SELECTED FEATURES
Hansel's Rant 2
New Members 2
The Prez Speaks 3
World's Lightest Bike 4
LWA Racing 5
Young Medalist's Appeal 6
Upcoming Local Events 7
QRQ of the Month 8
Classifieds 9
Making Bike Music 10
LWA Financial 11
Member Pic Pages 12
LWA Sponsor Page 13

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RIDE OF SILENCE
MAY 21, 2014

This year, the eleventh iteration of the Ride of Silence, LWA edition, departed at 7:00 PM on Wednesday, May 21. Nine cyclists met at BikeLine of Allentown for an easy-paced six mile ride through Allentown's west end.

The Ride of Silence is held annually at locations across the United States to commemorate those killed or injured while bicycling. Prior to leaving, the riders observed a moment of silence, specifically remembering our good friend, the late Pat Ytsma, and others involved in automobile related accidents. Pat Ytsma, an advocate for bike safety, died on December 8, 2011, from injuries sustained after being struck while riding his bicycle on the Fahy Bridge in Bethlehem.

A special commemorative ride honoring Pat will be held on June 14, 2014. For details see the QR article on p.4.

A very brief cloudburst did little to dampen our spirits, and the tour was completed without incident. Steve, a student at Central Florida University working in the area for the summer, joined us for the ride on just his second day in town. Unfortunately, we were not able to talk with him during the ride, so we hope to connect on a future outing.

The ride was a reminder of how exposed we are while riding on public roadways. Let's be careful out there.

For more information, visit www.rideofsilence.org

Jack Helffrich  LWA President
HANSEL’S RANT: HELMETS AND THE RIDE OF SILENCE

I was angry and disappointed not to be at the Ride of Silence. It would have been good to have participated, but helmet use is mandated, and I could not bring myself to wear a helmet for an event that mourns those killed on roadways, arguably because at least some of those killed had thought a helmet would have offered protection from road traffic and thus took more risk than they would have otherwise.


Heck, didn't the dead know that even helmet manufacturers don't make any safety claims about their product?


And don't the people who make the rules for the Ride of Silence realize that mandating helmet use discourages cycling and makes it more dangerous on the road for all of us?

http://tinyurl.com/forced-to-wear-a-helmet

The ride organizers stress that rules of the road should be followed. Both PA and NJ law allow a choice of wearing a helmet. In PA only cyclists under 12 years old need to wear a helmet, and in NJ those under 17, and only when riding in road traffic.

Surely attempts at gaining respect from drivers, by following the rules of the road, is somewhat undermined by not respecting state laws for their fellow cyclists.

Hansel de Sousa

References:
Risk compensation:
http://tinyurl.com/ban-cycling-helmets

Safety in numbers:
http://injuryprevention.bmj.com/content/9/3/205.full.html

LWA WELCOMES NEW MEMBERS

New Members: (as of 5/23/2014)
Divya Kumar
Andrew Hudson
Janis Greim
Matt Timmons
Stuart Field
Charlie Crawford

LWA Membership Data:
- Individual 216
- Family/Household 74
- Total Units 290
- Total Members 364+

Membership Benefit Highlights:
- Grill & Chill ~ April through September, Third Monday night (LWA Members only)
- Insurance (LWA Members only)

Grill & Chill

The Club provides hamburgers, cheese, hot dogs, soft drinks, water, condiments, plates, etc. after designated Monday night rides. LWA Members are asked to bring a side dish or dessert to share, or make a modest donation if consuming anything other than what the Club provides. **If you have attended more than one Grill & Chill as a non-member, you should definitely join LWA.**

Insurance

Coverage is for LWA posted rides led by current LWA member(s). LWA members and first-time guests are covered. Like most insurance, we hope no one ever has to use it. However, even for those that have good insurance policies, the annual deductible may be significant. In 2011 I was doing hill repeats with a couple of friends, lost my chain, and went down before I could unclip. I "broke" my fall by instinctively putting my hand out, fracturing my wrist. **Bottom line:** My $1500 deductible was easily consumed by the operation to insert a plate and pins. If it had been an official LWA ride, the Club’s insurance would likely have reimbursed the $1500 out-of-pocket deductible. For that amount I could have paid for 100 years of Individual LWA membership or 60 years of LWA Family/Household membership. **If you participate in more than one LWA ride, an LWA membership is a bargain, even if only for the insurance.**

Note: Rob Smith, rbsmith@fast.net, will be covering Membership Administration from Monday, June 9 through Tuesday, July 1, inclusive.

