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THE PREZ SAYS:
HAPPY NEW YEAR LWA!

Well, we are definitely in the middle of winter, and I'm starting to look forward to warmer weather! This is a good time to relax, recharge your cycling batteries, and start thinking about Spring. However, just because it's cold outside, don't give in and become a couch potato. Spend some time on the trainer, join Chip Berezny's spin classes, take your trail bike on the D&L path, go for a hike or start cross country skiing. In fact, Paul Smith has scheduled a 4 day cross country skiing trip in the Lake Placid, NY area in early February.

Of course, there are some very dedicated LWA members who continue to do road cycling during the cold, chilly winter months (Dave, Maureen, Sylvia, Carl, Jack, Terry and others). So watch the LWA MeetUp notification and join us on some of the Jan. & Feb. rides. The Sheffields are expected to post the 3rd Annual Sheffy Chill & Grill in Feb. or early Mar.....so watch out for a sunny, 30°F day. We'll do a 20-30 mile ride and then have an indoor picnic. After all, it all about courage and cold weather gear!!

Winter is a great time to provide some tender loving care for your 2 wheeled best friend. So Dave Drummer and I teamed together to provide the following tips:

Brakes & Shifting -- Is your shifting sluggish or is your braking soft? If so, it is probably time to replace the cables.....and yes the cable housing. Most bike shops will advise you to change the shifter cables and housing once a year to maintain smooth performance. Dave Drummer notes that "it's a great idea to replace shift cables every year if you have Shimano
shifter, as they tend to fray in the shift lever”......If this happens, it is an expensive repair. Don't forget to check your brake pads.

Chain -- When was the last time you replaced the drive chain? Again this should be replaced yearly or approximately every 2,000-3,000 miles. Check out this link for more information on chains: http://sheldonbrown.com/chain.html

Tires -- Look them over. If you see "thread bare spots" or if the tread is starting to crack, then it is time for new tires. Look closely for glass or metal shards. If they are small and not too deep into the tread, they can be successfully removed.

Headset - Make sure your headset and handlebar stem are tight.

Lube - Lube your chain, derailleurs, brake levers, etc. etc.

Wheels - Make sure they are "true." If you need help, visit your local bike shop or give Al Sheaffer a call. He has a reputation as one of the best wheel mechanics in the area.

Wash - Yes, your 2 wheeled friend does need a bath from time to time with soap and water. A coat of car wax will make it shine like new.

Looking forward to 2015, the LWA officers got together in early January to start planning for another exciting LWA cycling year! Jack has speakers for the next 3 club meetings including First Aid Training in February. So mark your calendars for the 4th Weds. of the month.

We also selected dates for our key LWA special events:
- Rider Leaders Kick Off training & Lunch - 21 March
- Annual Picnic - 1 August
- Donut Derby - 7 September
- Gap Gallop - 20 September
- Holiday Party - 6 December. Dinner, Awards and lots of Dancing!

Thanks to all of the LWA volunteers who contributed to a successful 2014 and I sure look forward to a fun year of cycling with my LWA friends.

Dave Sheffield
LWA President

In appreciation for their generosity, LWA President Dave Sheffield presented the Balliet’s with a certificate to be our guests at the 2015 holiday party in December.

SMC HOSTS
LWA MEETING

The LWA monthly meetings in 2015 got off to an excellent start on January 28 at South Mountain Cycles (SMC) in Emmaus. Shop owners Chad and Heather Balliet hosted the meeting and provided a buffet dinner for over thirty club members. Following the meal, an in-depth and entertaining presentation was made by SMC mechanics Mark Taylor and Peter Hall, and Giant representative Levi Olsen. Topics include tires, chains and cable maintenance and the current state of the bicycling industry and frame construction.

Despite the cold wintry weather, it was fun to think about summertime and days of bicycling. Peter reminded everyone that NOW is the time to get your bike in shape, especially if that means a visit to your Local Bike Shop - LBS. Don't wait until the first warm day of spring when the shops are busiest, and you will have to wait days until your bike is ready. Take care of your bike's tires, chain, cables and handlebar tape now, and you will be ready to ride when the warmer weather arrives.

