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LWA SPECIAL EVENT DEADLINE
SPRING KICK OFF DINNER
EASTERN SHORE WEEKEND
MARCH 10

Hello LWA members,
I need to let everyone know that the deadline to RSVP for the Spring Kick Off Dinner has been moved up to Monday, March 10. This is a request from May and Alex because they place their food orders on Tuesday and need to be able to plan. As of today (3/5) not enough people have signed up for them to be able to open specially for us---they are usually closed on Sundays. If you plan on attending, please RSVP on the Meetup site. If Meetup has more problems and you can't access it (they were the victim of a denial of service attack), please just sent an email to me at lwatouring@yahoo.com with the number of guests. You can pay at the event.

Remember also that the deadline for reserving a room for the Eastern Shore Weekend is also March 10.

Paul Smith VP Touring

WHATEVER IT TAKES

2014 - It's the Chinese year of the horse. Here in the Lehigh Valley, it's closer to the year of the polar bear. What can we do to cope with Old Man Winter? (Rather a sexist term, don't you think?) For those of us who enjoy cycling, winter is the nadir of our suffering. Cold temperatures are the usual enemy, but they are generally bearable because there is always a glimmer of hope and the occasional "warmish" day, even in the short, bleak days of January. Not too many of those warm days this year. (FYI, if you live on the equator, the seasons have little effect on the daily variations in the amount of sunlight - its pretty much
WHATEVER IT TAKES, cont.

twelve hours of light and twelve hours of dark, year round.)

It has been so bitterly cold this winter that I was considering revising my cold weather riding rule, the gist of which is that I will generally gladly bike at forty degrees, but I will be less likely to do so as the temperature drops toward thirty. At which point I will generally gladly be indoors.

As you are aware, this year the cold has been aided and abetted by record snowfall. With my helmet mirror and subsequent awareness of what is behind me, I can generally tolerate an occasional busy road in decent weather—just keep tabs on what is back there and move right as required. But with snow piled high on the shoulders of the roads, most places have been sketchy if not downright dangerous. Did I mention the ice?

So what do we do.

Well, surrender is one option. Pete and Karen Nestor head to the chillier(ier) climes of Idaho for winter, embracing skiing and surrendering any thought of riding. I enjoy skiing, but not nearly enough to relocate northward or westward.

Mountain biking is another possibility. I have gotten in a few rides with my sons Matt and Dan this winter. Not much in terms of distance, but a challenge in staying upright, and fun to be with my kids.

Head south! Some LWA members regularly head south to Florida for some warm weather cycling in the winter months. Put the bikes in the van, head south and see you in springtime. Now, that’s a plan.

Spin. Now that I am sixty five and OFFICIALLY a senior, my Medicare health plan pays for a Silver Sneakers membership at a health club. (BTW, I only wish my hair actually would have turned silver instead of abandoning ship.) I have been getting a great one hour workout, two or three times a week. Its amazing how motivating it is to have a woman yell at you “GO! GO! GO!”

Group spin. Dick McCreight was inspired to post a “ride to nowhere” at the Route 100 Fitness Plaza. Terry Terfinko, Carl Zvanut and Jean Black joined us for a Wednesday morning workout, followed by a late breakfast at the Hometown Diner. It was much fun. I felt a great disturbance in the force. Could winter be ending? Was Punxatawney Phil wrong? We should be so lucky. Still, for a few hours, friends got together on stationary bicycles (there’s an oxymoron!) and pretended it was summertime.

Buy a Beast. I have made a few circuits around the neighborhood on my new fat tire bike. It works on light snow and ice, but its no match for the deep stuff. An opportunity to ride for sure, but with limited application.

Alternatives. I have gotten a few runs in, but its tough going in cold PA. On a recent cruise, there was a quarter mile track on the top deck of the ship. Normally these short loops become boring rather quickly, but being out on the ocean early in the morning was invigorating. Then the cruise ended.

In the opposite alternate direction, VP of Touring Paul Smith organized a cross country skiing trip to Lake Placid, NY. LWA members Dave Sheffield, Carl Zvanut, Keith Gourley and Fritz Walker joined in for a few days of outdoor activity.

So here’s hoping spring actually is just around the corner. The club has some great rides and events planned for this year. Let’s get out there, weather permitting, and have some fun. Soon.