Richard Baldock, rv314159@rcn.com

Rob Smith, rbsmith@fast.net

LWA Membership Administration
WEIGHT DOWN, COST UP

Keith Bontrager’s oft-quoted aphorism---"strong, light, cheap; pick two."

I bicycled across the United States in 2002 with an organization called Wandering Wheels. The mechanic on the trip was a woman named Janeck who did some freelance testing for Trek. She rode with the group most of the time, and because of the high mileage she accumulated and her willingness to document and photograph components, she was able to provide real life feedback on durability.

The bike she rode was a small frame, and I remember her commenting that a 14-1/2 to 15 lb. bicycle was about the bottom weight limit of durability. She said that as the manufacturer shaved fractions of grams off of the components, the parts broke. Generally, as long as they stayed above a certain level, the bike worked fine.

My point in relating this incident is to reinforce my opinion that we have collectively crossed over the line.

Back in the seventy’s, my first ‘ten speed’ bicycle, a Fuji S1OS, had five speeds on the rear axle and an appropriately large chain. I don’t remember having any issues with it, and I also do not remember maintenance being an issue. Compare that with today, where my ten speed chain wears out seemingly overnight, despite ‘irregular’ maintenance. Rear cassettes and front chainrings also appear to wear out rapidly. Eleven speed’s have been available for a while, so I wonder where this is leading. The basic technology seems to be relatively unchanged for over one hundred years, but the manufacturers seem willing to think inside the box and just give us lighter variations of the original design.

Recently, I paid $129.99 for a Shimano Ultegra front chainring. When I questioned why the large ring was more than TEN TIMES the cost of the small ring that was also replaced, I was informed that it was because the large ring was reinforced with carbon fiber. Do I really need this? On the positive side, it was appreciably less than the Dura Ace version.

Tires. Guess I should not be surprised at the cost as they are manufactured (hand made) in Germany. Still, at a fraction of the size, the cost for a Continental Gatorskin approaches that of a car tire. And while the durability of car tires has increased, bike tires seem to wear out quicker than previously. Thinking back to the S1OS, the tires were 27 x 1-1/4, and I don’t think I ever had a flat. But this could be a memory / nostalgia issue.

Three years ago, when I weighed my new Trek Madone 6, it tipped the scale at 16 lbs, 10 oz. with pedals and water bottle cages installed. At 6’3” tall, I never expected that I would be riding a 62cm bike that light.

So I’m happy with the technology, the responsiveness, frame rigidity, etc. But it seems that we have crossed over the line. In the pursuit of light weight, and for the sake of a few grams, we have sacrificed a ton of durability.

Thanks for listening to (reading actually) this rant. I love our sport, and appreciate the improvements that have made it more enjoyable. But I also think that we have bought into a system that excessively sacrifices durability for marginal weight savings.

It would be much more effective to get rid of a few lbs. on the old body vs. a few grams on the bicycle. Even I could do that.

And I hate thinking about what those two filled water bottles weigh. Now there is a real opportunity for weight savings.

Jack Helffrich  LWA President

WORLD’S LIGHTTEST BICYCLE

World’s Lightest Bicycle
Total Weight: 2.7Kg (6 lbs.)
Cost: Approx. $45,000 US

Custom built on a frame designed by German company Spin, arguably the world’s lightest multi-geard bicycle was originally owned by German cyclist Gunter Mai, who logged over 20,000Km on a bike with a total weight of 3.3Kg (7.3 lbs.). The one-off bike was built with exotic carbon fiber components including a the world’s lightest road bike fork, a one-piece integrated seat-seat post, a carbon fiber wheelset (weighing in at only 583g) with Dash prototype hubs, integrated bosses with BTP down tube shifters, a Mythic crankset.

After about two years of riding, Mai parted out his custom made lightweight, but a Colorado rider bought up most of the components and the bike was restored and further lightened by Jason Woznick of Fairwheel Bikes in Tuscon, Arizona, to reach its current total weight of 2.7Kg (6 lbs.).

