Did You Ride Today?

Jack Helffrich, President

Editors Note: This was a great message that it was decided to run it again for August.

“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 Terfinko.

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
Treasurer's Report
Jane Derby, Treasurer

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

Income:

- Membership Dues 368.00
- Return of Bike Case Deposit (not used) (50.00)

**Total Income:** $318.00

Expenses:

- Rental of Storage Area $ (98.58)
- Membership Costs (11.09)
- Ride Leader Incentive (50.00)
- Veloce Expenses (378.21)
- Quick release (19.42)
- Web Cost (60.00)

**Total Expenses:** $(578.46)

Change in Cash $ (260.46)

Bal. Wachovia 6/14/08 $ 3,441.05

Bal. Wachovia 07/17/08 $ 3,180.59

(-$627.50 is AED money)

Bal. Susquehanna MM 06/14/08 $ 16,549.72

Interest June 30 $ 15.57

Bal. Susquehanna MM 07/17/08 $ 16,565.29

Membership Report
Dave Drummer

NO Report this month

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 FirexCPRO 2.1 tires, Size 26” x 2.10, Shimano Drive Train, Gearset Sprocket, Instruction Book included, color is red. $450. Call **Jane at 610-366-0234.**

A pair of roller blades, (Size 12 or 13). Purchased at Nester’s. Excellent shape. Call **Jane 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 Kayak Stacker: $60.00; $50.00 if purchased with above rack. Contact: kestrl4@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

**THULE Trunk Mount 2 Bike Rack** (model #515-5033) Very good condition. Fits many different trunks. Asking $29.00 Contact **Chris at Kplotka@ptd.net**

The following are from Brian Kerecz and he can be reached at: brikerecz@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: Phisphyguy@yahoo.com
Happy Pedaling!

perseverance and let your body heal.... listen to it.

It was a trying year, but the lesson that we can all learn is
are coming up and then I'm done for the year.

finish in a miss and out...one of my favorite races. Atlantic Regionals

the final day of racing at VPCC. It was a good day...not great...a little

had a relapse and personal obligations that kept me from racing until

July 12, a month later. It wasn't good...but I finished 5th overall. But

pneumonia. So now I'm off the bike AGAIN! I didn't race again until

wrong....AND....it was. I developed bronchitis that turned into

that I'm a Director in Healthcare, I knew something was really

thought was my asthma to the point of bringing up blood. Well, given

awful, I only had a 5th place finish, but began coughing from what I

place races and one 2nd place race and I ended with a 3rd overall for

Racing on the track began June 2, I wasn't strong, but had two 3rd

place races and one 2nd place race and I ended with a 3rd overall for the
day. Not bad....but my asthma is really bad. The next week, was

awful, I only had a 5th place finish, but began coughing from what I
thought was my asthma to the point of bringing up blood. Well, given

that I'm a Director in Healthcare, I knew something was really wrong....AND....it was. I developed bronchitis that turned into pneumonia. So now I'm off the bike AGAIN! I didn't race again until July 12, a month later. It wasn't good...but I finished 5th overall. But had a relapse and personal obligations that kept me from racing until the final day of racing at VPCC. It was a good day...not great...a little coughing. I finished third overall for the day and had a 2nd place finish in a miss and out...one of my favorite races. Atlantic Regionals are coming up and then I'm done for the year.

It was a trying year, but the lesson that we can all learn is perseverance and let your body heal.... listen to it.

Happy Pedaling!
Sallie

Junior Team Notes
Gwen Hoover, Junior Coordinator

Junior News and Notes
No report this month

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 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, August 6, 2008

Montgomery/ Berks Ramble B or C pace
Leader: Elaine Becker (C ride) 610-367-1721 bikee@dejazzd.com
Leader 2: Bill Derby (B Ride) 610-395-2546 bderby@ptd.net

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

- No minors, please.