A reminder that next month’s meeting will be held at the Brass Rail on Lehigh Street. Meet for dinner at 5:45 PM, followed by CPR/ADE training at 7:00 and the business meeting at 8:00. Earl Ostrander will once again be doing the training, which is always informative and entertaining. There is no charge to members for this, but donations will be gladly accepted. This meeting will be held in conjunction with the Windward Sailing Club. Mark your calendar, RSVP on Meetup, then come out for a good time of fun and fellowship.

See you there.

Jack Helfrich
LWA Event Coordinator
RACE OFFICIALS CLINIC
FEBRUARY 8, 2015

If you love bicycle races and have wondered how to become part of the officiating crew, USA Cycling and PA Cycling will be holding an officials clinic on Sunday February 8, 2015 at LVHN Muhlenberg on Schoenersville Rd, Bethlehem.

If you are interested, please visit USA Cycling FAQ at https://www.usacycling.org/frequently-asked-questions-for-officials.htm and contact Sallie Urffer at sallie.pedals@gmail.com

We need new officials to keep bicycle racing in PA vibrant.

Sallie Urffer
VP Racing

LWA RACING STARTS IN MARCH

Racing begins in March every Sunday 12-3ish. We will need volunteers for corner marshaling and registration. If you or a friend are willing to assist us, please contact Sallie at sallie.pedals@gmail.com. Your help is needed to have the events!

Sallie Urffer
VP Racing

LWA TOURING RESULTS
DECEMBER 2014

We've completed the first month (Dec 14) of our LWA Touring ride-year with an amazing 19 rides and 128 riders participating. Thanks to our top ride leaders: Richard Baldock with 10 rides/33 riders, Jack Helfrich with 2 rides/29 riders, Art Hunsburger with 2 rides/23 riders and Maureen Porter 1 ride/20 riders.

Ride leaders, remember our new procedure for reporting rides. E-mail the date and number of riders (including yourself) to lwarideleader@ptd.net, and drop the ride sign-in sheet in the mailbox on the door of the LWA locker in the velo barn.

Dick McCreight
LWA Board

LWA WEEKEND ON THE EASTERN SHORE

Friday, April 17, 2015 2:00 PM to Sunday, April 19, 2015, 3:00 PM

Comfort Inn
8523 Ocean Gate Highway, Easton, MD

The annual LWA three days of riding on the Eastern Shore. More details will be posted on MeetUP and in the QR as the event gets closer.

LWA CYCLING WEEKEND
CORNING, NEW YORK

Friday, May 29, 2015 2:00 PM to Sunday, May 31, 2015, 3:00 PM

Hampton Inn Corning/Painted Post
248 Town Center Rd, Painted Post, NY

A new destination for a LWA out of area event. Rides will be scheduled Friday, Saturday, and Sunday. Saturday's ride will go to Watkins Glenn. Opportunity to visit the Corning Glass Works Museum. More details will be posted on MeetUP and in the QR as the event gets closer.

Paul Smith
VP Touring

STRANGE STUFF: HELMET WATER BOTTLE CAGE

Looking more like a Monty Python prop than a real cycling accessory, check out the helmet mount water bottle cage. Water on the brain???

"Combining head protection with hydration is so obvious that it's amazing that no one thought of it before."
http://nordicgroup.us/cageboss/#Helmet_Mount_Bottle_Cage

GMack
QR Editor
2015 JUNIATA BIKE WEEKEND

The 2015 Juniata Bike Weekend is Friday, May 1, to Sunday, May 3, and once again we'll be experiencing the beauty, variety, and hospitality of central PA.

As in previous years we'll leave the Lehigh Valley at 8 AM Friday for the 2 hour drive to the Cabin, to start the first ride at 11 AM. We'll return to the Lehigh Valley early Sunday evening.

