Did You Ride Today?

Jack Helffrich, President

“You are either part of the problem or part of the solution”

~Eldridge Cleaver, 1968

I don’t agree with this quote as it applies to every activity in which we engage as humans, but I was thinking that it does apply well to cycling. This is possibly due to the fact that when we mount our bikes and venture out onto the roadways, we are a distinctly visible minority and we surrender our anonymity.

Whenever I am out riding I try to remember that, to some extent, I am either going to make a friend or an enemy of cycling of every motorist I encounter. Not personally, but the attitude that I create is going to be applied to all cyclists.

Friends: Give a “thank you” wave to overtaking motorists when they give you a wide berth. Ride on the paved shoulder when one is available and stay no more than two abreast when on a group ride. Signal your turns, take your food wrappers home with you, throw the banana peel in the woods, and buy something you really don’t need from a business when you stop and use their restroom.

Enemies: Use inappropriate hand gestures, blatantly disobey traffic signals and congregate in the middle of the road when regrouping on rides.

In the friends of cycling vein, a big THANK YOU goes to Rob Erbeau for organizing the “Ride of Silence” in Allentown in May. Cycling in general and the LWA in particular received some very favorable publicity from this event. It was a unique opportunity to support our sport, to ride downtown (not all that scary) and to experience a quiet group of cyclists. The latter was true because my wife and I were on our tandem.

THANK YOU also to the dozen or so members who volunteered to help marshal at the first Lehigh Valley Classic bicycle race in Allentown. It was a significant sacrifice to give up the freedom of riding around the course in order to support the event. Thanks to Susie Molnar for being our contact person with the Allentown Police Department, and to volunteers: Neil Dicker, Dave Drummer, Rob Erbeau, Donalee Frary, Kathleen Guthrie, Pete Helper, Gwen Hoover, Nadia Latzgo (a twelve year old who also brought her parents), Dick McCreight, Susie Molnar, Sean & Lin Sorrentino and Terry Terfink.

Another THANK YOU goes to Bill Derby for organizing the memorial ride for Rudy Dippl. It was great getting together with Rudy’s family and his cycling friends from the Souderton, PA area to remember Rudy and to recall how much he meant to each of us. The first half of the ride was enjoyable; the second half was memorable.

Finally, THANK YOU to all who have led rides this year. Cycling is a great fitness activity and a nice way to see the country, but he best part is the people you meet while riding. Next time you are on a group ride, remember to thank the leader for making it possible.

Regards,

Jack Helffrich

LWA Meeting

NO SCHEDULED MEETING
Treasurer's Report
Jane Derby, Treasurer

Statement of Cash Flow 05/15/08 to 06/14/08

Income:
- Membership Dues $308.00

Expenses:
- Purchase Of AED (1192.50)
- Rental of Storage Area $ (98.58)
- Meeting Costs (6.36)
- Membership Costs (153.59)
- Postage-deposit from Beth PO key (1.00)
- Postage-Rental of PO Box (54.00)
- Quick release (40.00)
- Veloce-Paint (15.81)

Net Income/Expense: $(1,479.84)

Change in Cash $ (1,171.84)
Bal. Wachovia 5/15/08 $ 4,612.89
Bal. Wachovia 06/14/08 $ 3,441.05
($627.50 is AED money
($2813.55 club general money)

Bal. Susquehanna MM 05/15/08 $ 16,534.94
Interest May 30 $ 14.78
Bal. Susquehanna MM 06/14/08 $ 16,549.72

Membership Report
Dave Drummer

Name From
Jan Billings Easton
Chuck Bloser Emmaus
Tim Brooks Bethlehem
Tony Cerrone New Tripoli
“Doc” Docherty Allentown
Christy Gruber Emmaus
Andrew Hudson Macungie
Jamie Kline Emmaus
Kathy Kline Emmaus
Evelyn Korbich New Tripoli
Scott Korbich New Tripoli
David Kozinski Bangor
Brad Kreschollek Bethlehem
Josh Luay Emmaus
Kathleen Madara Bethlehem
Tom Madara Bethlehem
Scott Mulvaney Bethlehem
Jeff Palmeiri Breiningsville
Brian Saylor Easton
John Schubert Coopersburg
Emily Siane Cherryville
Nicole Smith Easton
Al Wiemann Northampton
Liz Wiemann Northampton