Jack Heffrich LWA President

El Prez’s Florida Doo

LWA MEMBERSHIP REPORT

• Individual memberships 233 (-7 since January 2014)
• Family memberships 72 (-1 since January 2014)
• Total of 377+ members minimum (-9 since January 2014)
• Estimated annual revenue $5,295 (-$130 since January 2014)

Richard Baldock Membership Administrator
Rob Smith Assistant Membership Administrator

THINK SPRING GRILL AND CHILL

Grill & Chill starts Monday, April 21, 2014! Join us on the 3rd Monday of each month through September. LWA will provide the burgers, hot dogs, and non-alcoholic beverages. Side dishes and desserts to share are always appreciated. More details can be found on our Meet-up Calendar.

Debby Terfinko

LWA QUICK RELEASE MARCH 2014 2
**LWA RACE CALENDAR**

The LWA race calendar has been set! The following are the races our club is sponsoring. Please come out and cheer on the race team or better yet volunteer. We usually need help with registration and corner marshals.

Email sallie.pedals@gmail.com with questions or if you can volunteer.

**Bikeline Criterium Training Series**
- Sunday, March 02, 2014
- Sunday, March 09, 2014
- Sunday, March 16, 2014
- Sunday, March 23, 2014
- Sunday, March 30, 2014

**Emrick Blvd Criterium**
- Sunday, June 22, 2014

**DeSales Circuit race**
- Sunday July 13, 2014

**Bob Rodale Fitness Park Crit**
- Sunday August 3, 2014

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**NORDIC SKIING WITH WHEELMEN**

For most road bikers and almost everyone else, this has been a long cold snowy winter. Complaining about the snow and cold has become a way of life. But, if you like cross country skiing (and you should), this winter has been one of the best in years. Many people seem to simply hate me for saying how much I’ve enjoyed it.

The winter has been made even better by getting out with fellow Wheelman. Paul Smith led a great trip to Lake Placid with Dave Sheffield, Keith Gurley, Fritz Walder and myself. Meeting at Paul’s house after he managed to clear his driveway, we prepared to leave in the midst of a good snowstorm. After a late start, we got to the bottom of his driveway. Keith’s car slid into Paul’s car and bumped fenders. We had made it almost 100 yards without an accident. Undaunted, we continued on through the snow which looked like it was always stopping just a few miles north of where we were. It did stop finally in Albany but when we arrived in the Keene Valley, we found no snow at all, not even on the ground. A bit disheartened, we continued to Lake Placid.

Fortunately, the conditions at Lake Placid and surrounding areas were much improved. The trails at Paul Smith College (for some reason Paul likes this place) were simply fantastic, and we managed to tire ourselves out every day. Talking and skiing through the woods was a lot like our bike rides. A good social workout followed by eating and drinking. What could be better. Dave even managed to justify buying a new set of skis from our favorite saleslady Moe after his delaminated on the trail.

Fritz also bought a new set of skis that he got to try out on a later trip to Hickory Run. We managed to break trail for a mile in deep snow and overhanging rhododendrons before his bindings froze up and refused to go back on. So he got to walk through waist high snow for a mile---lots of fun to watch, but not so much for Fritz.

If you’re not into cross country skiing, you might want to give it a try. It’s a great workout that will help you stay in shape over the winter. I know my hill climbing ability come spring will be better because of it. But, it’s time for the roads to clear and the weather to get above freezing ---let the rides begin.

*Carl Zvanut*

**UPCOMING OUTWARD BOUND EVENTS**

**EASTERN SHORE WEEKEND**

**LWA OUTWARD BOUND EVENT**

**Friday, April 11, 2014 2:00 PM to Sunday, April 13, 2014, 4:00 PM**

Comfort Inn 8523 Ocean Gate Highway, Easton, MD

One of the best things about being part of a club is riding different places with a bunch of friends. In April we’ve arranged a weekend event that will let you do just that. The Lehigh Wheelmen will be running the third club sponsored get-away in Easton, Maryland ,Friday April 11 - Sun April 13, 2014.

Riders who went last year said it was a fantastic weekend and hopefully this year we will be as lucky to have the same great weather. To help defray some of the costs the club will incur, there is a $20.00 per person registration fee (plus the active service fee). In addition to some great riding with cue sheets provided for all the routes, there will be a meet and greet on Friday evening and a happy hour on Saturday.
The club will supply snacks and beverages. Breakfast is included in the hotel registration. Dinner will be on your own Friday and Saturday evenings.

For complete details and to register please visit the LWA web site at http://www.lehighwheelmen.org/. Click on the Events tab.

You must be am LWA member to participate in this weekend.