Posted: 7/20/2008 8:46:14 AM by Elaine Becker
Updated: 8/2/2008 1:59:22 PM by Elaine Becker

Thursday, August 7, 2008

Saucon Valley Challenge
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: 8/2/2008 5:21:51 AM by Art Hunsberger

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. 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 7:57:27 AM by Donalee Frary

---

**Friday, August 8, 2008**

**Pedaling for Pizza**

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

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@yaho.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:** 7/25/2008 10:34:15 AM by Karen Winkler

---

**Saturday, August 9, 2008**

**Three Hills (or 2, or 1) - 40 or 57 miles**

---

**Monday, August 11, 2008**

**The Monday Night Ride**

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

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. BUT 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
Thursday, August 14, 2008

Women on Wheels

- Rain Cancels
- Bring food
- Bring water

Posted: 8/4/2008 7:10:37 AM by Brian Wacik
Updated: 8/4/2008 7:11:37 AM by Brian Wacik

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 7:57:53 AM by Donalee Frary

Friday, August 15, 2008

Pedaling for Pizza

- 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 1:53:29 PM by Karen Winkler

Saturday, August 16, 2008

Club Metric Century & Picnic

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

Posted: 7/27/2008 6:49:04 PM by Frederick Walker

Annual Club Picnic 100k B Ride

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

Posted: 7/27/2008 6:49:04 PM by Frederick Walker

Club Picnic 50k C Ride

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

Posted: 4/13/2008 1:53:29 PM by Karen Winkler

Annual Club Picnic D Ride

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

Posted: 7/27/2008 7:04:36 PM by Frederick Walker

This will be a nice easy-paced tour of some of the roads in LWA Quick Release Aug 2008
the Covered Bridge area. Come join us, then enjoy the club picnic.

Directions: Map on website view "Maps of Start Locations" page
Event Organizer: Fritz Walker
Leader: Jack Helffrich 610-398-0205
jackhelffrich@hotmail.com
- Rest stop(s) along the way
- Bring food
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often
Posted: 7/27/2008 7:10:03 PM by Frederick Walker

Updated: 7/27/2008 8:15:56 PM by Jack Helffrich

Monday, August 18, 2008

The Monday 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: 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: 6/24/2008 7:58:29 AM 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. BUT 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
Posted: 8/4/2008 7:12:18 AM by Brian Wacik

Thursday, August 21, 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. 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 7:58:29 AM by Donalee Frary

Friday, August 22, 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 Supreme 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
Posted: 4/13/2008 1:53:54 PM by Karen Winkler
Monday, August 25, 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 Cancells
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 7/12/2008 3:16:11 AM  by Robert Erbeau

Monday Night 'A' Ride

**A H / 35-45 mi**  5:45PM Velo

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. BUT 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 Cancells
- Rest food
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 8/4/2008 7:12:50 AM  by Brian Wacik

Thursday, August 28, 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 Cancells
- Rest food
- 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

Friday, August 29, 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  view "Maps of Start Locations" page

Event Organizer: Karen O'Brien Winkler
Leader: KO 610-317-9611  vptouring@yahoom.com
- Rain Cancells
- 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 1:54:19 PM  by Karen Winkler

Bethlehem Crit 2008  Photo By: Glenn R. Toth
THE POLKA DOT JERSEY CHALLENGE

COURAGE
PERSISTANCE
PERSEVERANCE

All necessary qualities to earn the Polka Dot Jersey in cycling. These qualities I use every day as I fight cancer. Cutaneous T-Cell Lymphoma [CTCL] is a rare disease affecting over 20,000 people in the U.S. Join me, Neil Dicker in a cycling or walking event to support the Cutaneous Lymphoma Foundation on September 21, 2008. Be your own Polka Dot Jersey.

For more details and to register and make donations go to our website: www.polkadotjerseychallenge.com

Or call Neil Dicker at 610-396-7336

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

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

Univest 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 Univest 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.