Classified Ads

ARTICLES FOR SALE

YOU MUST BE A MEMBER TO POST-NOT A FRIEND OF A MEMBER

Cannondale Mountain Bike. F600, CAAD 3 (Cannondale Advanced Aluminum Design 3), Serial #56040LK11390, System Integration Headshop Fork, Mavicx139 wheels, Pana Racer FirexPRO 2.1 tires, Size 26” x 2.10, Shimano Drive Train, Gearset Sprocket, Instruction Book included, color is red. $450. Call Jan at 610-366-0234

a pair of roller blades, (Size 12 or 13). Purchased at Nester's. Excellent shape. Call Jan at 610-366-0234.

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

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 Kercz and he can be reached at: briankerez@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-never 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 ONLY!

IF YOU WANT TO PLACE AN AD THEN JOIN THE CLUB!

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: Phisphyquy@yahoo.com
It's been an interesting couple of months, and we've had a bunch of great races here and abroad. Our own races have been fast and furious and it seems that the Thursday night riders at the crit don't want the fast guys to get away and win the race by staying away.

The weather has been interesting: Some good rain storms that just missed us and we get the ride in anyway and one that allowed us to get the early race in and then started blowing like heck and knocked a tree across the course just in time to stop the late race. Well, I don't know about anyone else, but I needed the break that week.

I hope you all got to see the Tour of Italy. Great race! Unbelievable tree across the course just in time to stop the late race. Well, I don't miss the fast guys and we get the ride in anyway and one that allowed us to just staying in that one.

As spectators I saw many of our local elite riders at the race. All having fun going from place to place to get a view of different parts of the course. Kip Janson and I walked with my wife Kathy and watched from 17th street where attacks were happening, and then to the start finish line for the end. Great Day!

Our ex-president Lori Reinert was there and she was being sent down by her boss to watch the races. She even got Mr. Butz a ride on a motorcycle through the course.

The track is open now and by this time you will have been to the first Friday night race. I have already been to my first Masters and Rookies day on Saturday. Great day but holy cow it was hot. It hasn't cooled down since.

Ok, I think that's all I have this month. I hope to see some of you out on touring rides. I'd like to join some of you on Sundays. I need to focus on something other than the wheel in front of me sometimes.

Rubber side up,
VP of Racing
Pete Siegfried

Junior Team Notes
Gwen Hoover, Junior Coordinator

Junior News and Notes
No report this month

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.

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!

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.

Wednesday, July 2, 2008

Germansville Loop

A ride through Trexler Game Preserve then west to Germansville.
Rest stop @ Bagel place on RT. 309. Some hills but the views are worth it.

Directions: Map on Website
Event Organizer: Karen Nestor
Leader 1: Karen Nestor 610-395-8491 karen@nestors.com
Leader 2: Pete Nestor 610-390-2967 peter@nestors.com
- 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.


The "Centennial" Challenge

A ride for those of you who like just a little bit of pain (enough to recall what it feels like when your lungs are collapsing, your feet are cramming, and your throat begins to close up), come out on Wednesday nights for the weekly climbing ride! Who could resist an invitation like that?!

Directions: map on website
Event Organizer: Sheri Kline
Leader: Sheri Kline 267-374-0354 skline@knoll.com
Leader 2: Sylvia Radvansky 484-515-9654
- Rain Cancell
- 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
- No minors, please.
Posted: 6/26/2008 11:27:05 AM by Sheri Kline
Updated: 6/26/2008 1:02:14 PM by Sheri Kline

Thursday, July 3, 2008

Thursday Night Ride
**B R / 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 Cancell
- Bring water
- Will wait for slow riders
- Will regroup often
- No minors, please.
Posted: 5/18/2008 11:43:11 AM by Art Hunsberger

Women on Wheels
**C R / 30 mi** 5:45PM 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.
- When needed we split into 2 groups B and C.
**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 Cancell
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often
- No minors, please.
Posted: 6/24/2008 7:54:12 AM by Donalee Frary

