OUTSTANDING OCTOBER
SAYS THE PREZ

I was wondering if there would be an appropriate follow-up to our Amazing August and Spectacular September. Turns out we have been enjoying an Outstanding October.

We started the month off right with Dave Drummer's "Best of the Wurst" ride on October 1. As always, Dave led a great ride and hosted a great party on his deck afterwards. I have been told that what happens on the deck stays on the deck, so that's all I have to say about that.

Two days later, a group of LWA cyclists rode out past Virginville to experience the Fairview Flyers Radio Controlled Jet Rally. In the middle of a forty-four mile ride, we had a great time watching the pilots fly an assortment of radio controlled jet planes. This appears to be another of those hobbies that is much more expensive than cycling.

Terry Terfinko led a ride out to Oley, one of our favorite destinations, and two days later Neil Dicker hosted his Polka Dot Jersey Birthday Ride (and party). And yes, there was climbing.

On the 12th, Carl Zvanut led a beautiful Sunday afternoon ride out through Hawk Valley, sharing some of the roads used by Bicycling Magazine for their self-described Fall Classic. We did some evaluation of their 'Classic' during a rest
OUTSTANDING OCTOBER, cont. from p.1

stop at Wanamaker's General Store.

Let’s see, the LWA Gap Gallop has been around longer, has much better munchies, nicer volunteers, a more scenic route, more mileage options and costs fifty bucks less. Sorry, but we definitely have the classic, classy event.

Recently, I've been transitioning into mountain biking as the weather gets cooler. Brian Freed showed a friend and me the trails at Nockamixon on a crisp and colorful fall day last week. A sincere "Thank you" to the Valley Mountain Bikers (www.bikevmb.com) for doing a great job of creating about nine miles of fun. It was so much fun, I went back there yesterday with friends (see TAKE 2 below).

Brian and I also did an impromptu ride in Jordan Park last week, and this has me thinking about getting over to South Mountain, Lehigh, Jacobsburg and Trexler Nature Preserve and Walking Purchase Park. It’s fun just waiting to happen.

So yes, outstanding. Even our monthly meeting was enjoyable.

And there’s lots more great riding to be done this year. Grab one of your bikes and get out there.

Jack Helffrich   LWA President

LWA ELECTIONS 2014

The annual election of officers and board members of the Lehigh Wheelmen Association will be held on December 7, 2014, at 7:00 PM at the LWA Holiday Party at the Green Pond Country Club, 3504 Farmersville Rd., Bethlehem, PA, 18020. As established in the LWA Constitution & By-laws, the election will be held at the last monthly membership meeting of the year. This meeting follows dinner at the annual holiday party, and all LWA members in good standing are encouraged to attend. You do not have to sign up for the dinner in order to vote.

The following individuals have been nominated by the nominating committee:

President.............................David Sheffield
Vice President of Touring.......Paul Smith (incumbent)
Vice President of Racing........Sallie Urffer (incumbent)
Secretary.............................Torie Loven (incumbent)
Treasurer............................Tina Lawrence
Board Member.......................Carl Zvanut (2 year term)
                                    Dick McCreight (2 year term)
                                    Glenn Davis (1 year term)

In addition, nominations will be accepted from the floor at that time.

Jack Helffrich   LWA President (for now)

OUTSTANDING OCTOBER
TAKE 2: A TALE OF THE TRAIL

So we went mountain biking at Nockamixon today. I forgot to take a trail map and when we arrived at the trailhead, I asked my friend Bob to get one from the kiosk. When he returned, he handed me this.

Not what I had in mind.
Perhaps I should stick to road riding.

Jack Helffrich   LWA President

another turtle saved by cyclist
A TALE OF A BROKEN SPOKE
AND A GOOD SAMARITAN (MENNONITE)


A few days before my birthday, I posted a bike ride on the LWA website to Daniel Boone Homestead, planning once again to ride my age in miles. Nine of us met at the Velodrome and headed southwest on a beautiful, calm, warm, and mostly sunny autumn morning.

About twelve miles out, as we were entering Bowers, I heard an unusual noise from a bike behind me, followed by the dreaded shout, "Mechanical." We spun around to find out what had happened and to whom, or more precisely, to whose bike. Roy Derr had hit a pothole and broke a spoke on his front wheel, a Mavic, the type that has only 18 aluminum spokes. Whether because of the wheel design or the force of hitting the pothole, the wheel went way out of true. Our designated mechanic, Tim Reilly, immediately took charge. He loosened the front brake to provide more clearance. He attempted to tighten the opposing spokes. He pressed on the rim in an attempt to straighten it. He muttered a few incantations to the wheel...some unprintable in this newsletter. All to no avail.

