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MY FAVORITE ROAD

I once remarked to a cycling friend that our club had biked from the Velodrome to Bowers so often, we wore a groove in the road. Hyperbole, but I sure don't need a cue sheet. So, although it qualifies as my most used stretch of road, it is fairly flat, frequently used and far too familiar. Alliteration.

My favorite has to be Forgedale Road from Dryville to Oley Valley. Either direction is fine.

I didn't like it so much at first. Countless years ago, I was persuaded to lead a club ride to the Daniel Boone Homestead, even though I had never cycled there before. I was assured that others on the ride would have been there and could assist me in making the correct turns. This was in the long-ago, before PCs, GPS and iPhones. (How did we obtain cue sheets?) I was quickly demoted from my exalted status as ride 'leader' to ride 'facilitator,' a title which I claim to this day.

As I recall, which is now all that matters as recollection has become my reality, I was doing rather well until we reached the market at Boyer's Junction. At that point, the physics of wind resistance took on a greater significance, the result of which was that I had to hammer the pedals to keep up with the ride I was ostensibly leading. Everyone else seemed to fly down this road. Still, as we descended through the shaded landscape, I was able to catch brief glimpses of a gurgling brook, stone houses and trim cottages. I hoped for the chance to view them in more detail on the return trip.

These days, I am more likely to ease off the pedals and enjoy the scenery. The road demands a higher degree of attention, because it is narrow and well shaded by trees. Because it is sheltered, the road will take longer to dry after any
cont. from p.1

recent rain, and the mist often lingers.

I have not noticed it lately, but there used to be a water pipe along the south side of the road. It was a great place to stop and refill water bottles prior to the climb. We have not stopped there in a while.

These days, the return trip is usually where the real fun begins. Those at the back of the pack generally comment that they are NOT going to push up the hill, and that they will be satisfied just to sit back, and that they just don't have it today and this or that hurts and etc., but soon enough everyone is on the attack. I've gone up the road hanging onto the wheel of a stronger rider, wondering how he/she does it. I've also been unable to hang on to a wheel. It's a great time to push because it's the last climb before home.

I used to think that the climbing ended at Boyer's, but there are three 'bumps' between there and Dryville, and if the first part of the climb has chewed you up, the last part will spit you out. I am always happy to see the stop sign indicating that we have reached Dryville and its time for some downhill.

Subsequent to writing the previous paragraphs, I led a Sunday afternoon ride to Stoney Run, and was reminded of how much I like Red Road and the descent into town. Possibly that is my favorite. Continuing on past Stoney Run, it is always a tough decision of continuing on narrow shaded Scout Rd. or turning left onto Dietrich for the beautiful view of Hawk Valley.

Two more candidates for my favorite. In the past two weeks, it seems that several more things have conspired to cause me to question my affinity for Forgedale. Recently, Bill, Terry, Paul, Carl, and Ron have led rides on roads familiar and unfamiliar, but very scenic, challenging, and enjoyable.

So, I've reconsidered that part about the favorite road. They're not all great, but there sure are a lot of wonderful ones around here. Perhaps I'll develop a top ten list of favorite roads, although I suspect that by the time it is completed, ten will not be sufficient. Let me think about it and get back to you.

Jack Helffrich    LWA President

LWA HOLIDAY PARTY

Join us on Sunday, December 8, 2013, for the Lehigh Wheelman Association Annual Holiday Party at Green Pond Country Club, 3604 Farmersville Road, Bethlehem, PA 18020. This event is for LWA members and their guests.

Cocktail Hour with a cash bar begins at 5:30PM followed by a seated dinner at 6:30PM.

Cost: $25.00 per person for LWA members & $40.00 per person for non-members.

More details available at:

RSVP by Saturday, November 23, at Bikereg.com
https://www.bikereg.com/Net/21737

Debbie Terfinko

LWA ELECTIONS 2014
CALL FOR NOMINATIONS

The Lehigh Wheelmen Association is seeking candidates for the positions of club officers and board members for 2014.

Nominations are due by November 18. Voting will take place at the Holiday Party on December 8.