**DEADLINE FOR SIGN UP IS MONDAY, MARCH 10.**

Paul Smith
VP of Touring

**WEEKEND IN AMISH COUNTRY**

**LWA OUTWARD BOUND EVENT**

Friday, May 16, 2014 2:00 PM to Sunday, May 18, 2014, 4:00 PM
Amish View Inn and Suites, 3125 Old Philadelphia Pike, Bird In Hand, PA

The Lehigh Wheelmen are continuing the tradition started last year of spending a weekend in Amish Country. Join your riding buddies for a weekend of fantastic riding and great fun in the Amish country of Lancaster County. The dates are Friday May 16 – Sunday May 18.

We’ll be staying at the fantastic Amish View Inn and Suites, an outstanding property near the village of Intercourse, PA. We have negotiated a rate of $169.00 per night (single/double occupancy). You can check it out at http://www.amishviewinn.com/.

To help defray some of the costs to the club, there is a fee of $20.00 to register. This will help cover two happy hours, cue sheet printing, planning and other costs.

Registration is through Active.com.

For complete details please visit the LWA web site at http://www.lehighwheelmen.org/. Click on the Events tab.

You must be an LWA member yo participate in this weekend event.

Paul Smith
VP of Touring

**GREAT FINGER LAKES BIKE TOUR**

**JUNE 6-8, 2014**

Friday, June 6, 2014 2:00 PM to Sunday, June 8, 2014, 4:00 PM
Watkins Glen State Park
Hidden Valley Campground, Watkins Glen, NY

A weekend long bike tour hosted by the Southern Tier Bike Club. Arrive on Friday and set up your tent in the Hidden Valley Campground or rent one of their cabins. Your $90 registration fee will reserve a camping spot or cabin and also provides catered meals (dinner Friday and Saturday, breakfast Saturday and Sunday).

After arriving on Friday night there is an 18 mile ride. Saturday has a selection of rides ranging from 25 miles to 105 miles. If you stop at any of the wineries along the way they will bring your wine purchases back to the campground. On Sunday there are rides ranging from 22 miles to 65 miles. There are mountain bike options available on both days. There is also hiking available at local state parks including the beautiful Watkins Glen Gorge trail.

If you want to participate you will need to register at https://sites.google.com/site/gflbt14/home

On Saturday night the Wheelmen will provide beer, wine, soda, snacks and the ingredients to make smores at the bonfire for an additional $20 which can be paid through Meetup.

Maureen Porter
LWA Board Member

**TIME FOR SPRING CLEANING**

**SPRING CLEANING**

**SUPPORT YOUR LBS**

It may feel still feel like winter, but now is a great time to get your bike ready for spring riding. Whether you handle the cleanup and mechanicals yourself or support a local bike shop or LBS, this is your opportunity to get started. Most LBS's will be happy to have your business at this slow time of the year, so you can avoid the spring rush.
UPCOMING BENEFIT RIDES

BIKE TO END HUNGER
APRIL 26, 2014

The Bike to End Hunger will be held April 26, 2014, in rural southern Maryland along the western shore of the Chesapeake Bay. The event includes routes of 16, 35, 48 miles and a 63 metric century and includes a winery rest stop with free delivery of purchases made at the winery to the end of the ride. Early registration is $39 by April and includes a t-shirt, bag, and post ride picnic. Cyclists are encouraged to register as teams and receive a $3 discount per rider, priority check-in, and a team photo. Registration after April 14 is $59.

For more information visit the event website at endhungercalvert.org.

G. Mack QR Editor

2014 RIDE FOR AUTISM
SATURDAY, JUNE 7, 2014

The Ride for Autism is a one-day charity bicycle tour designed to raise funds for Autism New Jersey and also to raise community awareness about autism. It is also an opportunity for socialization either as a participant or as a volunteer.

- The 2014 Ride For Autism takes place on Saturday, June 7. The 100 mile ride starts at 7am.
- The ride is open to all levels of cyclists, from beginner to serious.
- Participants choose from five routes ranging in length from 10 to 100 miles, designed by the Jersey Shore Touring Society bicycle club.
- Rest stops and SAG support are provided on all routes.
- A celebratory lunch takes place immediately following the ride.

For more information about the Ride for Autism check out the event website at http://ride4autism.org/.

G. Mack QR Editor

QRQ OF THE MONTH

The QRQ of the month for February 2014 was to provide a caption for the following “cycling” photo. The picture generated quite a response considering the paltry response generated by most QRQ columns. Due to that tremendous response, the column will be reprised for at least one more issue.