Friday, July 4, 2008

Pagoda Ride
**B H / 65 mi** 9:00AM Velodrome
- This is our traditional 4th of July ride to the Pagoda. Great opportunity to burn some major calories before your picnic. There is a significant amount of climbing up to the Pagoda and also on the return up Long Lane.
**Directions:** Map on website
Event Organizer: Terry Terfinko 484-707-2866 terfintt@verizon.net
Leader: Terry Terfinko 484-707-2866 terfintt@verizon.net
- Rain Cancell
- 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
- No minors, please.
Posted: 4/15/2008 7:47:09 PM by Terry Terfinko
Updated: 5/13/2008 5:46:16 PM by Terry Terfinko

Just a Little Bit Less of the Pagoda Ride - 49 or 53 miles
**BQ H / 53-49 mi ** 9:30AM William Delong Park (Bowers)
- A cue sheet ride of 49 or 53 miles. This is a shorter version of the traditional ride to the Pagoda in Reading, so it does not include the mostly flat terrain to and from the Velodrome. The longer 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 on website
Event Organizer: Dave Drummer
Leader: Dave Drummer (will ride at a B pace) 610-298-3382 beammeup@fast.net
- Rain Cancell
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Cue sheets will be provided
Posted: 5/13/2008 12:21:31 PM by Dave Drummer
Updated: 5/23/2008 2:00:24 PM by Dave Drummer

Sunday, July 6, 2008

Evergreen Lake #1, 26 or 40 miles
**CQ R / 39-26 mi** 9:00AM Bicentennial Park
- Bicentennial Park to the Blue Mt. and a break at Evergreen Lake campground. This wiggly 40 mile ride has a hilly start and a smooth finish. There is also a 26 mile loop.
**Directions:** Map on website - The ride will start from the Eastern side of the park, with the entrance off of Hanover Street.
Event Organizer: Dave Drummer 610-298-3382 beammeup@fast.net
Leader: Dave Drummer 610-298-3382 beammeup@fast.net
- Rain Cancell
- 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

Monday, July 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 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 Cancell
- 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: 3/24/2008 7:12:12 PM by Robert Erbeau
Updated: 6/3/2008 8:19:19 PM by Robert Erbeau
Wednesday, July 9, 2008

**Getting Ready Part 3**

B H / 50 mi       9:00AM Velodrome

A great ride! Come on out with strong legs as we head towards the Spitzenberg, climb it and then head for the hills as we return to the velo. A rest stop at the Coastal is planned to refuel and rehydrate. Come on out and see some beautiful views as we prepare for Neil's Birthday Ride aka this year as the Polka Dot Challenge. The date for this event is 9/21/08. Save the date!

**Directions:** map on website

Event Organizer: Neil Dicker
Leader: Neil Dicker 610-395-6316 Ruach1@aol.com
- 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.


---

Thursday, July 10, 2008

**Women on Wheels**

C R / 30 mi       5:45PM 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. When needed we split into 2 groups B and C.

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

Posted: 6/24/2008 7:54:59 AM  by Donalee Frary

---

Saturday, July 12, 2008

**RAGBRAI Prelude**

F C / 50 mi       10:00AM Oaks, PA

A social ride the week before the big ride in Iowa. The pace will be casual to keep the legs loose but fresh. We will ride to the Philly Art Museum, then return. A stop at LeBus for lunch is planned.

**Directions:** From the Valley, take RT 100 South to RT 422 East. Get off at the Oaks/Egypt Rd Exit. Go under the overpass to the first right (New Mill Rd). Turn right and park in the lot on your left or in the road.

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


---

Monday, July 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 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 7:10:01 PM  by Robert Erbeau

---

Wednesday, July 16, 2008

**Gerald's First**

B R / 40 mi       9:00AM 123 Clover Hollow Road, Easton, PA

Ride from my house with a lunch to follow. I will make the main course, have drinks, with snacks. I would appreciate it if everyone would bring something small to add to the lunch.

**Directions:** 78 or 22 to 33 North about 2 miles north to exit for 248. 248 south about 1/2 mile Left onto Northwood ave. (not marked) Northwood is Lft. just past motel (on right) Northwood ends in one block. Go straight into my development. Make first Lft. and I am down about 12 houses on the Lft. any questions call 610-252-3422

Event Organizer: Gerald Polachak
Leader: Gerald Polachak 610-252-3422 njbowmannj@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

-No minors, please.