See NOMINATIONS : HOW TO, p.6

Jack Helffrich    LWA President

LWA HOLIDAY GIFTING
TOYS WANTED

Cyclists. This year LWA members are again being asked to donate gifts for local needy children during the holiday season. We had a tremendous outpouring of generosity last year, and are hoping to repeat or surpass that this year. Last year gifts were donated to children at Community Bike Works and the Sixth Street Shelter in Allentown.

 Gifts can be toys or clothing, and should be wrapped and marked indicating the age and sex of the child it is intended for. The gifts can be brought to the next monthly meeting on November 20 (a week earlier than normal due to Thanksgiving), the holiday party on December 8, or call Jack Helffrich at 484-347-3541 to arrange for a drop off.

Thanks in advance for your generosity.

Jack Helffrich    LWA President

Dave Sheffield, Jennifer Reyes (SSS) George Mack and Jack Helffrich at the Sixth Street Shelter last year
BIKES NEEDED

EAA Chapter 855 located at Slatington Airport has just completed a bike shed next to the D&L Trail in an effort to provide pilots and their families for the nearby cities of New York, Baltimore, and Washington, D.C., a chance to ride the D&L.

At the present time we only have a few good bikes. I was told that many of your members have bikes that they may no longer use and was hoping that some of them might consider donating an old bike. Anyone donating a bike will be given a complimentary aerial tour of the Blue Mountain.

Also please feel free to contact us if you find yourself in need of an aerial platform for surveying or photo shoots.

For more information about the program and donating a bike check out the following link:

http://tinyurl.com/airportbikes

Gene Salvatore
President EAA Chapter 855
escout171@aol.com

MEMBERSHIP REPORT

Note: If you change email addresses, please login and update your LWA profile information. If applicable, please also update your Meetup email address. Your LWA database email address and your Meetup email address do not have to be the same.

NEW LWA MEMBERS (most recent first)
Borivoj "Bob" Jasek
Frieder & Brigitte de Biasi
Ian Goddard

Membership statistics (as of the October newsletter deadline):
Individual ~ 246 (-2)
Family ~ 70 (-2)
Units ~ 316 (-4)
Minimum Total Members ~ 386 (-6)

YTD (October 2013 Meeting) comparative data relative to December 2012 Newsletter, 11/25/12 deadline)
Individual 209 -- 246 (+37)
Household 72 -- 69 (-3)
Units 281 -- 315 (+34)
Total Members 353 -- 384+ (+31)

Richard Baldock
Membership Administrator
Rob Smith
Assistant Membership Administrator
ZUUUM CYCLING CLINIC

During the summer Jack Helffrich received an email from a representative of the ZUUUM Cycling Club, which he forwarded to all LWA members. The email was an invitation to a cycling clinic run by ZUUUM that was being offered for free to Wheelmen. The 4 hour clinic included coaching by the Hunter Allen Peaks coaching staff and use of an iBike Power meter. Hunter Allen is co-author of the books Training and Racing with a Power Meter and Cutting Edge Cycling. His philosophy is that with the use of a power meter you can train more efficiently to make the most of your training time on the bike. LWA members who attended the September clinic included Dave Wieand, Karl Tureck, Hansel de Sousa, and myself.

The iBike Power Meter does not require a wheel, crank, or pedal swap. No ANT+ head unit to buy. It is one device on your handlebars that combines with a speed / cadence sensor (included). Pop the device on the handlebars, snap tie the speed/cadence sensor and you're on the road with power. By the way, the Power meter did communicate with the ANT sensor from my Garmin.

ZUUUM's target market is not the elite athlete but the cycling enthusiast who wants more out of their cycling but doesn’t have a desire to race in Category 1-5 races. ZUUUM Cycling Club uses power meters to rate cyclists according to their power-generating ability and then ranks them with other similarly skilled cyclists so everyone can compete on a level playing field. Becoming a member of the ZUUUM cycling club will cost $49 per year.

