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THINK SPRING !!!!!!!!
GRILL AND CHILL #1
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.

Debbi Terfinko

WINTER TRAINING 2014
PERSONAL REFLECTION

What you see is not always what you get. Take, for example, the letter Aleph, which is the first letter in the Hebrew alphabet. The Kabbalah, a book of Jewish mysticism, ascribes a special meaning to the letter. It represents a portal or a passageway to God, and it can take on many shapes. There is always Heaven and Earth.

What we do is try to connect them when we can.

And so it is with the bike. What you see with your eyes is a bike. Wheels, spokes, cranks, saddle, power train. That is what you see with your eyes.

But, what you feel in your heart and your soul is something so much more. The bike is a time machine, a portal which takes us both back in time and into the future. And, along the way, it keeps us young by holding old age at bay. It transforms the present into a fountain of youth with seemingly endless possibilities.

Ponce de Leon searched for the fountain of youth in Florida but was discouraged, for it was hidden from his vision. It wasn’t a fountain after all. It was a bike.

Take away the winter and you take away more than just the snow, ice, and
bitter cold. You take away time. And you carry the time with you. Filled with warm breezes, the Sarasota-Manatee Bike club has each day of the week filled with rides. It is a club vibrant like ours filled with a feeling that this is "paradise" in the winter.

One month. 11 bike rides. 400 miles. Flat as a pancake, but who cares about that. Great comradeship, the Legacy Trail, the Venetian water way, Venice, Sarasota, the Inner Coastal Waterway, and the Gulf of Mexico.

As Bob Dylan sang, "May you stay forever young." Siesta Key might do this for you. And, I didn't even talk about the beach. Bonus points if you can believe that it could be even better. But, that's just how it was.

Neil Dicker  
Team RU

BIKE PHYSICS 101 QUIZ:  
THE BICYCLE PULLING PUZZLE

If you pull straight back on the lower pedal of your bicycle, will the bike move forward or backward? This classic puzzle has a surprising twist, so be sure to think about it carefully before watching the answer in this video.

http://tinyurl.com/bikepullpuzzle

Carl Zvanut

Slope, tilt or inclination can be expressed in three ways:
1) As a ratio of the rise to the run (for example 1 in 20)
2) As an angle (almost always in degrees)
3) As a percentage called the "grade" which is the \(\frac{\text{rise}}{\text{run}}\) * 100.

Of these 3 ways, expressing slope as a ratio or a grade is more informative than stating it as an angle. Here's why. Saying that the ratio of the rise to the run on a hill is 1 to 20 (which would be a grade of 5%) tells us that for every 20 units we travel horizontally we gain 1 unit in elevation. That conveys more than saying the angle of the hill is 2.86 degrees. Said another way, riding 20 miles on a climb that had a \textbf{steady} grade of 5% would mean you would gain 1 mile in elevation and be at a minimum altitude of 5280 feet above sea level. More dramatically or emphatically, a hill that has an angle of 45 degrees has a grade of 100%!

Take a look at the illustration below.

As you can see there is a difference between the measure of the run (which is level) and the road distance which is the red line in the picture. To accurately calculate the grade as a percentage you need to know both the distance you travel horizontally (run) and the amount of vertical distance (the rise).

continued on p.3
SPEAKING OF SLOPE, cont. from p. 2

Neither of these is always easy to come by when we are on our bikes. The closest measurement generally available to us is the road distance (length of the red line) since we can get from our cycle computers. Using that measurement along with the rise will yield fairly accurate percent grade figures up to grades of around 17%.

Consider the chart below. The left most column is the angle in degrees, the next column is the grade as a percent, the third column shows what the grade would be if calculated from the road distance. The final column shows the error.