For more information and photos of this lightweight masterpiece visit  http://tinyurl.com/worlds-lightest-bicycle

GMack  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

LWA RACING
UPCOMING LWA REGISTRATION

Emrick Boulevard Criterium
promoted by LWA Racing
Sunday, June 22

One Mile Big Ring Loop

BikeReg Link:
http://tinyurl.com/emrick-criterium

EMRICK CRITERIUM
JUNE 22, 2014
VOLUNTEERS NEEDED

LWA Racing Division is looking for a few good people to volunteer for rider registration between 7:15am - 12:30 and road marshaling between 8:15-2pm for the June 22 Emrick Blvd Criterium. This is a great way to help your club and see some great racing. You won't need to be there the entire day, but we need people to cover the entire times stated above.

Please email Sallie Urffer, VP Racing at LWARacing.info@gmail.com if you or a friend can help.

Twenty-four LWA Racing Division members are already signed up for the race. Race flyer p. 15 of this month’s QR.

Your help will be greatly appreciated.

Sallie Urffer  VP of Racing

Pat Ytsma, a former LWA member and an advocate for bike safety, died on December 8, 2011, from injuries sustained after being struck while riding his bicycle on the Fahy Bridge in Bethlehem. Kirk Koehler, a friend and associate of Pat’s at Spillman Farmer Architects, and other friends and associates organized benefit rides in both 2012 and 2013 to raise money to support Pat’s children’s education fund. This year Kirk and company have decided to again celebrate Pat’s life and love of cycling with an informal ride.

All LWA members are encouraged to participate in this ride and celebrate Pat’s memory.

The following is Kirk’s invitation to this unique event:

Hi Riders!

First off, I want to thank you again for participating in last year’s Pat Ytsma Ride Safe Bike Tour. It was an honor to ride with you and to help raise money for Pat’s family.

Though we won’t be holding the Ride Safe Bike Tour this year, we are excited to announce that we’ll still be riding to honor our friend Pat!

The group will leave the parking lot of Saucony Creek Brewery at 10AM on Saturday, June 14th. There will be no rest stops, no sag wagon, no registration, and no pledges. This is just a group of friends taking a ride through the rolling hills of Kutztown! Ride wherever you like, and however long you feel like, but please help us honor Pat’s legacy of bicycle safety! WEAR A HELMET!

Saucony Creek Brewery has graciously offered to host us in the parking lot. (This is a tailgating event.) Food and growlers will be available for purchase after 12 noon. You’re more than welcome to bring your own food, drink, and grill. Hope to see you on the 14th! And remember-ride safe!

Ride for Pat
June 14th, 2014
10:00 am
Saucony Creek Brewery
15032 Kutztown Road
Kutztown, PA 19530

Questions? Call Kirk Koehler at 610.865.2621
KKoehler@spillmanfarmer.com

G Mack  QR Editor

LWA QUICK RELEASE  JUNE 2014
TOUR de FCCC 2014
AN OPEN LETTER TO
JACK AND THE LWA

LVCC stands for the Lehigh Valley Cycling Club, and we are the organization that supports the Young Medalists Junior Cycling Team. We have a website YMTeam.org, Facebook page and Twitter site. Our kids have team training on Wednesday evenings leaving from Rodale Park around 5:15 and a lot of some of our riders do the Thursday night crits as well.

I’d like to share with you a story about how hard our kids and team worked to save the FCCC Race. In April Maxatawny Township turned down our request for a permit citing too much bike traffic on the roads leading up to race and also poor road conditions after a tough winter. On Wednesday night we packed the township building, standing room only. The kids made signs, they spoke, I spoke, our Coach Colin Sandberg, Bob Biese, and Team Vortex helped us and Ellen Dorsey spoke from an Officials point of view. I am attaching the link to the wfmz.com article with a great picture. It was a tough battle but in the end we saved the race.

This year the 25th anniversary of the race will be held Saturday, July 26th, starting at the Rodale Institute and proceeding through a predetermined route through Maxatawny Township. This also marks 14th year the junior stage race will be held in remembrance of Nicole Reinhart, a championship junior cyclist who was tragically killed in a stage race in Boston on September 18, 2000. The race was first held in 1989, and was initially run in Reading at the Pagoda. It has changed locations a few times in its 25 years, moving to Maxatawny Township in 2005.

