td>Dan Kiningham</td>
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<td>50+</td>
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<td>Lower Providence Criterium</td>
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<td>Pts Crit</td>
<td>Greg Ratzell</td>
<td>13-14 Boys</td>
<td>DNF</td>
<td>Crash</td>
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<td>US 40KM Time Trial Challenge</td>
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<td>Sturbridge Road Race</td>
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<td>RR</td>
<td>Dan Kiningham</td>
<td></td>
<td>55+</td>
<td>17th</td>
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<tr>
<td>Tour de Ephrata</td>
<td>4/26/2008</td>
<td>RR</td>
<td>Bryan Barrett</td>
<td></td>
<td>50+</td>
<td>2nd</td>
<td></td>
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<td>Palmer Road Race</td>
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<td>RR</td>
<td>Dan Kiningham</td>
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<td>55+</td>
<td>1st</td>
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<tr>
<td>Tour de Ephrata</td>
<td>4/27/2008</td>
<td>Crit</td>
<td>Bryan Barrett</td>
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<td>50+</td>
<td>5th</td>
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<tr>
<td>Tour de Ephrata</td>
<td>4/27/2008</td>
<td>GC</td>
<td>Bryan Barrett</td>
<td></td>
<td>50+</td>
<td>2nd</td>
<td></td>
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<tr>
<td>Tour de Ephrata</td>
<td>4/27/2008</td>
<td>TT</td>
<td>Bryan Barrett</td>
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<td>50+</td>
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<td>25:45:00</td>
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<tr>
<td>Tour of Colts Neck</td>
<td>5/4/2008</td>
<td>CR</td>
<td>Dan Kiningham</td>
<td></td>
<td>55+</td>
<td>4th</td>
<td>Won field sprint</td>
</tr>
</tbody>
</table>
LEHIGH WHEELMEN ASSOCIATION, INC
PO BOX 140
Trexlerstown, PA 18087

June 08

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* please present card before ordering