<table>
<thead>
<tr>
<th>Angle</th>
<th>Rise calculated to distance</th>
<th>% error between two calculations</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.00</td>
<td>0.00</td>
<td>0.00%</td>
</tr>
<tr>
<td>10.00</td>
<td>0.21</td>
<td>0.58%</td>
</tr>
<tr>
<td>15.00</td>
<td>0.42</td>
<td>1.52%</td>
</tr>
<tr>
<td>20.00</td>
<td>0.63</td>
<td>4.17%</td>
</tr>
<tr>
<td>25.00</td>
<td>0.83</td>
<td>10.43%</td>
</tr>
<tr>
<td>30.00</td>
<td>1.03</td>
<td>22.14%</td>
</tr>
</tbody>
</table>

What this tells us is that using the road distance in the formula is pretty accurate up to grades of less than 17% or 10 degrees. After that point we start to get errors over 1.5% and they increase as the hill gets steeper. That's probably not too bad since most of the hills we climb are not over 17% grades anyway.

We can always calculate the actual run if we know the road distance and the rise using the good old Pythagorean Theorem. (remember that?: the square of the hypotenuse of a right triangle = sum of the squares of the two sides). Really, the problem is actually obtaining the rise. How that heck do we know how many feet of vertical elevation (the rise on the picture above) there is on a given hill? We'd either have to have an accurate altimeter, or a map that shows elevations.

I guess the point of this is to make us all think more carefully about what we are claiming when we make a statement about the steepness of a hill. For example, suppose there is a hill that has a road distance of a half mile, with a fairly steady grade we make the claim that "it's really steep, over 20%". Anyone would all say "Wow! That's a Bitch". But in order for that claim to be true, the actual rise over the distance would need to be 528 feet. Remember too that there is a small error built in because we are using the road distance as opposed to the actual run. To put that in perspective, according to RideWithGPS.com, the last half mile up Hawk Mountain has a vertical elevation gain of 269 feet, and the steepest section of that climb is around 15%. So while some short sections of the hills we encounter may have a grade of 20%, they are probably few and very far between.

For a more complete explanation of the topic check out the source shown below.

Source:  [http://www.1728.org/gradient.htm](http://www.1728.org/gradient.htm)

ENHANCEMENT TO LWA CUE SHEET LIST ON LWA WEB SITE

Last year the club undertook a project to utilize [RideWithGPS.com](http://RideWithGPS.com) to translate the LWA ride cue sheets that were on the web site so that maps and GPS data files were included. Special thanks to LWA members David Caccese, Carl Zavnut, Dave Sheffield and Jack Helffrich for their work with the project.

Last month I wrote an article detailing how RideWithGPS users could utilize the search capabilities of RideWithGPS to locate LWA routes. Now, thanks to Hansel de Sousa, we have been able to make an enhancement to the LWA web site cue sheet list. Hansel volunteered to produce an Excel worksheet that collated the rides on the LWA cue sheet list with the data files on RideWithGPS. From that we produced three documents that make it really easy to find LWA routes.

The first document organizes the routes by the name of the ride. The second lists the rides sorted by distance, and the third sorts them by start location. These documents are available on the LWA web site by clicking on the Documents tab, then on Cue Sheets. You'll see the new PDF documents. We left the original list of cue sheets on the web site so that users who want them can still access them. Here is an example of what you'll see on the new ride cue sheet list. This one is sorted by Route Name.

I think this a great enhancement to what the club offers. I hope you find it useful.

By the way, if you have a favorite route and have a RideWithGPS data file I can add it to the list of LWA rides, all you need to do is send me the link to the route. I'll do the rest.

Paul Smith  VP Touring  lwatouring@yahoo.com

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.

G Mack  QR Editor
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 mile 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

PA STATE POLICE BENEFIT RIDE
APRIL 26, 2014

9th Annual Pennsylvania State Police Benefit Bicycle Ride, presented by PSP Historical, Educational & Memorial Center (PSP-HEMC) will take place on Saturday, April 26th 2014 in Hershey, PA! All proceeds benefit the PSP-HEMC, a non-profit 501(c)3 organization, and other local walk/bike/run projects.

Ride registration fee includes:
Ø PSP Benefit Bike Ride T-shirt (must pre-register before April
Ø Lunch for all pre-register riders,
Ø Well-marked roads,
Ø SAG & technical assistance
Ø Sunny weather (the staff reserve the right to change it based on "Mother Nature" mood swing).
Ø Flat to all type of "rollers" routes.
Ø Multiple loops available – 50 miles, 40 miles, 30 miles, 15 miles (2 options), 6.5 mile (family friendly ride). Ride individual loops, or combine for full century, metric century, or any other mileage you seek. We also have optional climbs.