For full coverage of the township meeting and quotes from the participants, visit the following:

http://tinyurl.com/wfmz-lvcc-junior-medallists

Wendy Houlick LCCC
GMack QR Editor

5th ANNUAL CURT’S CYCLERY CENTURY
BENEFIT FOR ANGEL 34
NETWORK
SATURDAY JUNE 14, 2014

If you have ever thought of how cool it would be to say “I rode my bicycle 100 miles in one day!” OR even if you are a seasoned cyclist with many centuries under your belt. We invite you to join us on our fifth annual Curt’s Cyclery Century! Maybe, you say, what if I can’t do a whole 100 miles? Read on......

C3 = 100
- Riders will do 10, 20 or 34 mile laps
- This is NOT a race...riders may rest at the shop on any lap
- Complete as many or as few laps as you like
- This benefit ride is FULLY supported
- Food/Refreshments provided.
  Bagels, Water, Sports Drinks, Bananas, Pizza

Riders will receive a ticket for each lap completed for drawings to be held at the completion of the event. Riders completing 34 mile laps will be given an extra ticket for each. More laps completed...a better chance to win!!! Wear a Curt’s jersey during the event and receive extra tickets to WIN!!

DRAWING......DRAWING......DRAWING!!!!!
Grand Prize: GARMIN Edge 510 cycling computer
Other Prizes: $50 Curt’s Cyclery gift card, Tires, Cycle computers, T-shirts

Curt’s Cyclery will donate $2 for every 10 miles completed by every rider to Angel 34, an organization which helps children and families battling childhood cancer. Last year the event raised $1300 through the efforts of each rider.

$20 pre-registration fee. $25 day of the event. Event T-shirts will be available for purchase. Invite your friends to join you

Will you have bragging rights for riding 100 miles in one day? or 50? or 20? All at your own pace!! And STILL support Angel 34!!

For more information about the event, including course maps, and pre-registration check out Curt’s Cyclery website.
http://curtscyclery.com/about/c3-100-pg345.htm

For more information about Angel 34 check out their website.
http://www.angel34.org/

GMack QR Editor
“I really enjoyed the ride today. I’m from Lebanon and I got to see and ride on some roads for the first time. I thought the rests stops were spaced well and the people were very nice.”

For more information and pre-registration go to www.roundthevalley.org

GMack QR Editor

LWA OUTWARD BOUND EVENTS

GREAT FINGER LAKES RIDE
JUNE 6-9 https://sites.google.com/site/gflbt14/home

On Friday and Saturday nights the Wheelmen will provide beer, wine, soda, snacks and on Saturday night the ingredients to make smores at the bonfire. Members are requested to contribute $10 for these special treats by paying on the LWA Meetup page for the event.

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.

GMack QR Editor

2014 WORLD SERIES OF BICYCLING

VALLEY PREFERRED CYCLING CENTER

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

Season tickets now available----- request form here: http://tinyurl.com/veloseasonticket

G Mack QR Editor
**LWA SUPPORTED EVENT**

3rd ANNUAL CROP RIDE  
JULY 5, 2014

The CROP (Communities Responding to Overcome Poverty) organization is known for its annual CROP Hunger Walks held each October in the Lehigh Valley. All of the monies raised are turned into the Lehigh County Conference of Churches. LCCC in turn uses 25% of the funds to support the Daybreak Soup Kitchen and the Allentown Ecumenical Food Bank. The balance goes to Church World Service in Harrisburg to be distributed around the world. With the global funds, $72 can provide emergency food supplies for a family of five for a month!

To supplement the CROP Hunger Walk, Debi Olphin (CROP Hunger Walk organizer) contacted the Lehigh Wheelmen in 2012 for assistance in offering a CROP Hunger Bike Ride. Our third annual event will be held on July 5, 2014 with 10 mile, 25 mile and 40 mile ride options over scenic, low-traffic roads starting at the Bob Rodale Cycling & Fitness Park in Trexlertown. In 2013, this event raised over $1000 to help CROP fight hunger.

To register for the 2014 ride visit www.active.com and enter “CROP Hunger Bike Ride” in the search field. Cost is only $30 (plus active.com fees) if you register by July 3rd and includes a light lunch following the ride.