We'll enjoy elements from years past -- a stop at Andrew Zimmerman's Bike Shop, dinner one night at the Bread of Life, and another on the banks of the pond, catfishing, the Crème Stop, a bonfire. New this year will be Raccoon Valley (rained out last year), and a trip across the Susquehanna River on a paddleboat ferry.

The three days' rides are each 50, 60, and 42 miles, with moderate climbing (2200' to 3600'). Each day will have a shorter option of between 35 and 40 miles.

The routes have been carefully chosen to avoid high traffic areas. They go through Old Order Amish and Mennonite communities, through forest and farm and village, along rivers and streams, with magnificent vistas and breath-taking scenery, with nutrition breaks at quaint markets and delightful restaurants. The pavement quality on the roads is quite good, though there is some chip and seal.

Accommodations:
Up to 8 riders are able to sleep in the Cabin, and an additional 7 can set up tents at the Cabin. Shower and restroom facilities limit the number staying at the cabin.

For those preferring less rustic arrangements, The Bison Farm II, 717-694-3807, is a Bed and Breakfast several miles away, and will accommodate another dozen or so riders. The owners will reserve the entire BnB for our riders until April 1. (Brian says the plumbing problems from last year are fixed; there's hot water!). In addition to reserving your spot on the ride, you must reserve with the BnB if you plan to stay there. Should it be necessary, a Knight's Inn and an Econo-lodge 15 mins away could accommodate additional riders.

Meals:
Friday pre-ride snack: provided at the Cabin for all riders.
Friday lunch: At Jo Jo's in Millerstown, an Italian restaurant operated by Italian immigrants Joe and Irene, about an hour into the ride.
Friday Dinner: At Bread of Life, McAlisterville. Tasty and good value (cheap!).
Saturday and Sunday Breakfast: Provided for those staying at the Cabin.
Saturday lunch: On Main Street of Millersburg, across the Susquehanna.
Saturday Dinner: At the Cabin on the banks of the pond, a hearty meal for all riders.
Sunday lunch: Back at the Cabin, by Elena and her sister. Snacks, post-ride recovery drinks, bottled water, soda, and beer provided for all riders each day.

Cost:
Registration will be $140 for each person staying in the Cabin, $120 for those camping at the cabin and $40 for each rider staying at the BnB facilities, payable upon arriving at the cabin on Friday.

Lunches on the road (2) will be less than $10 each, and Friday dinner is less than $20, including tax and tip. The round trip ferry boat ticket is $8. Room costs at the BnB vary. We will share rides from the Lehigh Valley, and each rider should plan to either drive, or help with gas.

Other Information:
Ron and Elena Helmuth are the hosts of this ride. Elena and her sister Nancy will prepare the breakfasts, the Saturday dinner, and Sunday lunch.
The Cabin is owned by Elena's Sister and Brother-in-law. The Cabin has been a special get-away for the family for over 30 years, and we are fortunate that they allow us to stay there.

This is not an official Lehigh Wheelmen event. Rather, I am taking a weekend bicycling trip, and inviting some friends. I will coordinate the rides and meals, provide cue sheets for the long and short rides each day, and do my best to promote your safety. As bicyclists, you know the risks of riding, and how helpful a good attitude and good humor are on these ventures. There is no disclaimer form for you to sign. If I thought you would sue me, I wouldn't invite you.

I expect this trip to be oversubscribed. Get your reservation in early to me at 484-767-3711, or ron.helmuth@rcn.com .

Ron Helmuth
LWA Team Moots
Welcome New Members:
Ted Raftas
Gale Frietsche

Membership Notes:
Individual ~ 219
Family ~ 76
Units ~ 295
(Minimum) Total ~ 371
(Estimated) Total ~ 403

Membership Email:
Reminder: We communicate almost exclusively via email. Please make sure your email address is current. Not sure? Login and update if necessary. Problems? Contact membership!

Does anyone have a valid email address for any of the following?