More information and registration info at www.pspbenefitride.com

G. Mack          QR Editor

CINCO DE MAYO BENEFIT RIDE
GREAT RIDE, GREAT FOOD, GREAT CAUSE
PA CENTER FOR ADAPTED SPORTS
SUNDAY, MAY 4, 2014

Many of us probably watched some Olympics this past winter, and were amazed at what these world class athletes can do. It is likely only a few of us caught much of the Paralympics as we had to work to find coverage of the events on TV or the internet. If you did, hopefully you were equally amazed at what these adaptive athletes have accomplished.

While only a tiny percentage of adaptive athletes have Paralympic dreams, they all have the same desire to pursue their hobby or sport just as we pursue cycling. Most of these folks need the support of some sort of adapted sports program since special equipment and instruction is often required. As one would expect these programs need to be funded through donations both large and small.

The Pennsylvania Center for Adapted Sports holds its annual "Cinco de Mayo" bike ride as a major fund-raiser to support its large array of programs including skiing, rowing, and, of course, cycling. This ride debuted only last year but was a great success and looks to be even better this year.

Details are included by following the link below:
http://www.cincodemayoride.org

The ride raises money for the Pennsylvania Center for Adapted Sports. This organization runs a number of programs allowing folks with disabilities to pursue athletic endeavors like skiing, rowing, and, yes, cycling. I am a volunteer for the skiing program, and I can attest to the great work these folks do, and how much it means to the participants.

The event includes rides of 8, 15, 22 miles on relatively flat routes, a 25 mile fairly hilly route, and a 50 mile route with serious climbing for serious cyclists. The two longer routes include rest stops and rider support. The ride website includes links for all routes, both PDF and GPX. The post ride celebration includes a FIESTA provided by Mas Mexacali Cantina.

Greg Morrison          PCAS Volunteer
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 March 2014 was to provide a caption for the following “cycling” photo, provided by Hansel de Sousa. The picture generated quite a response considering the picayune response generated by most QRQ columns. Due to that tremendous response, the column will be reprised for at least one more issue.

Check out the clever captions which follow the photo.

"Did you see that? I think I ran into a brick wall!"
Jane Derby

"I should have used the gate."
John McCarty

"All in all you're just another brick in the wall."
Jeffrey Burnatowski

"Mobile Home."
Eric Bellucci

"Must be a sprinter!! He's built like a brick house!"
Dale A. Phillips

"Carrier Pigeon!"
see http://en.wikipedia.org/wiki/Flying_Pigeon
Ignatius J. Reilly

"Have Bricks, Will Travel"
M. Minkoff

"Bike Brick Rack or Brick Bike Rack?"
say it fast
J. A. Prufrock

"Who needs a helmet?!"
Edward Neuman

The QRQ of the Month for March is to provide a caption for the following "cycling" photo:

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

G. Mack
QR Editor

LWA MEMBERSHIP  
MARCH, 2014

217 Individual
73 Family/Household
290 Units
363+ Members

Richard Baldock & Rob Smith 2014 Membership Administration
LWA CLASSIFIEDS

LWVA Yellow Logo Jersey, new, men's large fondo race fit. $50. Selle Italia Max Fite Gel Flow saddles, one black one white, like new, $79ea. Specialized Avatar 143 Cr-Mo saddle, white, great cond., $25. Easton EC-90 Equipe Carbon Bars, 44, new, $75. Call Brett 614-483-9109

57c Fuji Track. Steel frame, includes Shimano 105 brakes, a gear device so you can coast, 2 sets of clincher wheels. Excellent bike for a bike messenger or if the extras mentioned above are removed it's a good, reliable track bike. $500 for the whole package. Contact tombenn24@yahoo.com.

