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SEPTEMBER RAMBLINGS

Well, the kids are back in school, leaves are changing colors, and I have started wearing tights and long sleeve jerseys on bike rides. So this must be September. And it has been a great month.

Labor Day kicked things off with the eleventh edition of the always-popular Donut Derby. The rain cleared out in time for three hundred riders to pedal 36 miles and eat literally thousands of Krispy Kreme donuts. (As an event volunteer, I logged two donuts, no miles). Keith Gourley did a fantastic job in his debut as the official LWA cruller in chief, and a good time was had by all. Thanks to Keith and all who volunteered for this event.

Next on the LWA calendar was the Gap Gallop with an entirely new venue. The ride started at DeSales University and offered all new routes. Paul Smith did a fabulous job of planning and organizing an excellent event. Over one hundred riders enjoyed very scenic routes in PA and NJ, with an optional challenging climb up Fiddlers Elbow. All of the feedback was positive, and several riders commented that it was the most scenic ride they had ever done. Thanks to Paul and all who volunteered for this event.

The following day was the sixth and final Monday night Grill and Chill of the year. Special thanks to griller-in-chief Debbie Terfinko and her assistants for buying and preparing the grub for the usual gang of hungry riders. Thanks also to everyone who contributed food and beverages to the menu.

Last week I had the privilege of meeting and hearing cycling couple Tauru Chaw and Christi Bruchok. After a shakedown ride across the USA, they took their tandem out for a serious spin. Despite both being legally blind (he has Retinitis Pigmentosa, she has severe myopia and only has vision in one eye), they pedaled their tandem from Ushaia, Argentina, to Deadhorse, Alaska. I don't think there is a more upbeat cycling couple, despite being faced with incredible obstacles. After hearing their story, I will never again complain about saddle sores. You can learn more about their adventure in a related article in this newsletter and www.twoblindtoride.org. Check it out - it is amazing.

Did I mention that we have had rides posted almost every day in September? A big “Thank You” to all who have led rides. We couldn't go anywhere without you.

And September? It's not over yet.

Jack Helffrich  
LWA President
GAP GALLOP GUEST
ALONG FOR THE RIDE

Perhaps our most interesting guest at Sunday's Gap Gallop P'burg rest stop was David Markun.

David is a member of the Charles River Wheelmens, and was on a trip, unsupported, from Boston to Washington, DC. He stopped in at our reststop to inquire about all the GG signs on the roads and wondered if they had anything to do with all the bikers he was meeting.

When we invited David to help himself to a snack, he thanked us, but insisted he was too full to eat at the moment. We asked if he had had pie at the Village Farmer and Bakery in Water Gap (the previous night’s stop), but he said no - when he passed by he was too full to eat anything!

In spite of the missed nutritional opportunities, he seemed to be enjoying the trip, even though his steed was a heavy touring bike with 60 lbs of laden panniers!

Ron Helmuth  LWA Team MOOTS

SAVE THE DATE!
LWA HOLIDAY PARTY
DECEMBER 8, 2013

Mark your calendar now for the annual LWA Holiday Party! Sunday, December 8, 2013 at Green Pond Country Club, 3604 Farmersville Rd., Bethlehem, PA. Cocktail hour begins at 5:30 PM followed by a served dinner. Price and entrée options TBA soon!

Questions? Email debbyterfinko@gmail.com

Debbie Terfinko

2 BLIND 2 RIDE

A number of LWA club members attended a special presentation of Thursday, September 19, to welcome two bicycle enthusiasts who rode their tandem bike 16,000 miles from Ushuaia, Argentina, through 14 countries to Deadhorse, Alaska. Traversing the entire span of two continents is no easy feat on a bike - especially when both riders are legally blind. These two great adventurers - Christiana “Christi” Bruchok and Tauru Chaw - presented details of their background, their ride and its purpose to the Morning Star Rotary at Moravian Village.

Both Christi and Tauru have severe visual impairments, but this has never stopped them from chasing their dreams. After riding across America in 2009, they set their sights on a new goal - to ride from the tip of South America to the top of North America - while simultaneously raising awareness globally about the abilities of the sight-impaired and inspiring people everywhere to chase after their own dreams.

Christi and Tauru earned their bachelors and masters degrees in their chosen fields, and they both work for Intel Corporation. Christi is from the Lehigh Valley. They were visiting Christi's parents - Gary and Tina Bruchok - so this was a rare opportunity to hear how two people are changing their world and the world around them. If you want to learn more about Christi and Tauru, visit their website at twoblindtoride.org.

