This year's version of Bike Virginia, an annual cycling event, was held on June 20-25 in the eastern portion of the state and was attended by over 1800 cyclists. Nancy Sheffield organized our group's participation, and it was great to have eighteen members of the Lehigh Wheelmen Association (LWA) registered.

Although we rode different route options at different paces starting at different times, most of us managed to link up at some point to share the experience.

With 18 riders, we were the largest organized group, and in recognition of this, each LWA participant received a pair of BikeVA cycling socks. Five of the group camped, while the rest opted for the luxury of motel living with soft beds, air conditioning and indoor plumbing.

The event featured six days of cycling from Pocahontas State Park, just south of Richmond, and Chickahominy Riverfront Park near Jamestown.

Five of the participants pedaled the century on Saturday, and four backed it up with a second century on Tuesday.
BIKE VIRGINIA, cont. from p.1,

All of the century riders were the hardy, rugged campers - Alf Dolich, Dave Drummer, Jack Helffrich, Dave Woodruff and Carl Zvanut.

We were glad to be 'high and dry' for the entire six days of riding with only a sprinkle or two while out on the road. The only significant rain occurred on Friday and Saturday nights, along with the usual extended downpour during the drive home on the interstate.

Rest stops featured funnel cakes, ice cream floats, tomato sandwiches, peanut butter-and-banana sandwiches, home-made cookies, brownies and Rice Crispy treats, along with gallons of Gatoraide. We were also successful in locating some excellent coffee shops and bakeries along the routes.

Despite the frequent stops, the flat terrain made for some spirited riding and some epic pace lines. Higher afternoon temperatures slowed the tempo somewhat, but a nice dip in the pool and careful attention to post-ride hydration ;-) helped keep us refreshed.

With apologies to previous years' participants, "It was the BEST!"

Jack Helffrich LWA President
CELEBRATION OF LIFE
BIKE RIDE 2014

PAT YTSMA RIDE
JUNE 14, 2014
NO REST STOPS, NO SAG WAGON,
NO REGISTRATION, NO PLEDGES

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 decided to again celebrate Pat’s life and love of cycling with an informal ride starting from the Saucon Creek Brewery in Kutztown.

Approximately 20 LWA riders participated in the celebration of Pat’s life and legacy on rides led by Jack Helffrich, club president, and Ron Helmuth, Team Moots. Jack started the day with a reminder of the significance of the ride and a moment of silence to honor Pat’s memory and devotion to safe cycling.

We stop for turtles
A highlight of the ride itself was a memorable moment when several lead cyclists abruptly stopped to help a turtle cross the road.

Why did the turtle cross the road? Because some cyclists stopped to help it along.

GMack QR Editor

LWA turnout at a recent Grill and Chill

GRILL AND CHILL NEWS

A big thank you for all the delicious contributions for the Grill & Chill events this season! We now have extra coolers available to keep your cold or perishable contributions chilled while you are on your ride. So stop by the grill before you ride to drop off your food items with the G&C staff!

Debby Terfinko G and C Master Chef

Grill and Chill Chefs
LWA RACING
EMRICK BLVD. CRIT
RODALE FITNESS PARK CRIT
VOLUNTEERS NEEDED

Thank you to all of those
who helped make the Emrick Blvd. Criterium a success.

We had 214 racers participate.
We paid out around $1200 in prizes to winners throughout the day. Special thanks to the volunteers that kept the day safe by marshaling the course: Dave & Roberta Kates, Chris V, Bill Kalman, Joe Murphy, Mark Zappe, and non-LWA member Ellen Dorsey.

Next up is the Rodale Fitness Park criterium on August 3 beginning at 8:30 am. We will need someone to manage registration the day of the event. Registration opens at 7:30 AM and closes at 2. Sallie will be officiating the MidAtlantic Bike Racing Assoc.'s regional championships on both Aug 2 & 3. Please contact Sallie at LWA.info@gmail.com if you can help Aug 3.

As always, we greatly appreciate the support of each of our members, especially our volunteers. Without volunteers our club would fail. Thank you.

Sallie Urffer VP of Racing

LWA PICNIC
SATURDAY, AUGUST 9

The annual LWA picnic will be held on Saturday, August 9, 2014, from 12:00 PM to 4:00 PM at Covered Bridge Park, 2479 Wehr Mill Road, Allentown. The morning of the picnic will feature rides of varying lengths and difficulty followed by the club picnic at noon in Pavilion #1 nearest to the park parking lot.

Please bring a covered dish or dessert. The club will provide drinks, burgers, hot dogs, etc.

Rain date is August 10 in Pavillion #2.

Jack Helfrich LWA President

JDH PRESIDENTIAL LIBRARY UPDATE

Located in 'The Barn at the Velodrome', in the west end of Trexlertown, the JDH Presidential Library has been experiencing rapid expansion in the weeks since its recent ribbon cutting and grand opening celebration.

Thanks to several significant donations from some of our well-heeled members, there are now several sections in the library. There is even a DVD available. I am brushing up on the dewey-decimal system and considering purchasing a card catalog.