Trek 1200 Aluminum Road Bike - 58.5cm - $300
Purchased 2 years ago. Upgraded some components. Rode about 50 miles and discovered the frame was slightly too big, so I purchased a slightly smaller Trek 1200. Aluminum frame with the original chrome steel fork. The former owner added new tires and new bar wrap. I added a computer, a pump, a mirror and gave it a tune-up. The bike is 12-speed, all Shimano 105 (rear derailleur is a Shimano 600). Some barely noticeable touched-up sections on the frame. Clip on pedals in photo replaced with conventional toe straps. I would be happy to answer any questions or arrange a test ride. Nathan P. Shive, 484-347-6994

ARTICLES FOR SALE

WANTED

Wanted: A bike for my 15yr old son; he currently doesn’t have one. A road or crossover not mountain, and not too expensive---maybe within 200 or less. Doesn’t matter what brand—he just needs something for biking around. He’s about 5’8”. Contact floeva9800@gmail.com

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

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

ARTICLES FOR SALE


Spectrum Custom Steel. Complete bike. 1990 Tom Kellogg design. 55cm top tube. 60 cm seat tube. Shimano Ultegra BB-6400 bottom bracket. Shimano Deore XT triple w/ brake mounted shifters. Soverin w/ white finish. Pump and cyclometer included. Asking $1250. Contact Dick Dickerman. 530dickerman@gmail.com

Vintage Schwinn SuperSport. 1982 model. 56cm top tube. 58cm seat tube. Original Suntour components. double chain ring. Frame repainted silver. Make offer. Contact Dick Dickerman. 530dickerman@gmail.com

Trek KDR 1000 24” youth road bike. Discovery team paint scheme, 2007 or 2008. Excellent shape. Never crashed Asking $400.00 I can provide pictures to interested parties. Contact dwthomas@ptd.net

Harry Havnoonian track bike. 24” purple. Never crashed. Excellent shape. Asking $800.00 I can provide pictures to interested parties. Contact dwthomas@ptd.net

LWA QUICK RELEASE APRIL 2014

6
VELO NEWS 2014

BRL REGISTRATION EXTENDED

Registration or the 2014 Spring Session of The Red Robin Marty Nothstein Bicycle Racing League has been extended to Friday, April 11. The BRL introduces new riders aged 9-16 with no previous experience to bicycle racing. Riders who participated previously in the BRL or the Air Products Developmental Program are also welcome. If a rider has questions about eligibility, he or she should contact the office at VPCC.

Registration includes certified coaching by Marty Nothstein and his team, track time at VPCC, use of track bikes and helmets, a team jersey, and a Red Robin gift card for $25 on completion of the program.

For more information, contact the Valley Preferred Cycling Center at 610-395-7000.

SPRING VELOFEST
SUNDAY, MAY 4, 2014
VENDOR SPOTS GOING FAST

Spring Velofest at VPCC will be held on Sunday, May 4, 2014, from 8:30 AM to 2:00 PM. Vending spots are going fast for the annual event. Rates for vending spot are $100 and $400 for commercial vendors and $40 or $50 for private vendors. Registration includes 2 admission wristbands for the fest.

To register for spring 2014 Velofest, please complete the vendor registration form at http://tinyurl.com/velofestregister

Return via the following options:
Mail: PO Box 880, Trexlertown, PA 18087
Fax: 610-395-7393
Email: tyler@thevelodrome.com

Please note that spaces are first come, first serve with full payment due at time of registration. If the form you fill out has a request for a specific spot and is not available, you will be contacted.

2014 WORLD SERIES OF RACING
AT THE VALLEY PREFERRED CYCLING CENTER

The Valley Preferred Cycling Center has released its schedule of events for the 2014 track season. The 39th season starts on June 6, 2014, with the UCI Keirin Cup. The season wraps up on August 29, 2014 with Madison Cup, the traditional finale for each season. The winning team will receive the Bob Rodale Trophy and join the prestigious list of 38 previous winners.

World Series of Bicycling tickets can be purchased at the tickets office on the night of the race or in advance by contacting the Valley Preferred Cycling Center at 610-395-7000 or info@thevelodrome.com. General Admission tickets remain at $5 and Finish Line tickets at $8. Gates open at 6:00PM for a 7:30PM start time each Friday night this summer.