Posted: 6/19/2008 6:09:52 AM  by Gerald Polachak

---

Thursday, July 17, 2008

**Women on Wheels**

C R / 30 mi       5:45PM 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
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

-No minors, please.

Posted: 6/19/2008 6:09:52 AM  by Gerald Polachak

---
Saturday, July 19, 2008

**Nicole Reinhart Memorial Tour de FCCC Stage 1 - Time Trial**

**JR Q B H / 4 mi** 8:00AM Rodale Institute, Maxatawy, PA
Full Event info and registration
http://www.bikereg.com/events/register.asp?eventid=5729

**Directions:** 222 South from the Velodrome – take a right turn on Grim Road (there is big blue sign Rodale Farm Institute at this road) – go to the first stop sign and then make a Left. There will be a small school house on left side.

Event Organizer: Gwen Hoover
Leader: Gwen Hoover 610-216-1484 ghoover@ptd.net
- Rest rooms available
- Bring food
- Bring water


**Nicole Reinhart Memorial Tour de FCCC Stage 2 - Road Race**

**JR Q B H / 4 mi** 2:00PM Rodale Institute, Maxatawy, PA
Full Event info and registration
http://www.bikereg.com/events/register.asp?eventid=5729

**Directions:** 222 South from the Velodrome – take a right turn on Grim Road (there is big blue sign Rodale Farm Institute at this road) – go to the first stop sign and then make a Left. There will be a small school house on left side.

Event Organizer: Gwen Hoover
Leader: Gwen Hoover 610-216-1484 ghoover@ptd.net
- Rest rooms available
- Bring food
- Bring water


Updated: 6/22/2008 3:44:44 PM by Gwen Hoover

**Saturday, July 23, 2008**

**Best of the Wurst - B or C pace**

9:00AM Dave’s House

The ride meanders through the Hawk Valley and Lyon Valley areas, and will be followed by lunch on my deck. I will provide an assortment of wurst for the grill, and of course, plentiful homebrew, or wine or cider, if you prefer. Riders should bring a covered dish (and alternate grillable food if they prefer not to eat wurst, though I can hardly imagine such a thing!)!

**Directions:** Contact Dave if you need directions.

Leader: Dave Drummer 610-298-3382 beammeup@fast.net
Leader 2: Dick McCreight
- Rain Cancels
- Bring food
- Bring water
- Cue sheets will be provided
- Will regroup often

Post: 4/13/2008 1:52:05 PM by Karen Winkler

**Thursday, July 24, 2008**

**Women on Wheels**

**C R / 30 mi** 5:45PM 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. When needed we split into 2 groups B and C.

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

Post: 6/24/2008 7:56:13 AM by Donalee Frary

**Friday, July 25, 2008**

**Pedaling for Pizza**

**C R / 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 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

Post: 6/27/2008 12:24:10 PM by Dave Drummer

**Saturday, July 30, 2008**

**Nockamixon Ride**

**B R / 45 mi** 9:00AM Lenape Park

Rolling country roads on this eastern loop down to lake Nockamixon.

**Directions:** Lenape Park in Old Zionsville, map on website

Leader: Terry Terfinko 484-707-2866 terfintt@verizon.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.
Thursday, July 31, 2008

Women on Wheels

C / 30 mi  5:45PM 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.

When needed we split into 2 groups B and C.

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

Posted: 6/24/2008 7:56:53 AM  by Donalee Frary
**Announcements, Tidbits and Other Really Great Rides**

**Annual Ramapo Rally Ride at Mahwah, N.J.**

Hold the date - August 17, 2008. This will be a ride you don’t forget!