“Looks like a bunch of Nesters…..” Simon Porter
"Hamster wheel? Never &*%@ again!” David Trent
"Finally, I’m winning the rat race!” David Trent
“I think I can, I think I can, I think I can.” I. J. Reilly
“I should have shaved my legs!!” M. Minkoff

The QRQ of the Month for March is to provide a caption for the following photo, submitted to the QR by Hansel de Sousa:

Submit your responses to the QR by March 20, 2014. Email to gbmack@ptd.net.

G. Mack QR Editor
NEWS FROM RIDE WITH GPS

This article has three parts:
1) Using RideWithGPS to find LWA rides
2) How to generate a cue sheet from a ride you recorded on a GPS device
3) New app for android devices from RideWithGPS

1) Using RideWithGPS to find LWA rides
As you may know, the Wheelmen embarked on a project last year to convert the cue sheets currently on the website to maps on RideWithGPS (ridewithgps.com). The club has a RideWithGPS membership (can't give out the user name or password) and all the original LWA rides are now listed on the RideWithGPS site. These routes are available to anyone with a RideWithGPS membership. Membership is free and allows anyone to find, download and create routes. (To access some of the other features of the service you need a Basic or Premium membership. Prices are listed on their website. I have a Basic membership which I have found to be more than sufficient for what I want to do.)

Several people have asked how to find LWA rides, so here are a few tips that should help.
1) Go to the RideWithGPS website and login to your account
2) Click on the Find tab.
3) You will get a search parameters panel that looks like this:

This is where you enter the search parameters to locate a ride.

4) When we saved our club's rides, we prefixed the ride's title with "LWA". That prefix can be entered in the Keywords block. Any ride on the RideWithGPS site that has LWA in the title will be displayed in the results when you click on Show Me The Rides button at the bottom of the search panel (scroll down). BUT you will also get rides with titles like "Milwaukee December Ride" or "Bath via Railway Ride" because the way the search works is by returning any ride with "LWA" anywhere in the title. So to narrow the rides to our club rides you also need to fill in the Starts within x miles of and location fields. This will narrow the list of rides returned to those in our area. For example, suppose you are looking for rides out of the velodrome. You could enter the search as shown below:
RIDE WITH GPS, cont.

You can also filter the rides by length and/or elevation gain using the two slide bars. For example to get rides between 30 and 45 miles you can slide the left and right buttons on the length bar as shown below:

![Length Filter](image)

2) How to generate a cue sheet from a ride you recorded on a GPS device

Many of you have GPS/Garmin devices and record your ride as you go along. You can upload the data to RideWithGPS, and you will get the map and can share the route with others for use on a GPS device, BUT a printable cue sheet will not be produced. Here is a link to a short video from the guys at RideWithGPS that shows how to get a cue sheet from a ride you recorded. You need a Basic or Premium membership to access this feature.

http://www.youtube.com/watch?v=A5-cCdQLF4s

3) New app for android devices from RideWithGPS

RideWithGPS just announced the release of an app for android devices that I know some of you will be interested in. Here is their press release from the web site.

The Ride with GPS Android App is officially available on the Google Play Market! Take our website with you on the go.
Ride. Record. Snap. Share. all from the comfort of your saddle.
Get turn by turn directions with voice prompts, live-log and let your friends track your ride, and pair the app with bluetooth cadence devices, heart rate monitors, and power accessories.
Then share your journey with photos synced to your ride.

For more information go to:

http://tinyurl.com/ridewithGPSinfo

To get the app for your phone go to:

http://tinyurl.com/appforridewithGPS

The people at Ride With GPS are working on an I-Phone version for release soon!

Hopefully, we’ll be riding soon.

Paul Smith      VP Touring

LWA CLASSIFIEDS

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<tr>
<th>ARTICLES FOR SALE</th>
<th>WANTED</th>
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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. Contact 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](http://www.communitybikeworks.org)

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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](mailto: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](mailto:gbmack@ptd.net)
## Income

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## Total Operating Income

| Total Operating Income   | $1,450  | $1,792 | $3,242|

## Jan YTD Budget Variance

| Budget Variance          | $291    | $1,099 | $808  |
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
Schnacksville, 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

**Saucon Valley Professional Cycles**
330 W. Weis St.
Topton, PA 19562
610-682-1000
www.sleepingdogprocycles.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

LWA QUICK RELEASE
MARCH 2014