Ron Helmuth  Team MOOTS
FALL FOLIAGE TRAIL RIDE AND CANAL FEST
OCTOBER 20

Here is an easy self-guided ride ride you don’t want to miss! It’s about 20 miles, but you can make it much longer if you like. The ride surface is a smooth well-packed crushed-stone rail trail, so any kind of bike is probably OK. You can bike from home to the trailhead to make the ride longer or just go farther on the rail trail or add the side trail or road.

For the 20-mile ride I suggest you start at the D&L trail head in Whitehall at about 11:30 A.M. (the fest runs noon to 6:00). The address near the Whitehall trail head is 5115 Railroad Street, Whitehall, PA. You’ll see the D&L Trail sign there and parking is available there and on the other side of Route 329 Main Street. From there follow the trail north---it only goes north from this trailhead. After about 9 miles you will come to the Slatington trailhead. There are rest rooms there if you want to stop. At the end of the Slatington trail head is Main Street. Make a right onto Main Street and go across the bridge over the river and into Walnutport where the Canal Festival is located. Go past the first Street on right (Lehigh St.) and to next street, Canal Street, where you will find bicycle parking sponsored by Lehigh Township Rails to Trails. Please park your bike rather the walk it around the fest, they don’t allow bikes in the fest. Friends with the Rails to Trails group or I will give you a number to claim your bike and plan to lock your bike. Some locks will be provided if you forget yours.

What is at the fest you ask? They hand out programs with a map so grab one of those. There is so much I can’t go into detail, but, of course, there is food galore, displays of antique bicycles, farm tractors, military vehicles, canal historical displays and demonstrations, hayrides on the towpath, canoe rides on the canal, arts and crafts, J the Snake man, Juggler and magician Al Grout, lock 23, restored lock tender’s house tours etc. etc. Please come to this event, the fall foliage should be at it’s peak. The rain date id Oct. 27. Bike parking is free and entry to the fest is free. Also, feel free to call me anytime about this ride and event. Dean Hower 610-462-0617

See you on the trails,

Dean Hower

BITS ON BIKES
NEW LAND SPEED RECORD

Until earlier this month, the fastest any self-propelled, unassisted human had traveled was 133.284 km/h (82.819 mph), a record held since 2009 by Sam Wittingham, from Quadra Island, British Columbia, Canada.

On September 17, 2013, at Battle Mountain, NV, Sebastian Bowier, a twenty-three year old member of a Dutch team, broke that record with a top speed of 133.78 km/h (83.13 mph) beating Whittingham’s record by by just 0.6kmh (0.37mph). The speed was recorded in a 200 meter trap after an 8K run on the flat Nevada highway.

Bower’s "bike," known as VeloX3, was designed by students from the Delft University of Technology and VU University Amsterdam, and had a carbon fiber frame enclosed in a cocoon covered with the same type of coating used on Formula One cars. The slippery recumbent generated approximately 1/10 the resistance of a normal road bike when tested in a wind tunnel.

http://tinyurl.com/worldrecordrecumbent1
http://tinyurl.com/worldrecordrecumbent2

G. Mack QR Editor

Editor’s Note: Thanks to Hansel de Sousa for the scoop and links for this new world record.
WHO'S LEADING 2013

Every year at the Christmas Party we recognize our invaluable ride leaders, without whom we would not have much of a cycle touring club. Included in this recognition are counts of the number of rides each person led over the previous year. This year we will add an enhancement to that recognition in the QR by listing the ride leaders and number of rides led cumulative through the current month, allowing perhaps some friendly competition to take place. You might figure out that the name of the column has a double meaning of sorts.

Counts are inclusive from 12/1/2012 - 9/22/2013 for which a sign in sheet has been submitted. I know others have led rides, but unless I get a sign in sheet they do not get included in these counts. If you think I have missed something please let me know.