_Dick McCreight_

**TOUR de CHOCOLATE TOWN**  
SUNDAY, SEPTEMBER 7, 2014

It is that time of year again and we are starting to get ready for the Tour de Chocolate Town. I know in past years we have contacted you about sending the race information on to your members and adding it to your website and we were wondering if you could do the same for us this year? Below I will attach the info that we have and you are more than welcome to email us back with any questions! Thank you!

The 4th Annual Tour de Chocolate Town bike tour will be held on Sunday, September 7, 2014! Join us on one of our 4 courses as we tour Hershey and the neighboring towns to raise funds for Children's Miracle Network at Penn State Hershey Children's Hospital! All courses begin and end inside Hersheypark Stadium and ride through Hersheypark! Registration fee includes event t-shirt, insulated snack bag, post ride refreshments, and discounted admission coupons to Hersheypark! For more information and to register, visit TourdeChocolateTown.com.

Thanks,

Tour de Chocolate Town Team

**LWA PRESIDENTIAL LIBRARY HITS THE ROAD**

34th ANNUAL  
PRINCETON FREE WHEELERS  
BICYCLING EVENT  
SAT AUG 2, 2014

Tour the New Jersey countryside on one of many rides from an easy 16 miles to a scenic century, from flats to rolling hills, or bring the family to share in the fun with an 8 mile guided ride on a paved bike path. Marked routes, cue sheets, rest stops with snacks, sag support, free parking, and a delicious post-ride barbecue with music.

New routes and rest stops.

Free t-shirt with pre-registration by July 23 or mail-in postmarked July 23. Price: $32 on-line; $35 mail-in; $35 day-of (t-shirt not included) $10 for 16 and under.

Visit www.princetonfreewheelers.com for information, registration, directions.

Questions? Phone 609-882-4739 or contact infoguy@princetonfreewheelers.com.

_GMack_  
QR Editor

Professional rider/reader on a closed course. Do not try this on your own on city streets or country roads.
Not sure when your Membership expires? Logon at www.lehighwheelme.org and start the renewal process. You should immediately progress to a page showing how many days remain in your membership. If current, cancel and logout. Otherwise, you can either continue with your renewal or cancel to renew later.

Questions:
Contact LWAMembership Administration.

Richard Baldock  rv314159@rcn.com
Rob Smith  rbsmith@fast.net

The QRQ of the Month for May was to provide a caption for the following “cycling” photo, submitted by Paul Smith, VP of Touring. Paul suggested a response to “What’s wrong with this photo?” would be appropriate.

The QRQ generated a limited response---that is, one---from Dave and Kathy Moser. Due to that picayune response, the future of the QRQ has again been put in jeopardy.

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

G. Mack  QR Editor

YAKIMA ROOF RACK PARTS (no crossbars or rain rail attachments): 3 bike rack trays with straps, two front wheel holders, one fork mount, assorted mounts and fasteners. contact GMack, gbmack@ptd.net

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
Barber is particularly obsessive about the sound quality of his work and the purity of the tones which he generates from his bike spokes, the standout “instrument” in his composition. “For each note, I would tune all of the spokes in a wheel to the same exact pitch to avoid unwanted overtones via sympathetic vibrations, states Barber, “Tuned in unison, they sound gorgeous.”

_Bespoken_, available online at the iTunes store, runs about 3 1/2 minutes, but took Barber over 7 months to complete.

For more on Barber, Johnnyrandom, the production of Bespoken and a video preview of the work, and Barber’s other compositions using random items besides bicycle parts, check out the following links.

http://www.johnnyrandom.com/news
http://tinyurl.com/wired-making-spoke-music
http://tinyurl.com/johnnyrandom-bespoken-video

GMack QR Editor

SAFE RIDING IN BIKE LANES: NYC

Check out this video about safe riding in NYC bike lanes.
http://youtu.be/bzE-IMaegzQ

Jack Helffrich LWA President
NOW, THAT’S A HANDLEBAR WITH STYLE AND SUBSTANCE........

LWA FINANCIAL REPORT
APRIL 2014

Touring Division -- continues to incur normal yearly start up costs such as Insurance, Velo Barn Rental, Spring Kick Off Dinner, MeetUp, Web expenses, etc. Year to Date expenses are tracking reasonably close to budget; however, membership dues are approximately $1K ahead of budget. I expect this is simply a “timing” issue since membership levels are very close to last year.