Membership benefits will include:

---a guide to "Knowing Your Power"
---3 ZUUUM ratings in first month of membership
---5 update ratings, 1 per month, for a total of 8
---Free ZUUUM Training Peaks basic account
---One free ZUUUM training plan beginning November 2013 for indoor or outdoor riding
---ZUUUM will be adding new elements to membership continually
---Power meter rental discount price

ZUUUM offered the clinic to introduce Wheelmen club members to the new ZUUUM cycling club. The clinic started with setting up the iBike power meter and calibrating it for the cyclist using it. The iBike Power meter measures the opposing forces that resist the cyclist's forward motion which is different from a traditional hub power meter that measures the forces applied by the cyclist.

Hunter Allen Peaks coaches Tim Cusick and Kathy Watts started us with some bike handling skills on the grass. Then we did some other drills on the track. We then did individual Time Trials to determine our power and speed capabilities. We were split up into two teams based on the Time Trial results so that each team was made up of cyclists with similar abilities.

Then the races began. Each race focused on different team strategies. After the team races we gathered for a recap of the day and awards ceremony based on the race results. Two Lehigh Wheelmen, Dave Wieand and Karl Tureck, placed in the top 3. I however was dead last. I was honored with the 'Lanterne Rouge' bicycling cap. The Lanterne Rouge is the competitor in last place in a cycling race. The phrase originates from the French 'Red Lantern' which refers to the red lantern hung on the caboose of a train. Conductors looked for the lantern to make sure none of the couplings had become disconnected. In the Tour de France the rider who finishes last rather than dropping out is accorded that distinction.

On October 26, 2013, ZUUUM Cycling Club offered another clinic free to any Wheelmen members interested. Check out the ZUUUM Cycling Club at www.zuumcc.com. It sounds like a fun, accessible way of improving your cycling ability with some coaching from Hunter Allen's Peak coaches and the iBike Power Meter.

Maureen Porter   LWA Secretary

LWA MEMBERS COMPETE IN WOMEN'S 5K CLASSIC

PITTSBURGH GREAT RACE 10K

Women's 5K Classic, 10/12/13, Lehigh Parkway, Allentown ~ Lenni Maguire finished 2nd overall in the 5K Competitive Walk in a time of 29:34, which translates to an impressive 9:31 per mile pace. Several other LWA women also participated in either the 5K walk or the 5K run.

Pittsburgh Great Race 10K, 9/29/13 ~ Richard Baldock finished the 36th edition of the 10K run in a time of 54:43 (8:48 per mile), and remains one of 23 who have completed each of the Great Race 10K races. The last time Baldock ran outside of the Pittsburgh Great Race was for 1.5 miles on 1/1/2005, but he had to quit because of intense pain in his left foot, which required major surgery in November, 2005.

Richard Baldock   LWA Membership
ON THE LIGHTER SIDE
LWA PRESIDENTIAL LIBRARY OFFICIALLY ESTABLISHED

Although I have not yet retired from the LWA presidency, I am not waiting until the end of my term to begin new ventures like those US presidents always seem to do. So today, I am announcing the beginning of the funding campaign for my presidential library.

My first contributor was former LWA member Dave Parsons. He stopped by my house (while I was out riding) and left the book *The Lost Cyclist* by David Herlihy for me to read. I read it. I rather enjoyed this true story about two cycling adventures - American cyclists Thomas Allen and William Sachtleben who successfully rode around the world together, and Frank Lenz of Pittsburg who died during a solo attempt, both in the early 1890's. These were some seriously tough guys.

So rather than have this tome collect dust on a shelf, and because it came into my possession at no cost, it's the first book in my presidential cycling library.

I am personally donating *Hearts of Lions* by Peter Nye, documenting the history of American bicycle racing. Also, *Biking Across America* by Paul Stutzman will be available as soon as I finish it, which will be sometime after I actually start reading it.

If you are interested in reading any of these books, contact me. Lending rules are rather relaxed. Just plan to return the book in about a month or so, or anytime after that when someone else decides they want to read it. If there is enough interest, I will have a list of titles published in the QR and shown on the website.