Meanwhile, Sylvia had phoned the nearest bike shop, The Sleeping Dog, in Topton, where coincidentally, she had purchased her bike and knew the owner. He answered the phone, but the shop was closed on Monday, and, besides, he was out on a bike ride.

As our available options diminished, it appeared that Roy was done riding for the day. We discussed alternatives, the most desirable of which seemed to be calling his brother to come and rescue him.

As we deliberated, Jessica, a young Mennonite girl, attired in a cotton dress and a hair net, came out from a nearby farmhouse and asked what was the problem. When we explained the situation, she very generously offered to loan Roy the front wheel from her bike. As she walked back into the house to get her wheel, I imagined a fat, 26" balloon tire on a chrome plated steel rim which would be nothing close to what would fit on Roy's bike. We were all pleasantly surprised when she brought out a 700c tire and rim that fit perfectly into Roy's front fork. Somehow even the blue color of the rim seemed to match the paint on Roy's Colnago. The stars were truly in alignment, though his wheel was not.

We thanked her profusely and Roy left his disabled wheel with her, along with his promise to drive back later in the afternoon to return the loaner and pick up the damaged rim. Heading up the hill to Dryville, the road seemed a little smoother, the sun a little warmer, the climb not quite as steep.

The rest of the ride to Daniel Boone and back was uneventful, (OK, the ride leader forgot to verify that Daniel Boone was open on Monday. It was officially closed, but the gate was open and the rest rooms were unlocked.), and the ice cream at the Oley Valley Turnpike Dairy on the way back was especially tasty.

We sent an LWA tee shirt along back with Roy for Jessica as a small token of our appreciation. And, yes, I had a happy birthday.

Jack Helffrich  LWA President
A CRASH, A HELMET, A REFLECTION, A THANKS

I am the guy who crashed at this year’s Gap Gallop. I could not see a pothole that yanked the handlebars from my hands and put my left side to the pavement. My head hit pavement, and it, my head in a helmet, kept sliding on blacktop for a good number of yards since I was going pretty fast. The left side of the helmet was compressed and the outer layer was melted from sliding on pavement.

If not for the helmet, that crash might have killed me; if not, I likely would have been concussed, and certainly I would have required reconstruction of half of my face and perhaps even a glass eyeball. If you’re in doubt about the possible extent of my injuries without a helmet, put half of your face down to the pavement and hold onto a rope as you’re being dragged by a car that’s going 15 MPH for about 20 - 30 yards and let me know how you’ve made out. Helmets can protect you not just from concussions; they can also help to avoid other catastrophic head and face injuries.

I have been riding for over 40 years and have done the most dangerous and stupid things on a bike early on without wearing a helmet. Actually my personal speed descending record is from the time of no helmets and clipped pedals (also known as foot death traps). How did I survive? I was lucky like many others, but I cannot say that about everybody that I have known. Are helmets idiot proof and guarantee no injury? Of course not. But, so neither are seat belts, air bags, brakes, traffic lights and traffic laws in general. Does that mean, however, that we should get rid of stop signs, speed limits and let people drive as they please? Would you want to ride a bike in such a place?

A big thank to those LWA cyclists who assisted me after my crash and took me back to my car. In addition, I am very grateful for the LWA policy of mandatory helmet use on organized rides since wearing a helmet likely spared me from a severe head injury and certainly let me avoid reconstructive surgery of half of my face.

Adam Muzalewski

Editor’s Note:
Lehigh Wheelmen Ron Helmuth, Pete Glogovsky, Lenni McGuire and Jack Helffrich stopped to assist Adam shortly after he crashed and can attest to the crash details and also the condition of Adam’s helmet after the crash.

GMack QR Editor

LWA HOLIDAY PARTY
DECEMBER 7, 2014

The Lehigh Wheelmen will celebrate the Holiday Season with a dinner dance on Sunday, December 7, at Green Pond Country Club, Bethlehem. Festivities will commence with a cocktail party & cash bar at 5:30pm followed by a sit-down dinner at 6:30pm. After dinner fellow cyclist, Eric Rigler, will provide us with music for dancing!

The cost for current LWA members is $20.00 per person. Guests may attend at a cost of $40.00 per person. Reservations will close on November 23rd!