Choose from six beautiful, well-marked routes - 12, 25, 45, 62, 100 and 125 miles. These are rider-tested routes. The emphasis is on the enjoying the ride and the scenery. The 12-mile route is designed for beginners and families. The 25- and 45-mile routes are rolling. The rolling 62- and 100-mile routes head Southwest through the Splitrock Reservoir area as well as into the greenery along miles of the Black River Wildlife management Area with the turn-around for the century (100) in Chester N.J. For those stronger riders looking for a challenge, we are offering a 25 mile hilly extension to the century for a double metric (125) — a climb up Schooley's Mountain - along the ridge - and a rewarding downhill. Escorted rides will leave at pre-determined times on Rally morning for all ride levels. Whichever you choose, you'll love the company, well marked routes, rest stops stocked with fruit and home-baked goodies, and the views!

Register by August 1st to receive a FREE Polar Water Bottle.

Post-ride enjoy a light meal, music and browse our through our merchandise for bicycle gifts including our own BTCNJ T-Shirts, Jerseys and more!

SAG Support is top-notch!

Pre-Registration postmarked by August 1 is just $25 for BTCNJ members and $30 for non-BTCNJ members. Pre-registration postmarked after August 1, the cost will be $30 for BTCNJ members and $35 for non- BTCNJ members. On the day of the event, all registration will be $35

**Rally Day Sign-In**

Registration opens at 7:00 AM and closes at 10:00 AM

Century and 125-mile registration closes at 8:00 AM, sharp!

Century and 125-mile riders must depart no later than 8:15 AM

Rally support & services close at 5:00 PM

Pre-Registration postmarked by August 1 is just $25 for BTCNJ members and $30 for non-BTCNJ members. Pre-registration postmarked after August 1, the cost will be $30 for BTCNJ members and $35 for non- BTCNJ members. On the day of the event, all registration will be $35

For further information, please go to our website at: [http://www.btcnj.com/ramaporalily/](http://www.btcnj.com/ramaporalily/) or to register go to Active.com and look for **Online Ramapo Rally Registration**

See you there!

**LiveStrong Challenge**

Please mark August 24, 2008 on your calendars. That is the date for this year 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

**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](http://www.lancasterbikeclub.org/cbm.php)

**Uninvest Grand Prix Cyclosportif**

September 6, 2008

Have a true European style cycling experience and ride a Cyclosportif (a European term for a timed recreational ride on a professional level course) Join fellow enthusiasts on a challenging 40 or 60 mile road ride on the famed Uninvest grand prix racecourse just a few hours before the pros take the stage. A few highlights:

- Chip Timing
- Technical Support
- SAG
- Feed Zones
- Lunch
- T-Shirt
- Raffle Ticket for great prizes

After your ride, watch the international field race their finishing laps in Souderton, PA in person and on the live Jumbotron TV. Proceeds benefit Penn Foundation.


Contact: Brian@spartacycling.com or 267-744-4538

---

**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
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>29 Jun</td>
<td>30 Jun</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>B R</td>
<td>B R</td>
<td>Independence Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Germansville Loop, Covered Bridge Park-Wehr's Dam 8:30AM</td>
<td>Germansville Loop, Covered Bridge Park-Wehr's Dam 8:30AM</td>
<td>Covered by Police</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>C H</td>
<td>C H</td>
<td>The &quot;Centennial&quot; Challenge, Velodrome 5:45PM</td>
<td>The &quot;Centennial&quot; Challenge, Velodrome 5:45PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Q R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Evergreen Lake #1, 26 or 40 miles, Bicentennial Park 9:00AM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7</td>
<td>8</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>C R</td>
<td>B H</td>
<td>Getting Ready Part 3, Velodrome 9:00AM</td>
<td>Getting Ready Part 3, Velodrome 9:00AM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>The Monday Night Ride, Velodrome 5:45PM</td>
<td>Getting Ready Part 3, Velodrome 5:45PM</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Women on Wheels, Velodrome 5:45PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>C R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Women on Wheels, Velodrome 5:45PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>B R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>The Monday Night Ride, Velodrome 5:45PM</td>
<td>Gerald's First, 123 Clover Hollow Road, Easton, PA 9:00AM</td>
<td>Gerald's First, 123 Clover Hollow Road, Easton, PA 9:00AM</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Women on Wheels, Velodrome 5:45PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>B R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Nicole Reinhart Memorial Tour de FCCC Stage 3 - Criterium, Rodale Park, N 40.32.801 W 75.36.794 8:00AM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>Q R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>C R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Nicole Reinhart Memorial Tour de FCCC Stage 3 - Criterium, Rodale Park, N 40.32.801 W 75.36.794 8:00AM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Nicole Reinhart Memorial Tour de FCCC Stage 4 - Road Race, Rodale Institute, Maxatawy, PA 2:00PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>27</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>B R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Nockamixon Ride, Lenape Park 9:00AM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>31</td>
<td></td>
<td></td>
<td>C R</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Women on Wheels, Velodrome 5:45PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 Aug</td>
<td>2 Aug</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ride Pace Ratings:**
- **D** Easy / Beginner
- **C** Casual / Social
- **B** Intermediate
- **A** Advanced
- **T** Training / Expert
- **Q** Cue Sheets Provided - Ride at your own pace