I am seeking additional cycling-related books for the library, so if you have any to donate, please contact me. The presidential library will temporarily be housed at my house, with preparations being made to create a drop-off and pick-up site at the LWA room in the barn at the Velodrome. It's all about location, and yes, that address just drags prestige.

Finally, I am also seeking a librarian to manage the enterprise. Short hours and shorter pay, but you will have unlimited access to the entire library. Both books.

To donate, borrow or become the LWA's first librarian, contact me at lwa.president@hotmail.com

Jack Helffrich  LWA President

LWA CLASSIFIEDS

ARTICLES FOR SALE

CANNONDALE SYSTEM SIX with anniversary edition Mavic ksyrium es wheels. Dura Ace components with Cannondale brakes and carbon Cannondale cranks. Very clean. Barely ridden. 54cm frame call Joe @610-428-6429 asking 1500.00

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.

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 Helffrich at 484-347-3541 or email jackhelffrich@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 McCrcreght dick.mccreight@juno.com

Ads must be private buy/sell/wanted/etc. having to do with bicycling and/or other sports. **Ads must be submitted by the 20th of the month to appear in the following month's newsletter.** Send ads to gbmack@ptd.net

A FAVORITE RIDE
NEW TRAIL EXTENSION

Been travelling extensively with limited time to ride, but I'd back up the beauty of the Slatington Rail Trail ride; as a matter of fact, the trail now can take you just to the outskirts of Jim Thorpe without travelling on RT 209. There is a new trail on the west side of the Lehigh River that begins just beyond the Boat launch in Bowmanstown. Cross back over to the East side of the Lehigh River just above ParryVille and you can rejoin the trail and take it into Jim Thorpe. This, of course, requires a short jaunt on RR property which I am not endorsing. From there the Jim Thorpe trail north can get you all the way to Wilkes-Barre. Some really great packed gravel trail and single track riding that everyone will enjoy.

*Peter J. Sobchak, Jr.*
NOMINATIONS: HOW TO LWA BOARD 2014

This is the official call for Nominations to appear in the ballot for the LWA 2014 Board of Directors.

The LWA Board is accepting nominations for five officers (President, VP Touring, VP Racing, Secretary and Treasurer) and four at-large members (2 with 2-year terms, 1 with a one-year term, and 1 to fill the remaining year of a 2-year board member who has resigned).

Nominations may be submitted to the nominating committee (Nominations) via e-mail sent to dick.mccreight@juno.com by November 18th. Nominations will be presented to the LWA general membership at the November 20th LWA meeting and voting will take place at the LWA Holiday Party on December 8th. In addition to names appearing on the ballot, nominations from the floor will be accepted on December 8th.

How to nominate a member for office:

1. Members in good standing may nominate themselves or any other member for any office.
2. The nominee must be a member in good standing.
3. Ask the person you intend to nominate if he or she is willing to run for that office. All nominees must agree to accept a nomination.
4. If the person agrees to accept the nomination, e-mail Nominations (dick.mccreight@juno.com) with the name of the person you are nominating and the office for which they have agreed to run. You must provide your full name as well as that of the candidate to the committee. You must include the nominee's e-mail address so the committee will be able to confirm the nomination.
5. Nominations will verify the membership of both the nominating individual and the nominee and will e-mail the nominee to confirm acceptance of the nomination. Nominations will also reply to the person nominating to verify receipt of the nomination.

Positions to be filled and nominations received to date:
President: Jack Helffrich*
Vice President Touring: Paul Smith*
Vice President Racing:
Secretary:
Treasurer: Dave Sheffield*
At-Large Member 2014-2015: Donalee Frary*
At-Large Member 2014-2015: Maureen Porter
At-Large Member 2014:
At-Large Member to fill 2nd year of a 2013-2014 term:

*Incumbent

Jack Helffrich LWA President

QRQ OF THE MONTH MAYBE NOT THE LAST

Surprisingly, a few LWA members submitted responses to the October’s QRQ, which, though more challenging than many previous QRQ’s, generated quite a bit of interest and, undoubtedly, a great deal of homework.

Therefore, an editorial decision has been made to continue this column in this and future newsletters.