To more information and to register click here:
http://tinyurl.com/p7xwuyr

to just register click here:
https://www.bikereg.com/26079/LWA-Holiday-Party-Bethlehem-PA

Debby Terfinko
LWA ELECTIONS 2014

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                              Dick McCreight (2 year term)
                              Glenn Davis (1 year term)

In addition, nominations will be accepted from the floor at that time.

Jack Helffrich       LWA President (for now)

WELCOME NEW MEMBERS

Troy Painter
   Bryan, Lisa, Emily & Olivia Nyce
   Donna Knight

MEMBERSHIP UPDATE

Individual ~ 218
Family ~ 74
Units ~ 292

Total (Minimum) Members ~ 366+

Apologies in advance for any errors, omissions, or redundancies.

Richard Baldock       Membership Administration
Rob Smith

TUBELESS ON A TRAIL:
FIX A FLAT 101

A couple weeks ago, on the D&L trail between Bethlehem and Easton, my rear tire picked up a nail and deflated. Patch kit rubber cement was dry, and as I inflated my one spare tube, it popped from being pinched between the rim and tire. That bit of carelessness resulted in my having to walk for an hour to Riverview Park where I hitched a ride to a bike shop to buy a new inner tube.

Later that evening, still somewhat humbled by that experience, I came across a video titled: "No More Inner Tubes? How To Get Home - GCN's Roadside Maintenance Series"

http://tinyurl.com/youtube-fixaflat101

Apparently a punctured road tube can be sealed by tying a simple knot in the tube to isolate the hole, and can then be used as a temporary fix. Never heard of this before, so I had to see if a knot in a bicycle tube will really be air tight. Turns out I could not get the knot tight enough to hold air - perhaps because I was using a thicker 35 - 45 mm tube, rather than a tube for a 700c road tire. However, by tightly winding an elastic band around the doubled up tube between the knot and the hole, the inflated tube did not leak.

(See pic attached, of the tube still holding air after a week)

The video also featured a spot on stuffing the tire with grass if all other attempted fixes failed. That reminded me of the time, some 30 years ago, when I retrieved a bike several weeks after it was stolen, to find a wheel and tire stuffed with paper.

Hansel de Sousa
THE BUFFALO BIKE

Does a 50 lb single speed bike sound appealing to you? Maybe not, but the 50 lb "Buffalo bike" offers the potential to change lives in third world countries. These bikes are assembled and distributed in a dozen African countries by World Bicycle Relief, a non-profit branch of bicycle component manufacturer, SRAM. Why Buffalo? World Bicycle Relief says, "Our bikes are built to be as tough as the fierce African buffalo, a symbol of strength and power; hence the brand name Buffalo bicycle." Each bike is designed to withstand five years of operation on the roughest African roads.

Buffalo Bikes are donated to students who previously walked 10 or so miles round trip to attend school each day. The bikes are also supplied to aid workers and medical teams to help them get to those in need. In addition these bikes, with a payload of 200 lbs can be purchased by farmers and businessmen to get product to market. Mechanics are trained by World Bicycle Relief to assure that the bikes keep rolling. And perhaps the most amazing part: each bike costs only $134!

Visit www.worldbicyclerelief.org/mobilizeme2013 to see how Buffalo bikes impact lives in Africa.

The Lehigh Wheelmen Board voted at the September meeting to fund three bikes in 2014 to be donated by the World Bicycle Relief organization. In addition we plan to add $1 to the 2015 Donut Derby and Gap Gallop registration fees to be donated to World Bicycle Relief, and LWA will offer riders the option of making larger donations if they so choose. We encourage LWA members to donate as well at www.worldbicyclerelief.org/donate. We'd love to track the number of bikes purchased by LWA and its members so if you make a donation on your own, please drop a note to dickmcc@ptd.net to let Dick McCreight know the amount of your donation (we're only tracking amounts donated, not names of those who donate).

Thanks, LWA, for sharing our love of bikes beyond our borders and making a difference in our world.

Dick McCreight LWA Board Member

WALKING AND RUNNING NEWS

Women's 5K Classic (Saturday, 10/18/14)

Lenni Maguire finished 3rd overall out of 1916 finishers in the Competitive 5K Walk in 30:16 (9:46 per mile). She is a former winner and multiple runner-up.

Additional participants in the various events included Kris Rigler, Maureen Porter and her daughter Tricia, Valerie Ryder, and probably other LWA members, plus additional family members and friends.

Richard Baldock volunteered for the 19th consecutive year.