If you want a book, they are free for the taking. Got some dusty olde cycling tomes kicking around? Just drop them off. The barn is always open - just walk in and turn left to access the library.

The following books are currently available;

Cycling the Mediterranean
Take a Ride on the Green Side
25 Bicycle Tours on Cape Cod and the Islands
Cycling the Rhine Route
Mountain Biking in Jim Thorpe
Short Bike Rides Eastern PA
Best Bike Rides NY NJ PA
PA Bicycle Riders Manual
Bicycle Science
Bike Racing 101
Bicycles & Tricycles by Archibald Sharp
Tour de France Companion
Cycling in Quebec
25 Bicycle Tours in Vermont
Complete Book of Road Cycling Skills
Lance Armstrong Performance Program
DVD Mt. Washington Auto Road
Boy Racer by Mark Cavendish
(will be available when I am finished reading it.)

Jack Helfrich LWA President

Ron Helmuth checks out the JDH Library Collection
BIKE HELMETS

ANOTHER POINT OF VIEW

I am well aware of helmet limitations, and I do not wear a cycling helmet 100% of the time myself. I do other sports that call for helmet use as well (skiing, rock climbing and windsurfing), and I am not 100% helmet with these either. My skiing is 99.9 helmet though. People I knew have died from head injuries doing my favorite sports because that would not put a lid on. Due to my profession I have seen head injury victims, and I know how tragic a head injury can be. Yes, helmets are far from being perfect, and there is a lot of work to be done in this department. I believe, however, that instead of finding controversial reasons not to wear a helmet, we should pressure manufacturers and lawmakers for more research and better products.

There is already advance work being done on helmets that address rotational forces affecting the brain that happen with cycling falls. There are also experiments with head air bags for cyclists. Progress will eventually render products that will be as effective as seat belts, car air bags, or avalanche air bags for back country skiers. It will not happen, however, if we as cyclists decide that protecting our heads is not cool and makes us unsafe on the road.

As far as group rides, let’s leave the rules to organizers and leaders. I do not see anybody having a problem with not accepting mountain bikes on road rides or road bikes on trail rides. I had a leader once who turned a guy down because he was using basket/clip pedals. I was using them once myself, and I would likely let the guy ride, but I was not the ride leader and it was not my call.

Do not like a ride? Do not get on it then and, better yet, organize your own ride with your own rules.

Enough said.

Adam Muzalewski

UPCOMING RIDES AND EVENTS

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

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 info@princetonfreewheelers.com.
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 Hershey Park 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

LWA WELCOMES NEW MEMBERS

New Members (June 2014):

- Walter Korpacz
- Gene Traupman
- David Woodruff
- Diane Lynch
- Monroe Berger
- Elodie Burlet
- Beth & Chris Wubbolt

June 2014 Membership Data:

- Individual ~ 218 (+3)
- Family/Household ~ 74 (no change)
- Units ~ 292 (+3)
- Total ~ 360+ (-3)

Apologies in advance for any redundancies, errors or omissions.

Richard Baldock & Rob Smith
2014 Membership Administration

LWA MEMBERSHIP RENEWAL

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

2014 WORLD SERIES OF BICYCLING
VALLEY PREFERRED CYCLING CENTER

<table>
<thead>
<tr>
<th>JULY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>No Racing Scheduled</td>
</tr>
<tr>
<td>11</td>
<td>Tandemonium/ Women's Open</td>
</tr>
<tr>
<td>18</td>
<td>Keystone Cup</td>
</tr>
<tr>
<td>25</td>
<td>U.S. 10 Mile Championship</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AUGUST</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>The Golden Wheel Race</td>
</tr>
<tr>
<td>8</td>
<td>International Omnium Championships</td>
</tr>
<tr>
<td>15</td>
<td>Rodale Corporate Challenge</td>
</tr>
<tr>
<td>22</td>
<td>Air Products Championships</td>
</tr>
<tr>
<td>29</td>
<td>Madison Cup</td>
</tr>
</tbody>
</table>

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

G Mack QR Editor

LWA FINANCIAL
JULY 2014

Touring Division -- For the first 5 months of 2014, the Touring Division continues to incur normal yearly cost such as Insurance, Velo Barn Rental, Spring Kick Off Dinner, etc. Year to Date expenses are tracking close to budget; however, membership dues are approximately $1.3K ahead of budget. The higher Dues Income simply a "timing" issue since membership levels are very close to budgeted levels. Over the next several months, expenses should exceed income as the LWA starts preparing for the Gap Gallop and Donut Derby events. These 2 events are key revenue generators for the Club.

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 $10.6K. This represents a $0.5K increase from April 2014.
Ytsma Donation Reserve $1.0K included in the $10.6K Touring cash balance.

Racing $12.9K. This is a $0.5K decline from April 2014.

Please see the p.8 for additional details. If there are questions or if you need additional information, please let me know.

Dave Sheffield LWA Treasurer
QRQ OF THE MONTH
JULY 2014

The QRQ of the Month for June was to provide a caption for the following “cycling” related photo, submitted by Terry Terfinko and taken on a recent visit to England.