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

The picture generated many interesting responses from LWA members including the following:

I am going to make a guess on the bike with the "Grand Island Crepes" on it. (at least I think that is what it says) I am guessing it is in Ireland and was used to live in on the road like a camper--------Jane Derby

Portable changing booth at the beach? Looks like too much trouble for that, but...------Jack Helffrich

OK, it’s gotta be a travelling Crepe salesman on the coast of France.-----Peter J. Sobchak, Jr.

However, the award for the best response to the October QRQ of the Month goes to Dr. Simon Porter, who correctly identified the vehicle, the business, and even its location. The following is a compilation of his email musings before making the final determination of the bike’s identity and utility.

The K at the beginning of the plate tells me it was registered in August 1992 – July 1993, The SA in the end means Scotland/Glasgow. However the view is probably NOT Scotland, more like the Bristol Channel areas.....

From the license plate of the car I would say country is England....
**LWA FINANCIAL REPORT**

**Touring:**
The Touring Division is doing well with a $4.5K YTD Operating Income which is $0.9K favorable to the September YTD budget. Income continues to exceed budget, mostly driven by higher membership dues and a one time $1.0K donation (Pat Ytsma Safety Training Activity Reserve). Expenses are well under control.
The 2013 GG and DD events were financially successful with a combined profit of $2.0K; however, this was $1.6K lower than our 2013 budget estimates.
-- The GG & DD profit shortfall was due to lower GG rider head count and higher DD expenses.
-- All GG & DD expenses have been paid and recorded except for the DeSales University lunch cost.
At this time, I expect the Touring Division 2013 Net Income will be slightly ahead of budget ($800).
In summary, the Touring Division continues to have a very good year.

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**Racing:**
The Racing Division reports a $3.7K YTD Operating Loss which is $6.3K unfavorable to their September 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.
-- A $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 $12.1K, up $2.4K from August (GG & DD Income related).
Ytsma Donation Reserve $1.0K included in the $12.1K Touring cash balance
Racing $16.6K, down $0.1K from August.

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**The QRQ of the Month for November is to provide a caption for the following photo:**

Submit your responses to the QR by November 20, 2013.
Email to gbmack@ptd.net.

G. Mack QR Editor

**QRQ cont. from p. 6,**

The Logo appears to say something about Crepes, so maybe it is a portable Crepery, although it looks more like a portable Crapery.

Better than caliper brakes…. Sudden pee brakes…..

And the definitive answer (drum roll, please).

**Yay, it’s the Round Island Crepes tricycle on the Isle of Scilly off Cornwall.-----Dr. Simon Porter**

---

The Round Island Creperyon the Isle of Scilly open for business
Please see the attached for additional details. If there are questions or if you need additional information, please let me know.

Dave Sheffield  
LWA Treasurer

WHO’S LEADING 2013

Who’s Leading final tallies will appear in the December newsletter with recognition to the top ride leaders for 2013 being presented at the LWA Holiday Party on December 8. Remember that only rides for which ride sheets were delivered to Paul Smith, VP of Touring, will be recognized in the final tabulations.

Paul Smith  
VP of Touring
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

**BikeLine Allentown**
1728 Tilghman St.
Allentown, PA 18104
610-437-6100
www.bikeline.com

**BikeLine Bethlehem**
2112 Schoenersville Rd.
Bethlehem, PA 18018
610-691-0943
www.bikeline.com

**Bikesport**
325 West Main Street
Trappe, PA 19426
610-489-7300
www.bikesportbikes.com

**Curt’s Cyclery**
Route #248
Nazareth, PA
610-759-5134
http://curtscyclery.com/
info@curtscyclery.com

**Cutters Bike Shop**
418 E. 3rd St.
Bethlehem, PA 18015
610-419-4207
www.cuttersbikeshop.com

**Fitness Central Bike Shop**
4337 Route 309
Schnecksville, PA 18078
610-769-7300
www.fitnesscentralinc.com

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

**Saucon Valley Bikes**
824 Main St.
Hellertown, PA 18055
610-838-1500
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

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

photo of a vintage French bike design compliments of Terry Terfinko