Racing Division -- canceled 75% of their March racing series due to Township Permitting issues. This is the primary reason for the YTD operating loss and the $3.7K budget shortfall. Chip Berenzy (Racing Treasurer) forecasts that the Racing division will be approximately $3K below budget for the entire year (2014) and cash balances should be around $12K by 12/31/14.

Cash Balances:
Touring $10.1K.
This represents a $0.4K increase from March 2014.
Ytsma Donation Reserve $1.0K included in the $10.1K Touring cash balance.
Racing $13.4K.
This is a $0.3K decline from March 2014.

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

Dave Sheffield            LWA Treasurer

NOW, THAT’S A HANDLEBAR WITH STYLE AND SUBSTANCE........
WHICH WAY TO WANAMAKER’S?

SIGN, SIGN, EVERYWHERE A SIGN............

SIGN, SIGN, EVERYWHERE A SIGN............
GOT WHEELS?.....

HILL, HILL, EVERYWHERE A HILL......

FEED ME.....

WHY WE RIDE? 1

WHY WE RIDE? 2
JUNIATA COUNTY 2014

STILL LIFE WITH BIKE

THIS IS THE END.....
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

Sleeping Dog 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
e-mail: 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
e-mail: gs391@verizon.net

SUPPORT YOUR LOCAL BIKE SHOP
Emrick Boulevard Criterium

Promoted by: LWA Racing

In cooperation with DeSales University and Bethlehem Township

Sunday June 22, 2014

Course: One Mile Big Ring Loop,
    Slight uphill, smooth surface
    Run counterclockwise. 2-sweeping and 2 - 90 degree corners

Entry Fee - $27. $8.00 Late Fee postmarked after June 15, 2014
    Additional races $10.00. Day of registration add $8.00

Photo Finish Camera and Results by the Big Guy Group

Registration opens 7:30am. First race 8:30am.

BikeReg closes 6/20/14 at 11:45pm Additional surcharges could apply to enter the race electronically.

Directions: From I-78 take Rt 33 North to William Penn Hwy Exit, end of ramp turn Left.
    Next light Emrick Blvd. Left turn. Follow signs for parking. Please park in indicated areas.
    Location for registration outside of turn two. Same Start/Finish Line as last year.

<table>
<thead>
<tr>
<th>Category</th>
<th>Start</th>
<th>Laps</th>
<th>Prizes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women Open</td>
<td>8:30 am</td>
<td>20</td>
<td>205/5</td>
</tr>
<tr>
<td>Women Cat 4</td>
<td>8:30 am</td>
<td>20</td>
<td>Trophies/3</td>
</tr>
<tr>
<td>Men 55+</td>
<td>9:35 am</td>
<td>23</td>
<td>300 / 7</td>
</tr>
<tr>
<td>Men 65+</td>
<td>9:35 am</td>
<td>23</td>
<td>110 / 3</td>
</tr>
<tr>
<td>Women 35+</td>
<td>9:35 am</td>
<td>23</td>
<td>110 / 3</td>
</tr>
<tr>
<td>Men 45+</td>
<td>10:40 am</td>
<td>24</td>
<td>300 / 7</td>
</tr>
<tr>
<td>Men 35+</td>
<td>11:45 am</td>
<td>25</td>
<td>300 / 7</td>
</tr>
<tr>
<td>Men 2/3/4*</td>
<td>12:50 pm</td>
<td>25</td>
<td>300 / 7</td>
</tr>
</tbody>
</table>

- Fields may have separate starts
  (to be determined by field size)

* Not a PA BAR Points race

No Category 5's in Masters Races
Free Lap - Wheels in Wheels Out

Send Standard Entry Form to:
    Chip Berezny
    101 Hillside Drive
    Coopersburg, Pa 18036
    NO PHONE ENTRIES
    ALSO: BIKEREG.COM

Race Information Call:
    610-554-2931 BEFORE 9pm
    E-mail LWARacing.info@gmail.com
    Make Check Payable to:
    LWA RACING DIVISION

LehighWheelmen.org

revised 03/17/14