"Lance's new strategy for beating drug tests”
Eric Bellucci

"Cyclist arrested for spending more on energy bars than on his child's food.”
Kathy & David Moser

The QRQ of the Month for July is to again provide a caption for the “cycling” related photo found below.

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

G. Mack QR Editor

The photo generated a remarkable number of responses by club members considering the generally dismal attention given to this column; therefore, the QRQ remains alive for at least one more month.

'Jack?'
Jack Helffrich

"They say cycling helps you lose weight"
Andrea

"Over my dead body will you find me riding stoker on a trike with a basket."
Brian Wacik

"Testing a new Bone-trager component”
M. Minkoff

"My stoker is a real bonehead”
Ignatius J. Reilly

LWA CLASSIFIEDS

<table>
<thead>
<tr>
<th>ARTICLES FOR SALE</th>
<th>WANTED</th>
<th>FOR RENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>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 <a href="mailto:dick.mccreight@juno.com">dick.mccreight@juno.com</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

LWA QUICK RELEASE JULY 2014
LWA Financials
May 2014 YTD

<table>
<thead>
<tr>
<th>Income</th>
<th>Touring</th>
<th>Racing</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dues &amp; Race Income</td>
<td>$3,260</td>
<td>$643</td>
<td>$3,903</td>
</tr>
<tr>
<td>GG &amp; DD</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Other Income</td>
<td>933</td>
<td>280</td>
<td>1,213</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>4,283</strong></td>
<td><strong>923</strong></td>
<td><strong>5,206</strong></td>
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<table>
<thead>
<tr>
<th>Expenses</th>
<th></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Advertising</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>GG &amp; DD</td>
<td>380</td>
<td></td>
<td>380</td>
</tr>
<tr>
<td>Touring Rides (ES &amp; Amish)</td>
<td>192</td>
<td></td>
<td>192</td>
</tr>
<tr>
<td>Grill &amp; Chill</td>
<td>276</td>
<td></td>
<td>276</td>
</tr>
<tr>
<td>Cth Social Events</td>
<td>736</td>
<td></td>
<td>736</td>
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<tr>
<td>Insurance</td>
<td>1,576</td>
<td></td>
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<tr>
<td>Donations &amp; Gifts</td>
<td>100</td>
<td></td>
<td>100</td>
</tr>
<tr>
<td>Race Permits &amp; Insurance</td>
<td>573</td>
<td></td>
<td>573</td>
</tr>
<tr>
<td>Racing Expense</td>
<td>2,503</td>
<td></td>
<td>2,503</td>
</tr>
<tr>
<td>Race Officials</td>
<td>500</td>
<td></td>
<td>500</td>
</tr>
<tr>
<td>Barn Rental</td>
<td>600</td>
<td>450</td>
<td>950</td>
</tr>
<tr>
<td>Web, Meet Up &amp; GPS</td>
<td>242</td>
<td></td>
<td>242</td>
</tr>
<tr>
<td>Affiliated Dues</td>
<td></td>
<td>153</td>
<td>153</td>
</tr>
<tr>
<td>Other (incl Paypal fees)</td>
<td>368</td>
<td></td>
<td>368</td>
</tr>
<tr>
<td><strong>Total Expense</strong></td>
<td><strong>4,366</strong></td>
<td><strong>4,239</strong></td>
<td><strong>8,605</strong></td>
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</table>

<table>
<thead>
<tr>
<th>May (Month)</th>
<th>Major Cash Flow Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dues &amp; Other Income</td>
<td>492</td>
</tr>
<tr>
<td>Grill &amp; Chill &amp; Annual Picnic (Donations)</td>
<td>(38)</td>
</tr>
<tr>
<td>Gap Gallop and Donut Derby (Insurance)</td>
<td>(130)</td>
</tr>
<tr>
<td>ES Md Ride &amp; Other Special Events</td>
<td>(20)</td>
</tr>
<tr>
<td>Rider Leader's Meeting/Lunch</td>
<td>(52)</td>
</tr>
<tr>
<td>Racing Income</td>
<td>130</td>
</tr>
<tr>
<td>Racing Expense</td>
<td>(388)</td>
</tr>
<tr>
<td>Race Officials</td>
<td>(203)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>(216)</strong></td>
</tr>
</tbody>
</table>

| Total Operating Income      | $5 (83) | $(3,316) | $(3,399) |
| May YTD Budget              | $(970)  | $167     | $(803)   |
| **Budget Variance**         | **$887**| $(3,483) | $(2,596) |

MEMBER PIC PAGES

LWA QUICK RELEASE JULY 2014 8
LWA Discount Sponsors

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

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

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

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

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

**Curt’s Cyclery**  
Route #248  
Nazareth, PA  
610-759-5134  
[info@curtscyclery.com](mailto:info@curtscyclery.com)

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

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

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

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

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

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

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

**Village Bicycle Shop**  
7 South Village Circle  
Reinholds, PA 17569  
610-742-4786  
[gs391@verizon.net](mailto:gs391@verizon.net)