<table>
<thead>
<tr>
<th>Leader</th>
<th>Rides</th>
</tr>
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<tbody>
<tr>
<td>Art Hunsburger</td>
<td>25</td>
</tr>
<tr>
<td>Bill Derby</td>
<td>8</td>
</tr>
<tr>
<td>Brian George</td>
<td>15</td>
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<tr>
<td>Brian Wacik</td>
<td>1</td>
</tr>
<tr>
<td>Carl Zvanut</td>
<td>2</td>
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<tr>
<td>Dave Drummer</td>
<td>1</td>
</tr>
<tr>
<td>Dave Sheffield</td>
<td>6</td>
</tr>
<tr>
<td>Dave Wleand</td>
<td>1</td>
</tr>
<tr>
<td>Dean Hower</td>
<td>2</td>
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<tr>
<td>Denny Snyder</td>
<td>1</td>
</tr>
<tr>
<td>Dick McCreight</td>
<td>16</td>
</tr>
<tr>
<td>Donnalee Frary</td>
<td>1</td>
</tr>
<tr>
<td>Fritz Walker</td>
<td>2</td>
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<tr>
<td>Doug Leavitt</td>
<td>5</td>
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<tr>
<td>Jack Hellrich</td>
<td>13</td>
</tr>
<tr>
<td>Jim Saake</td>
<td>2</td>
</tr>
<tr>
<td>Karen Nestor</td>
<td>2</td>
</tr>
<tr>
<td>Mauren Porter</td>
<td>3</td>
</tr>
<tr>
<td>Michelle Sciortino</td>
<td>1</td>
</tr>
<tr>
<td>Mike Solliday</td>
<td>6</td>
</tr>
<tr>
<td>Neil Dicker</td>
<td>5</td>
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<tr>
<td>Paul Smith</td>
<td>10</td>
</tr>
<tr>
<td>Pete Nestor</td>
<td>5</td>
</tr>
<tr>
<td>Richard Baldock</td>
<td>25</td>
</tr>
<tr>
<td>Ron Helmuth</td>
<td>2</td>
</tr>
<tr>
<td>Sylvia Radvansky</td>
<td>8</td>
</tr>
<tr>
<td>Terry Terfinko</td>
<td>15</td>
</tr>
<tr>
<td>Gary Cordes</td>
<td>7</td>
</tr>
<tr>
<td><strong>Total Rides</strong></td>
<td><strong>190</strong></td>
</tr>
</tbody>
</table>

Sheets should be submitted to the VP of Touring (Paul Smith). You can mail them to the LWA address, send them as a PDF attachment to an e-mail to Paul Smith at lwatouring@yahoo.com (please include "RIDE SHEET" in the subject line) or hand them to Paul in person.

Remember any LWA member can lead a ride. All you need to do is know a route and post the ride on the ride calendar. We will be scheduling a ride leaders information session sometime in the early spring. At that meeting we’ll discuss some guidelines for ride leaders, and hear tips from experienced ride leaders that we can all benefit from. If you are interested, there a good document on the LWA web site called **Ride Leader Guidelines**. It is under the Documents tab and is worth reviewing no matter what level of experience you have as a leader.

*Paul Smith      VP of Touring*

MEMBERSHIP UPDATE

NEW LWA MEMBERS

Membership statistics (as of the September newsletter deadline):

- Individual ~ 248 (+5)
- Family ~ 72 (-1)
- Units ~ 320 (+4)
- Minimum Total Members ~ 392 (+3)

New members (most recent first):

- Christopher Vitalos
- Amy Cincera
- Kim Zieger
- Ryan Dzokko
- Danielle Frament
- Andrew Pestcoe
- Dan Snyder
- Nancy Gordon
- Thomas Donnelly

Thanks to Rob Smith for covering membership while I was in Rochester, NY, over an extended Labor Day weekend.

*Richard Baldock Membership Administrator
Rob Smith Assistant Membership Administrator*
CENTRAL BUCKS BICYCLE CLUB  
COVERED BRIDGES RIDE  
SUNDAY, OCTOBER 20

Location: Tonicum Park, River Road, Erwinna, PA  
Ride Description: 20 & 30-mile flat routes. 35, 50 and 63 mile hilly routes. SAG support. Cue sheets and road markings. Rest stops with home made baked goods. Hot lunch at the finish line. Visit up to 6 covered bridges.  
Information and Registration: www.cbbikeclub.org/cbr

-  
Linda Salkovitz  
President, CBBC

LWA CLASSIFIEDS

ARTICLES FOR SALE

SARIS BONES 3 BIKE TRUNK RACK - Model #801 plus Hatch Hugger straps. Excellent condition. Holds 3 bikes securely. Check out Saris Bones website Fit Guide to see if it fits your car. Contact Harry at harry@tingnet.com or 610 737-7331, evenings. Was $180 new. Selling for $120 or best offer.

CANNONDALE MOUNTAIN BIKE - large alloy frame, 'caffeine' f429r with Sram x-5 shifters (3fr, 9bk), Shimano Deore drive train, Dart 3 Rock Shox, Dual dutywheels, Maxxis tires, high intensity front headlamp, front and rear Shimano disk brake and cross valve cap, adjustable seat post, Bell seat cover (needs new saddle) and quick release wheels. BEST OFFER!! (originally $1,000.00) contact jcblackies@hotmail.com.