For more information: www.cyclosportif.com or http://www.bikereg.com/events/register.asp?eventid=6553

Contact: Brian@spartacycling.com or 267-744-4538
### August 2008

<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>27  Jul</td>
<td>28 Jul</td>
<td>29 Jul</td>
<td>30 Jul</td>
<td>31 Jul</td>
<td>1  B R Hawk Mt. Ride, Tammy's House-1622 Fieldstone St., Allentown, PA 18106 8:30AM</td>
<td>2  JR  C H Green Lane Park Hill Ride, Bally, Pa, school at corner of Rt 100 and Niantic Rd. 10:30AM</td>
</tr>
<tr>
<td>3  B R Oley Valley Metric Century, Velodrome 9:00AM</td>
<td>4  C R The Monday Night Ride, Velodrome 5:45PM</td>
<td>5</td>
<td>6  C R Montgomery/Berks Ramble B or C pace, 251 Buchert Rd Gilbertsville, PA 19525 8:30AM</td>
<td>7  B H Saucon Valley Challenge, Goodman Campus / Lehigh University (Stabler Arena) 5:30PM</td>
<td>8  C R Pedaling for Pizza, Coopersburg Giant 5:30PM</td>
<td>9  Q H Three Hills (or 2, or 1) - 40 or 57 miles, Emmaus High School 8:30AM</td>
</tr>
<tr>
<td>10</td>
<td>11  C R The Monday Night Ride, Velodrome 5:45PM</td>
<td>12</td>
<td>13</td>
<td>14  C R Women on Wheels, Velodrome 5:45PM</td>
<td>15  C R Pedaling for Pizza, Coopersburg Giant 5:30PM</td>
<td>16  Q R CLUB METRIC CENTURY &amp; PICNIC, COVERED BRIDGE PARK 8:00AM (100k B Ride 8:30AM, C &amp; D Ride 10:00AM)</td>
</tr>
<tr>
<td>17</td>
<td>18  C R The Monday Night Ride, Velodrome 5:45PM</td>
<td>19</td>
<td>20</td>
<td>21  C R Women on Wheels, Velodrome 5:45PM</td>
<td>22  C R Pedaling for Pizza, Coopersburg Giant 5:30PM</td>
<td>23</td>
</tr>
<tr>
<td>24</td>
<td>25  C R The Monday Night Ride, Velodrome 5:45PM</td>
<td>26</td>
<td>27</td>
<td>28  C R Women on Wheels, Velodrome 5:45PM</td>
<td>29  C R Pedaling for Pizza, Coopersburg Giant 5:30PM</td>
<td>30</td>
</tr>
<tr>
<td>31</td>
<td>1 Sep</td>
<td>2 Sep</td>
<td>3 Sep</td>
<td>4 Sep</td>
<td>5 Sep</td>
<td>6 Sep</td>
</tr>
</tbody>
</table>

- **Road Ride**
- **Trail / Off-Road Ride**
- **Mountain Bike Ride**
- **Race**
- **Track Event**
- **Indoor Training**
- **Workshop**
- **Public Ride / Special Event**
- **Meeting**
- **Junior Event**
- **Social Gathering**
- **Party**
- **Group Trip**
- **Non-Biking Sport**
- **Fundraiser**
- **Public Demo / Outreach**
LWA Discount Sponsors

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

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

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

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

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

**Bennigans Grill & Tavern**
Schoenersville & Stoke Park Rd
Bethlehem, PA 18018
610-625-4700

**Bike Line 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)

**Finish Line Running Store**
17 S. 12th Street
Allentown, PA 18102
610-432-9939

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

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

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

**Longswamp Bed & Breakfast**
1605 State Street
Mertztown PA 19539
610- 682-6197

**Saucon Valley Bikes**
648 Main St.
Hellertown, PA
610-838-1500
www.sauconvalleybikes.com

**South Mountain Cycles And Coffee Bar**
303 Main St., Lower Level
Emmaus, PA 18049
610-967-4490

**Spokes Bike Shop**
16590 Route 61
Hamburg, PA 19526
610-562-8900

**Southwest Trekking**
Professional Guide Services
www.swtrekking.com
Tucson, AZ

**Therapeutic & Sports Massage**
1744 Elmwood Drive
Whitehall, PA 18052
610-774-0426

* discount on labor and accessories only

* please present card before ordering