George Carey (george@montco.net) ~ may not be valid
Bill Shirey (basketcase6666@comcast.net) ~ email confirmed as no longer valid
Earl Wuchter (earlw@enter.net) ~ email confirmed as no longer valid

Renewing or Joining:
Typically, when someone renews or creates an LWA membership, the database record for the member is updated accordingly, reflecting a new expiration date (for example, if a person renewed or joined on 2/02/2015, then 2/02/2016 would be the updated [or new] expiration date). Occasionally, on a random basis, the database record is not updated automatically. As a result, no email is auto-generated to alert Membership regarding this activity. The member’s PayPal payment is usually processed, and LWA usually receives its portion of the member’s dues from PayPal. If you have renewed or joined LWA recently (since November 2014) and have not received a current LWA membership e-card and welcome letter via email, please contact Membership so we can investigate.

A recent LWA Newsletter mentioned a Membership response time of 2 weeks; however, in practice Membership usually responds within 0 to 5 days.

Finally, if your membership has lapsed, please attempt to RENEW first (or contact Membership to verify whether your database record still exists). If you “RENEW” as a NEW member, you may end up with multiple database records, which causes problems and generates confusion (Membership is quite susceptible to confusion)!

Apologies in advance for any errors, omissions or redundancies.

Richard Baldock    Membership Administration
rv314159@rcn.com
Rob Smith
rbsmith@ptd.net

MANAGING YOUR MEMBERSHIP
A NEW YEAR REMINDER

Have you ever wondered when your membership expires? You could look on your membership card or check it on the website. Look for the membership menu on the left hand side of the screen under login. Select Renew Subscription.

The number of days remaining before your membership expires will be displayed. When the number of remaining days drops to 30, you will receive an Email notification from the website.

Membership cards will be e-mailed via PDF file within 0-5 days of membership Join/Renewal. If you do not receive a card after 2 weeks, contact Richard Baldock, Membership Officer. Email: rv314159@rcn.com

Richard Baldock    Membership Administration

EARLIEST BIKE PHOTO

Where did it all begin, your love affair with the bike? What’s the earliest photo you have of you and your wheels? Care to share? Send your pic to gbmack@ptd.net for inclusion in a future QR.

GMack on his first wheels

GMack
QR Editor
The QRQ of the Month for January 2015 was to provide a caption for the following “cycling” photo:

The response from LWA membership was rather underwhelming but not unexpected due to the rather uninspiring nature of the photo provided for a caption. In addition, of course, the limited response may have been due to club members who did not dare respond to the photo of a rider without a helmet. In any case, thanks to all who submitted a caption.

"My other bike is a Moots".
Dave Cincera

"Who needs training wheels?"
Myrna Minkoff

The QRQ of the Month for February 2015 is to again provide a caption for a “cycling” related photo below.

Submit your responses to the QR by February 20, 2015. Email to gbmack@ptd.net.

GMack QR Editor

LWA CLASSIFIEDS
FEBRUARY 2015

ARTICLES FOR SALE

For Sale- Cannondale EVO Di2 Hi Mod Dura Ace
Size 58. Perfect condition. Email- jpedals@gmail.com for info or pics. $4000

Tacx iMagic trainer with steering frame. Solid green head unit. Has the original iMagic and Fortius software, which is available for download free to version 2.3. Works well, comes with Polar HR strap. Can set it up if you want to try it out. $200. Bob 484.895.9299

WANTED

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 dickmcc@ptd.net

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 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 Cyclopedia**
Route #248
Nazareth, PA
610-759-5134
http://curtscyclopedia.com/
info@curtscyclopedia.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
email: smcbikes@ptd.net

**Spokes Bike Shop**
16590 Route 61
Hamburg, PA 19526
610-562-8900
www.spokesbikeshop.com

**The Velo Shop**
Valley Preferred Cycling Center
1151 Mosser Rd
Breinigsville, PA 18031
267-374-3915
www.theveloshop.net
info@theveloshop.net
Grand Opening: March 7, 2015

**Village Bicycle Shop**
7 South Village Circle
Reinholds, PA 17569
610-742-4786
email: gs391@verizon.net

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**SUPPORT YOUR LOCAL BIKE SHOP**