Pittsburgh Great Race 10K (Sunday, 9/28/14)

Richard Baldock completed the 37th edition of the 10K in a time of 56:47 (9:08 per mile), and remains one of the 23 who have completed the race every year since its inception. Richard's wife, Valerie Ryder, completed the 5K walk for approximately the 20th time, and Richard's daughter, Meredith Baldock, completed the 10K for the 7th time.

Richard Baldock LWA Membership

LWA CLASSIFIEDS

ARTICLES FOR SALE

<table>
<thead>
<tr>
<th>Gray 9.5/9.5 wheel set, high modulus carbon, tubular 95mm</th>
<th>$800.00 obo</th>
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<tbody>
<tr>
<td>David West</td>
<td>610-841-2853</td>
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WANTED

FOR RENT

<table>
<thead>
<tr>
<th>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></th>
</tr>
</thead>
</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
BIKE FOR THE BRIDGE
NOVEMBER 8, 2014

Calling all LWA trail riders. Join us for the last ride of the season! Show your support for completing the D&L Trail!

Jim Thorpe, PA Saturday, November 8th

The pedestrian bridge at Jim Thorpe is a critical connection linking all five counties of the D&L Trail. It's a big project that needs your BIG support. The completion of the bridge will create 130 miles of continuous trail.

All proceeds will benefit the building of the pedestrian bridge. This project will help complete the D&L Trail as it crosses the Lehigh River from historic downtown Jim Thorpe to the Lehigh Canal Towpath and Weisport Trailhead.

Registration: $29, or $45 with bike rental.

Call 1-800-944-8392 to reserve your space.

Riders will enjoy biking the D&L Trail from one of our newest trailheads in Luzerne County. From there we will pedal through the Lehigh Gorge, past Rockport and Penn Haven Junction to historic downtown Jim Thorpe. We’ll ride along the Lehigh River and some of the most scenic mountains of northeastern Pennsylvania. Bike for the Bridge will bring riders together to enjoy this beautiful landscape and support a good cause. Please join us on one of the last big bike rides of the season.

We know you expect the D&L Trail to be easily accessible, convenient and provide a great outdoor experience. This ride is fully supported with bike techs and water stations. Riders, and their bikes, will be shuttled from downtown Jim Thorpe to their starting destination.

Choose your option for this ride:

36 miles from Black Diamond Trailhead to Jim Thorpe (10 a.m. start)
15 miles from Rockport to Jim Thorpe (12:30 p.m. start)

To register for this event, please call Pocono Biking to reserve your spot:
1-800-944-8392

(Online registration is not available.)

For more information, please visit our website: http://poconobiking.com/events/bike-for-the-bridge/

The response generated from LWA members was rather picayune, as is often the case; therefore, the future of this column or feature is again in jeopardy. Thanks to the few club members who thought the photo deserved a caption.

“Maybe I can buy a pair of riding shoes with this!”
Joe Zenz

“Now, where did I put that extra tube?”
Ignatius J. Reilly

“How do I get this damn Garmin to figure out where I am?”
Myrna Minkoff

The QRQ of the Month for November is to again provide a caption for a “cycling” related photo:

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

GMack QR Editor
BRAGGING RIGHTS
HOW MUCH DOES THAT THING WEIGH?

The QR, in my tenure, has had many articles about bike weight and the quest for the lightest frame, lightest components, lightest fully-built bike. The QR has also featured articles about the broken “plastic” frames, aka carbon fiber, that accompany that quest. Professional cycling teams, as in teams featured in Le Tour, seem rather reluctant to share the number of frames that “disintegrate” on major impact with the pavement. The QR has also featured at least one article about the relatively insignificant gains that a cyclist can achieve by having the “lightest bike on the block,” but the quest goes on.

Recently I, QR editor and cyclist but not cycling website addict, was informed on a ride by a fellow cyclist with many bikes, many classic, wishing to remain anonymous, that there is, indeed, a website dedicated to lightest bikes with lightest components, and a gallery of bikes built or contract built by cyclists to reach the pinnacle, rather dubious, of having the lightest bike on the block.

So, here ‘tis.

http://weightweenies.starbike.com/

GMack  QR Editor

LWA PHOTO CONTEST

[Image]

see larger image on LWA MEMBER PIC PAGES

Congratulations to Kris Rigler, Terry Terfinko, and Rich Ferrara who correctly identified Dave Drummer and Bill Derby as the riders hiding in the photo above.