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

For LWA Members Only

LWA Quick Release July 2008
Bike Line / Lehigh Wheelmen Racing Results

<table>
<thead>
<tr>
<th>RACE TITLE / LOCATION</th>
<th>DATE</th>
<th>TYPE</th>
<th>RACER</th>
<th>CATEGORY</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strasburg Road Race</td>
<td>3/15/2008</td>
<td>RR</td>
<td>Chip Berezny</td>
<td>50+</td>
<td>3rd</td>
</tr>
<tr>
<td>Strasburg Road Race, Paul Aemesegeo</td>
<td>3/15/2008</td>
<td>RR</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>2nd</td>
</tr>
<tr>
<td>Bike Line Criterium Training Series</td>
<td>3/16/2008</td>
<td>Pts Crit</td>
<td>Paul Aemesegeo</td>
<td>5</td>
<td>2nd</td>
</tr>
<tr>
<td>Kirkwood Road Race</td>
<td>3/29/2008</td>
<td>RR</td>
<td>Chip Berezny</td>
<td>50+</td>
<td>1st</td>
</tr>
<tr>
<td>Kirkwood Road Race, Paul Aemesegeo</td>
<td>3/29/2008</td>
<td>RR</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>3rd</td>
</tr>
<tr>
<td>Bike Line Criterium Training Series</td>
<td>3/30/2008</td>
<td>Pts Crit</td>
<td>Paul Aemesegeo</td>
<td>5</td>
<td>1st</td>
</tr>
<tr>
<td>Bikeline Fitness Park Training Race</td>
<td>4/3/2008</td>
<td>PTSCRIT</td>
<td>Greg Ratzell</td>
<td>&quot;B&quot;</td>
<td>FIF</td>
</tr>
<tr>
<td>Bikeline Fitness Park Training Race</td>
<td>4/10/2008</td>
<td>PTSCRIT</td>
<td>Greg Ratzell</td>
<td>&quot;B&quot;</td>
<td>FIF</td>
</tr>
<tr>
<td>Mount Joy Road Race</td>
<td>4/12/2008</td>
<td>RR</td>
<td>Greg Ratzell</td>
<td>13-14 Boys</td>
<td>2nd</td>
</tr>
<tr>
<td>Mount Joy Road Race</td>
<td>4/12/2008</td>
<td>RR</td>
<td>Greg Ratzell</td>
<td>13-14 Boys</td>
<td>1st</td>
</tr>
<tr>
<td>Mount Joy Road Race</td>
<td>4/12/2008</td>
<td>RR</td>
<td>Tom Ratzell</td>
<td>Mas 40+</td>
<td>9th</td>
</tr>
<tr>
<td>Bikeline Fitness Park Training Race</td>
<td>4/17/2008</td>
<td>PTSCRIT</td>
<td>Greg Ratzell</td>
<td>&quot;B&quot;</td>
<td>FIF</td>
</tr>
<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>
</tr>
<tr>
<td>Lower Providence</td>
<td>4/20/2008</td>
<td>Crit</td>
<td>Andy Buck</td>
<td>50+</td>
<td>FIF</td>
</tr>
<tr>
<td>Lower Providence Criterum</td>
<td>4/20/2008</td>
<td>Crit</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>5th</td>
</tr>
<tr>
<td>Lower Providence Criterum</td>
<td>4/20/2008</td>
<td>CRIT</td>
<td>Dan Kinningham</td>
<td>50+</td>
<td>19th</td>
</tr>
<tr>
<td>Lower Providence Criterum</td>
<td>4/20/2008</td>
<td>Pts Crit</td>
<td>Greg Ratzell</td>
<td>13-14 Boys</td>
<td>DNF</td>
</tr>
<tr>
<td>US 40KM Time Trial Challenge</td>
<td>4/20/2008</td>
<td>TT</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>9th</td>
</tr>
<tr>
<td>Sturbridge Road Race</td>
<td>4/26/2008</td>
<td>RR</td>
<td>Dan Kinningham</td>
<td>55+</td>
<td>17th</td>
</tr>
<tr>
<td>Tour de Ephrata</td>
<td>4/26/2008</td>
<td>RR</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>2nd</td>