WANTED

Wanted; Used youth or children's bicycles and frames. Any size, type or condition. These will be donated to the Earn-a-Bike program at Community Bike Works. Call Jack Helfrich at 484-347-3541 or email jackhelfrich@hotmail.com to arrange for pick-up. For more information about Community Bike Works, visit their website, www.communitybikeworks.org

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 security deposit required for any rental. Contact Dick McCreight dick.mccreight@juno.com

LWA FINANCIAL REPORT  
AUGUST 2013 YTD

Touring: 
The Touring Division is doing well with a $3.6K YTD Operating Income which is $3.4K favorable to the August YTD budget. Income continues to exceed budget by $3.4K, mostly driven by higher membership and dues and a one time $1.0K donation (Pat Ytsma Safety Training Activity Reserve). Expenses are well under control. I expect the Touring Division 2013 Net Income will be slightly ahead of budget ($500). Initial results are in for the 2013 GG and DD events. I expect the LWA will report $1.3K combined profit for these events. The GG & DD profits fell $2.3 short of budget due to lower GG rider head count and higher DD expenses. However, both events were profitable. In summary, the Touring Division continues to have a very good year.

Racing 
The Racing Division reports a $3.6K YTD Operating Loss which is $5.9K unfavorable to their August YTD budget. The Racing Division's Treasurer (Chip Berezny) reports that cash outflows have been high this summer due to:  
- Track Master Nationals -- supported 5 team members (registration fees, rooms and one meal).  
- The first year Saucon Valley Bikes Circuit Race operated at a net loss which was due to low turn out and higher costs.
- $1500 Velodrome sign - donation.  
Chip estimates the Racing Team's cash balance will be $16-17K by year -- a strong position to start 2014.

Cash Balances:  
Touring $9.7K, up $0.6K from July. 
Ytsma Donation Reserve $1.0K included in the $9.7 Touring cash balance 
Racing $16.7K, up $3.7K from July.

Dave Sheffield  
LWA Treasurer
Unfortunately, no LWA member has submitted a response to the last two QRQ’s. In fact, Jack Helffrich in a calculated presidential move, threatened to keep all future prizes and loot to fund the proposed Jack Helffrich Presidential Library planned for Trexlertown.

Applying this has become just too challenging to be entertaining. Therefore, last month’s QRQ of the month was simply to submit your own question about bicycles or cycling and supply your own answer. Apparently that too was too challenging. Therefore, an editorial decision about cancelling this column is being discussed at length with the President and members of the LWA board during the planning meetings for the proposed Jack Helffrich Presidential Library.

The QRQ of the month for October, in any case, is to correctly identify the business the bike in the photograph to the right is being used for and, if possible, identify the country in which the bike was photographed.

Submit your responses to the QR by October, 2013. Email to gbmack@ptd.net.

G. Mack QR Edito
LWA Discount Sponsors

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

**Action Wheels**
530 W. Broad St. #1
Bethlehem, PA 18018
610-866-1113
[www.action-wheels.com](http://www.action-wheels.com)

**BikeLine Allentown**
1728 Tilghman St.
Allentown, PA 18104
610-437-6100
[www.bikeline.com](http://www.bikeline.com)

**BikeLine Bethlehem**
2112 Schoenersville Rd.
Bethlehem, PA 18018
610-691-0943
[www.bikeline.com](http://www.bikeline.com)

**Bikesport**
325 West Main Street
Trappe, PA 19426
610-489-7300
[www.bikesportbikes.com](http://www.bikesportbikes.com)

**Curt’s Cyclery**
Route 248
Nazareth, PA 18064
610-759-5134
info@curtscyclery.com

**Cutters Bike Shop**
418 E. 3rd St.
Bethlehem, PA 18015
610-419-4207
[www.cuttersbikeshop.com](http://www.cuttersbikeshop.com)

**Fitness Central Bike Shop**
4337 Route 309
Schnecksville, PA 18078
610-769-7300
[www.fitnesscentralinc.com](http://www.fitnesscentralinc.com)

**Keswick Cycle Co.**
408 N. Easton Road
Glenside, PA 19038
215-885-7433
[www.keswickcycle.com](http://www.keswickcycle.com)

**Saucon Valley Bikes**
824 Main St.
Hellertown, PA 18055
610-838-1500
[www.sauconvalleybikes.com](http://www.sauconvalleybikes.com)

**South Mountain Cycles & Coffee Bar**
303 Main St. Lower Level
Emmaus, PA 18049
610-967-4490
email: smcbikes@ptd.net

**Spokes Bike Shop**
16590 Route 61
Hamburg, PA 19526
610-562-8900
[www.spokesbikeshop.com](http://www.spokesbikeshop.com)

**Village Bicycle Shop**
7 South Village Circle
Reinholds, PA 17569
610-742-4786
email: gs391@verizon.net

**Sleeping Dog Professional Cycles**
330 W. Weis St.
Topton, PA 19562
610-682-1000
[www.sleepingdogprocycles.com](http://www.sleepingdogprocycles.com)