I am awarding the winner’s prize to Rich Ferrara, who also correctly identified himself as the second person from the left, pointing out that, since he has not been riding with us recently, this was possibly more difficult than naming the other two. At least for those of us who are not actually Rich Ferrara.

Jack Helffrich  LWA President (at least for now)

RESPONSE FROM THE PHOTO CONTEST WINNER

I am so pleased to win this prestigious contest.

Now I have even more reason to take a day off and join a you all on a Wed/Fri ride because I want to collect my prize from President Jack.

PS: I really do miss riding with you all.

Rich Ferrara

LWA FINANCIAL NOVEMBER 2014

Touring Division -- YTD Touring Division is $3.2K favorable to budget due to successful Donut Derby and Gap Gallop events (profit $2.2 +$2.7 = $4.9K). All other income and spending items are close to budget. With the exception of the LWA Holiday Party (~$2K net expenses), I expect the 4Q expenses will be near $1K (including the Africa Bike contribution approved at last month’s meeting). We should end the year approximately $2K favorable to budget with a solid $13K cash balance to start 2015.

Racing Division -- The racing season is winding down and had no financial activity in Sept. This LWA division will finish the year close to their 2014 budget and in a strong cash position.

Cash Balances:
Touring $16.7K. This represents a $0.2 increase.
Ytsma Donation Reserve $1.0K included in the $16.7K Touring cash balance.

Racing $15.2K.

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

Dave Sheffield  LWA Treasurer
## LWA Financials

### Sept 2014 YTD

<table>
<thead>
<tr>
<th>Income</th>
<th>Touring</th>
<th>Racing</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Dues &amp; Race Income</td>
<td>$5,060</td>
<td>$11,135</td>
<td>$16,215</td>
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<tr>
<td>GG &amp; DD</td>
<td>13,635</td>
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<td>13,635</td>
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<tr>
<td>Other Income</td>
<td>2,322</td>
<td>610</td>
<td>2,932</td>
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<tr>
<td><strong>Total Income</strong></td>
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<td><strong>11,745</strong></td>
<td><strong>32,782</strong></td>
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<table>
<thead>
<tr>
<th>Expenses</th>
<th>Touring</th>
<th>Racing</th>
<th>Total</th>
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<tr>
<td>Advertising</td>
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<td>1,500</td>
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<tr>
<td>GG &amp; DD</td>
<td>8,724</td>
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<tr>
<td>Touring Rides (ES &amp; Amish)</td>
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<td>375</td>
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<tr>
<td>Grill &amp; Chill</td>
<td>666</td>
<td>-</td>
<td>666</td>
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<tr>
<td>Other Social Events</td>
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<td>1,181</td>
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<tr>
<td>Insurance</td>
<td>1,576</td>
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<tr>
<td>Donations &amp; Gifts</td>
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<td>100</td>
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<tr>
<td>Race Permits &amp; Insurance</td>
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<td>Racing Expense</td>
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<td>Race Officials</td>
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<tr>
<td>Barn Rental</td>
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<td>450</td>
<td>950</td>
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<tr>
<td>Web, Meet Up &amp; GPS</td>
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<tr>
<td>Affiliated Dues</td>
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<tr>
<td>Other (incl PayPal fees)</td>
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<td>574</td>
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<tr>
<td>Clothing (Socks)</td>
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<td>-</td>
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<tr>
<td><strong>Total Expense</strong></td>
<td><strong>14,929</strong></td>
<td><strong>12,704</strong></td>
<td><strong>27,613</strong></td>
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**Total Operating Income:** $6,108 ($1,039) $5,069

### Sept (Month) Major Cash Flow Items

- **Dues & Other Income** 350
- **Grill & Chill & Annual Picnic (less donations)** $(55)$
- **Gap Gallop and Donut Derby** 324
- **Meetup, Postage, misc expenses** $(146)$
- **Dues: League of American Bicyclists** $(100)$
- **Other Fee based rides** $(83)$
- **Racing Income** 0
- **Racing Expense** 0

**Total** $290

### 20-Sep-14

#### Assets:

- **Touring Checking Acct** $10,678
- **Ytsma Safety Course Balance** $1,000
- **Touring Savings Acct** 5,070
- **Racing Checking Acct** 15,200

**Total Assets** $31,948

---

*MEMBER PIC PAGES*
photo by Krzysztof Plotka
LOOKIN’ COOL, BUT NOT A HELMET!!!!
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 Cycles**
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
[email: 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
[email: gs391@verizon.net](mailto:gs391@verizon.net)

SUPPORT YOUR LOCAL BIKE SHOP