Season tickets are also now on sale. Different levels of tickets for the season are available at $50 and $80 and include admission to racing, admission to the Spring and Fall Velofest, and merchandise discounts.

You can download the season ticket request form here http://tinyurl.com/veloseasonticket

FAX the form to 610-395-7393
EMAIL the attached form to tyler@thevelodrome.com
BY PHONE with Mastercard, Visa, and Discover at 610-395-7000
IN PERSON at our business office located adjacent to the Valley Preferred Cycling Center:
Valley Preferred Cycling Center
1151 Mosser Rd.
Breinigsville, PA 18031

2014 WORLD SERIES OF BICYCLING:

JUNE
6  UCI Keirin Cup
13  UCI U.S. Sprint Gran Prix
20  UCI Fastest Man on Wheels- Featuring the Mike Walter Madison
27  UCI Festival of Speed
28  Red Robin BRL All-Star Finals

JULY
4  No Racing Scheduled
11  Tandemonium/ Women's Open
18  Keystone Cup
25  U.S. 10 Mile Championship

AUGUST
1  The Golden Wheel Race
8  International Omnium Championships
15  Rodale Corporate Challenge
22  Air Products Championships
29  Madison Cup

G Mack        QR Editor
an early Jack working on an early ride

TLC - TIRES, LUBE, CABLES

Disclaimer - I am not an authority. I have no specialized training. I’m only relating some of my recent experiences.

Its spring time and my road bike has been hanging on the hook in my garage for four solid months. Four long, cold, snowy, dark and miserable months. I don’t remember the last time I rode it, and I don’t remember the last time when I could not remember the last time I rode my road bike.

And although it is technically spring, apparently the word has not gotten out to the powers that be. Case in point is that the low last night was nineteen degrees and it is now snowing. My five year supply of fuel for the wood stove is looking very much like a three year supply.

I blame the weatherperson for this crummy weather - all talk and no action.

As was mentioned in last month’s QR, since riding is still limited for most of us, now is a good time to do a little bicycle maintenance. A good place to start is with some detailed cleaning. Besides making your bike look nice, another side benefit of cleaning your bike is that you often notice items that need attention. I know people who have discovered things like cracked frames and forks, badly worn brake pads, loose spokes, and cracked rims during routine cleaning.

Here are three items you should check right now.

TIRES - Possibly it is because we are riding on thinner, lighter, faster, grippier tires, we are also riding on tires that are much less durable. My first bike in the early 70’s, a Fuji S10S, had 1-1/4” tires, and I don’t remember ever having a flat. Of course, there are many things I no longer remember from that long ago. Still, forty years down the road, I am willing to forego a little durability for a lot of performance.

Prior to riding Cycle Oregon last year, I asked Scott Kleinschuster of Bikeline Allentown to suggest a durable tire. I was willing to sacrifice a little speed for durability and safety. Based on his recommendation, I purchased a set of Continental Gatorskins. (I believe Specialized Armadillo would be a similar product.) They lasted a year with no flats, despite a considerable amount of rough road riding on the Pennsylvania Perimeter Ride Against Cancer (PPRAC). If there was any performance drop-off, I didn’t notice it.

Full disclosure - I was so enamored of these tires that I kept them on too long. While celebrating their longevity shortly after their one year anniversary, I noticed exposed fabric on the rear tire. Don’t hang on to your old tires; it’s not worth the risk.

CHAIN - Going back to the Fuji S10S days, the rear cassette was a five speed with corresponding wider and heavier chain. We now have ten and eleven speed cassettes, mandating a thinner and lighter chain, and the durability seems to have decreased dramatically. Lube often. A dry chain lube, applied regularly is a good idea, as it does not collect dirt like a wet lube will. An inexpensive chain stretch tool is also a great idea, as it provides an easy way to measure how much life is left in your chain.

Keeping a fresh chain also has the significant advantage of maintaining a good profile of the rear cassette. Better to replace a chain than to have to replace the chain and sprocket.