</tr>
<tr>
<td>Palmer Road Race</td>
<td>4/27/2008</td>
<td>RR</td>
<td>Dan Kinningham</td>
<td>55+</td>
<td>1st</td>
</tr>
<tr>
<td>Tour de Ephrata</td>
<td>4/27/2008</td>
<td>TT</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>3rd</td>
</tr>
<tr>
<td>Tour de Ephrata</td>
<td>4/27/2008</td>
<td>Crit</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>5th</td>
</tr>
<tr>
<td>RACE TITLE / LOCATION</td>
<td>DATE</td>
<td>TYPE</td>
<td>RACER</td>
<td>CATEGORY</td>
<td>RESULT</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>--------</td>
<td>------</td>
<td>--------------------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>Tour de Ephrata</td>
<td>4/27/08</td>
<td>GC</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>2nd</td>
</tr>
<tr>
<td>Turkey Hill</td>
<td>5/3/08</td>
<td>RR</td>
<td>Andy Buck</td>
<td>50+</td>
<td>FIF</td>
</tr>
<tr>
<td>Turkey Hill Road Race</td>
<td>5/3/08</td>
<td>RR</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>2nd</td>
</tr>
<tr>
<td>Memorial Hall</td>
<td>5/4/08</td>
<td>Crit</td>
<td>Andy Buck</td>
<td>50+</td>
<td>FIF</td>
</tr>
<tr>
<td>Memorial Hall Crit</td>
<td>5/4/08</td>
<td>Crit</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>6th</td>
</tr>
<tr>
<td>Tour of Colts Neck</td>
<td>5/4/08</td>
<td>CR</td>
<td>Dan Kinningham</td>
<td>55+</td>
<td>4th</td>
</tr>
<tr>
<td>Bethlehem Crit</td>
<td>5/10/08</td>
<td>Crit</td>
<td>Andy Buck</td>
<td>55+</td>
<td>FIF</td>
</tr>
<tr>
<td>Bethlehem Criterium / Bethlehem PA</td>
<td>5/10/08</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td>55+</td>
<td>1st</td>
</tr>
<tr>
<td>Bob Rodale Fitness Park / Exelertown PA</td>
<td>5/11/08</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td>55+</td>
<td>TR</td>
</tr>
<tr>
<td>Rodale Fitness Park</td>
<td>5/11/08</td>
<td>Crit</td>
<td>Andy Buck</td>
<td>55+</td>
<td>4th</td>
</tr>
<tr>
<td>Rodale Fitness Park</td>
<td>5/11/08</td>
<td>Crit</td>
<td>Andy Buck</td>
<td>45+</td>
<td>7th</td>
</tr>
<tr>
<td>Syracuse Stage Race</td>
<td>5/17/08</td>
<td>RR</td>
<td>Andy Buck</td>
<td>55+</td>
<td>3rd</td>
</tr>
<tr>
<td>Syracuse Stage Race</td>
<td>5/17/08</td>
<td>TT</td>
<td>Andy Buck</td>
<td>55+</td>
<td>4th</td>
</tr>
<tr>
<td>Syracuse Stage Race</td>
<td>5/17/08</td>
<td>Crit</td>
<td>Andy Buck</td>
<td>55+</td>
<td>2nd</td>
</tr>
<tr>
<td>Syracuse Stage Race / Syracuse , NY</td>
<td>5/17/08</td>
<td>RR</td>
<td>Chip Berezny</td>
<td>55+</td>
<td>4th</td>
</tr>
<tr>
<td>Syracuse Stage Race / Syracuse , NY</td>
<td>5/17/08</td>
<td>TT</td>
<td>Chip Berezny</td>
<td>55+</td>
<td>5th</td>
</tr>
<tr>
<td>Union Greg Ratzellove Road Race</td>
<td>5/17/08</td>
<td>RR</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>1st</td>
</tr>
<tr>
<td>Carlisle 20 KM Time Trial</td>
<td>5/18/08</td>
<td>TT</td>
<td>Bryan W. Barrett</td>