SHIFTER CABLES - My rear ones just don’t last. Possibly it is because I’m shifting more with a ten speed rear cassette. More likely it is the redesigned Shimano Ultegra combination brake/shift levers that now route the cable along the handlebars, rather than independently and directly out from the handlebars. Whatever the reason, I have not been getting a year of service from a rear cable. A possible solution is to replace the rear cable every year and/or carry a spare.

So that’s it. Slap on a new set of tires, new chain, new rear derailleur cable and we’ll be ready to roll. It’s a small(ish) price to pay for the miles and hours of enjoyment. Keep it in perspective - compared to a car, there’s no fuel tax, operator’s license, vehicle registration fee, tire disposal charge, vehicle inspection or emissions test. Quite a bargain.

Jack Helffrich LWA President

Jack’s low maintenance green machine fatality
A PLAN FOR A RAINY DAY
RAIN BARREL WORKSHOP

Are you watching all the rain from those April showers pour out of your gutters into the storm drains? Wish you could do something to save rainwater for your garden and help our environment?

Build your own rain barrel by attending a workshop sponsored by the Wildlands Conservancy. For the $20 workshop fee you will get a 50-gallon white plastic barrel, recycled from Coca-Cola, and all the parts needed to build your rain barrel. The fee is per barrel, so a “team” can work together to build a single barrel, as we did on Saturday, 3/22. Expert workshop leaders provide the tools and know-how, and assistance, to build your own rain barrel at a fraction of the cost to buy one from a garden supply company (typically $100).

The next Rain Barrel Workshop is scheduled for April 26th as part of Earth Day activities at the Pool Wildlife Sanctuary in Emmaus. It may be more crowded that day than we experienced in March.

http://tinyurl.com/rain-barrel-workshops

Other workshops are scheduled throughout the year so check their calendar.

http://www.wildlandspa.org/upcoming-events/

Our workshop was held at the Trexler Environmental Education Center in Schnecksville.

We understand that residents of Lehigh County can obtain up to two free barrels per family; however, I assume that’s just the barrel w/o the necessary fittings. The most specialized tool(s) required are the taps used for generating the threads for the overflow fitting and the fitting for the cutoff valve.

Richard Baldock & Valerie Ryder

EDITOR’S NOTE: Perhaps a rain barrel to collect water for your plants and garden will give a more positive spin to those rainy spring days when you can’t comfortably take a spin on your bike.

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YOU’VE GOT MAIL

Well, you will if you sign up. For the past several years, I have been receiving and enjoying a bi-monthly email called BIKE BITS. It’s distributed by Adventure Cycling and it’s free! This newsletter features brief articles of interest to recreational cyclists, upcoming events, and bicycle industry news, plus organization information, and special deals. It’s a quick, informative read. I am not always interested in every story, but much of it is enjoyable, and at twice a month, it doesn’t clutter up the inbox.

Check it out at www.adventurecycling.org

BTW, if you enjoy learning more about the technical side of bicycling, check out www.sheeldonbrown.com

The late Sheldon Brown was an authority on all things cycling, and his website is a cornucopia of articles and stories. Be prepared to spend hours.

Jack Helffrich  LWA President

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Swedish Mail Delivery Bike

Time to put the winter bike away
UPCOMING OUTWARD BOUND EVENTS

EASTERN SHORE WEEKEND
APRIL 11-13 (LWA event)

WEEKEND IN AMISH COUNTRY
MAY 16-28 (LWA event)

MAINE COAST / SEACOAST CENTURY
SEPT 19 - SEPT 21 (LWA event)

For details on these events and/or to register, click on the Events Tab on the LWA home page (http://www.lehighwheelmen.org/).

Reminder:
LWA Eastern Shore Event, 4/11/14 - 4/13/14, inclusive, requires LWA membership to participate as a rider.
Hence, if your membership expires prior to 4/13/14, please renew ASAP!

Questions: Contact Paul Smith, VP of Touring, lwatouring@yahoo.com.

GREAT FINGER LAKES RIDE
JUNE 6-9 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.

BIKE VIRGINIA
JUNE 20-15 http://bikevirginia.org/

There are at least 18 LWA members already registered for this tour in the Williamsburg region of Virginia. For more information visit the Bike Virginia website.

LWA FINANCIAL MARCH UPDATE

Please find the LWA February 2014 financial report. During February, the LWA Touring Division incurred normal yearly start up cost such as Gap Gallop facility rental deposits, RidewithGPS fees, etc. These cost were expected and included in our preliminary 2014 Budget. The Racing Division also incurred normal early year expenses and expect to generate additional income with the March racing series.

IRS - I have great news to report! We received a response for the IRS that states they have removed the $5K in late filing penalties for years 2010 & 2011. The 2013 tax returns have been filed. So this should be the end of our IRS issues…..for now.

Cash Balances:
Touring $9.0K. This represents a $0.1K decrease from Jan. 2014.
Ytsma Donation Reserve $1.0K included in the $9.0K Racing cash balance

Racing $14.7K. This is a $0.8K decline from Jan. 2014 due to primarily to normal new year start up activities.

Please see the attached chart on p. 11 for additional details. If there are questions or if you need additional information, please let me know.

Dave Sheffield
LWA Treasurer

WANNAEE RACER?
<table>
<thead>
<tr>
<th>Income</th>
<th>Touring</th>
<th>Racing</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duck &amp; Race Inc</td>
<td>$355</td>
<td>$800</td>
<td>$925</td>
</tr>
<tr>
<td>GG &amp; DO</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Other Income</td>
<td>204</td>
<td>-</td>
<td>204</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>619</strong></td>
<td><strong>620</strong></td>
<td><strong>1,239</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Touring</th>
<th>Racing</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advertising</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>GG &amp; DO</td>
<td>250</td>
<td>250</td>
<td>500</td>
</tr>
<tr>
<td>Touring Rules (FE &amp; Annual)</td>
<td>2</td>
<td>-</td>
<td>2</td>
</tr>
<tr>
<td>Grill &amp; Chill</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>8th Social Events</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Insurance</td>
<td>1,576</td>
<td>1,576</td>
<td>3,152</td>
</tr>
<tr>
<td>Donations &amp; Gifts</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Race Permits &amp; Insurance</td>
<td>355</td>
<td>355</td>
<td>710</td>
</tr>
<tr>
<td>Racing Expense</td>
<td>1,503</td>
<td>1,503</td>
<td>3,006</td>
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<tr>
<td>Race Officials</td>
<td>162</td>
<td>162</td>
<td>324</td>
</tr>
<tr>
<td>Barn Rental</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Web, Meet Up &amp; GIF</td>
<td>242</td>
<td>242</td>
<td>484</td>
</tr>
<tr>
<td>Affiliated Dates</td>
<td>53</td>
<td>53</td>
<td>106</td>
</tr>
<tr>
<td>Other (incl PayPal fees)*</td>
<td>12</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td><strong>Total Expense</strong></td>
<td><strong>2,237</strong></td>
<td><strong>2,183</strong></td>
<td><strong>4,420</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Operating Income</th>
<th>$ (1,619)</th>
<th>$ (1,563)</th>
<th>$ (3,182)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb YTD Budget</td>
<td>$ (1,969)</td>
<td>$ 1,000</td>
<td>$ (889)</td>
</tr>
</tbody>
</table>

| Budget Variance       | $ 370    | $(2,563) | $(2,193) |

### Feb (Month) Major Cash Flow Items

- Duck & Other Income: $320
- Special Events (Racing KO, FE, Maine): $186
- Gap Gallop DeSales U. Deposit: $250
- Meet Up: $(72)
- Racing Income: $620
- Racing Permits & Insurance: $355
- Other Racing Expenses: $(1,785)
- Other: $(61)

**Total: $ (1,368)**

### Assets: 08-Feb-14

- Touring Checking Acct: $2,353
- Yuma Safety Course Balance: $1,000
- Touring Savings Acct: $5,000
- Racing Checking Acct: $14,749

**Total Assets: $ 23,100**
LWA Discount Sponsors

**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: qs391@verizon.net

**Sleeping Dog Professional Cycles**
330 W. Weis St.
Topton, PA 19562
610-682-1000
www.sleepingdogprocycles.com