<td>Open</td>
<td>1st</td>
</tr>
<tr>
<td>Carlisle 7 Mile Hill Climb</td>
<td>5/18/08</td>
<td>HC</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>2nd</td>
</tr>
<tr>
<td>Syracuse Stage Race / Syracuse , NY</td>
<td>5/18/08</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td>55+</td>
<td>1st</td>
</tr>
<tr>
<td>Cyclonauts Crit / Stafford Springs CT</td>
<td>5/24/08</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td>50+</td>
<td>3rd</td>
</tr>
<tr>
<td>Cyclonauts Crit / Stafford Springs CT</td>
<td>5/24/08</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td>45+</td>
<td>4th</td>
</tr>
<tr>
<td>Hartford Downtown Crit / Hartford CT</td>
<td>5/25/08</td>
<td>Crit</td>
<td>Chip Berezny</td>
<td>50+</td>
<td>5th</td>
</tr>
<tr>
<td>PSU Harrisburg Crit</td>
<td>5/26/08</td>
<td>Crit</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>5th</td>
</tr>
<tr>
<td>Thursday night Training Series</td>
<td>5/29/08</td>
<td>Pts Crit</td>
<td>Chris Dordal</td>
<td>Jr</td>
<td>dnf</td>
</tr>
<tr>
<td>Millport Road Race</td>
<td>5/31/08</td>
<td>RR</td>
<td>Bryan W. Barrett</td>
<td>50+</td>
<td>9th</td>
</tr>
<tr>
<td>Millport Road Race / Millport PA</td>
<td>5/31/08</td>
<td>RR</td>
<td>Chip Berezny</td>
<td>50+</td>
<td>FIF</td>
</tr>
<tr>
<td>Habitat for Humanity - E. Norilton, Pa</td>
<td>6/1/08</td>
<td>CR</td>
<td>A. Kraynak</td>
<td>cat 4</td>
<td>FIF</td>
</tr>
<tr>
<td>CSC Manayunk Wall Climb TT</td>
<td>6/6/08</td>
<td>TT</td>
<td>A. Kraynak</td>
<td>Master 40+</td>
<td>6th</td>
</tr>
<tr>
<td>Philly Amateur TT</td>
<td>6/7/08</td>
<td>TT</td>
<td>A. Kraynak</td>
<td>cat 4</td>
<td>30th</td>
</tr>
<tr>
<td>Syracuse Stage Race / Syracuse , NY</td>
<td>5/17 &amp; 18/08</td>
<td>GC</td>
<td>Chip Berezny</td>
<td>55+</td>
<td>2nd GC</td>
</tr>
</tbody>
</table>
LWA Discount Sponsors

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

**Accents “from head to toe”**
Nail and Hair Salon
742 Linden Street
Bethlehem, PA 18018
610-867-5116

**Aardvark Sports Shop**
571 Main St Commons
Bethlehem, PA 18018
610-866-8300

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

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

**Bennigans Grill & Tavern** *
Schoenersville & Stoke Park Rd
Bethlehem, PA18018
610-825-4700

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

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

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

**Cycledrome**
8150 Hamilton Boulevard
Trexlertown, PA 18087
(610) 398 6631
(parts & accessories only)

**Fitness Plaza**
(dis. on 6 mo membership)
1124 Glenlivet Drive
Allentown, PA 18106
610-481-0100

**Grille 3501**
3501 Broadway near
Cedar Crest Blvd in Allentown
(15% off lunches)
www.grille3501.com

**Keswick Cycle Co** *
408 N. Easton Road
Glenside, PA 19038
215-885-7433

**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