THE PREZ SAYS: COMPASSION, FRIENDSHIP, LESSONS LEARNED

“Spring has Sprung” and our LWA ride calendar is blossoming with a variety of rides thanks to our dedicated ride leaders. What could be better......

Compassion - On May 5, Mike Soliday, a long term member and past LWA President had a stroke while on an LWA ride. Fortunately, a medical doctor and a nurse were also on the ride, and they encouraged Mike to get immediate medical attention. They called 911, and Mike was transported to the LVH emergency room. Mike spent several weeks in the hospital in the Neuro Science Intensive Care Unit. I am pleased to report that Mike was released and is happy to be home. He is recuperating and has follow up visits with his family doctor and neurologist(s) in the weeks ahead. We are still not sure when he will be able to return to normal activities, so please keep Mike and Liz in your thoughts and prayers.

During the past two weeks, LWA membership responded with compassion by sending cards, by helping cut the Soliday’s grass and by covering for Mike’s LWA duties. In fact, Mike’s nurse said she’s never had a patient who received as many cards as Mike did over the past 2 weeks. The LWA had 14 volunteers cutting the Soliday’s 3 acre lawn. As the LWA president, I’m impressed with the club’s response.

See Mike’s response, p. 10.

LWA lesson learned: Group riding (vs. being a lone cyclist) is fun and also safer! If a rider experiences a medical emergency, there’s another LWA member who can provide help.

Friendship - In April, Paul Smith (VP Touring) scheduled the annual LWA Eastern Shore Weekend in Easton Md. This year had a special twist. Paul offered a 4 day pre-ride from Bethlehem to Easton. This ride was primarily on back roads and included a ferry ride from Cape May to the Delaware shore. We averaged about 65 miles/day and stayed at hotels along the way. Five LWA members teamed together for this pre-ride: Jack Helfrich, Paul Smith, Carl Zvanut, Dick McCreight, and Dave Sheffield. Karen Winkler provided SAG support and transported our luggage. What a way to start off the 2015 cycling season. While 65 miles/day early in the season is challenging, we still had lots of fun along the way. I truly value the friendship and experiences we shared over this 4 day event. Paul is considering offering a trip like this in 2016. If so, please join us. Thanks to Paul and Karen for 4 days of friendship and wonderful cycling.

LWA lesson learned: Support your local bike shop! During the ride to the ride to the Eastern Shore, I broke a spoke on a Shimano Ultegra wheel set.
THE PREZ SAYS, continued from p.1,

The spoke was a specialty Shimano item, a bladed spoke with a spoke nipple on each end. I didn’t have a spare spoke and the bike shops in the area didn’t have a Shimano replacement spoke. Harts Cyclery in Pennington, NJ, came to the rescue. They took a Mavic spoke, drilled out a spoke nipple, and had me back on the road in 30 minutes. They only charged me $20. Since then, I’ve ordered replacement spokes and will take them along on future multiday trips. Without Hart’s Cyclery, I would have had to skip the last 3 days of riding.

Needless to say, I’m very pleased to be part of the LWA and honored to be its president. Nancy and I are looking forward to a summer of riding, picnics, and fun with our LWA friends.

Dave Sheffield  LWA President

A FAREWELL TO THE LWA
LESSONS LEARNED AND EARNED

Fifty-two PA winters is all I could stand and besides the snow, I don’t ever want to be cold again! Yes, I’ve trained through the winter each year, and each year it gets tougher. This past year, I crashed on the ice 2 minutes after rolling out from home. But when you owe 3 hours, you get up, make sure the bike is okay and you’re not bleeding too profusely, and you roll on (I do have the greatest new scar). While I don’t look forward to more crashes, a sunny, warm road beats slick ice any day.

I will miss my PA routes: forests, winding old roads, hills and playing on the bike in the area where I grew up (Vera Cruz). But more than the terrain, I will miss the friends and the wonderfully diverse cycling community I’ve come to love so much.

When I bought a cheap 10 speed from a loading dock on the east side of Allentown back in 1993, I’d no idea of the real journey those wheels would take me on. Somehow I connected with a character named Dave Drummer and he took me under his wing and taught me all I needed to know about cycling and racing. I’d no idea he’d teach me so much about friendship and camaraderie also. He took me on the famous Saturday Curt Bond ride, which was a Saturday tradition going back well over a decade. He rode with me all through that first summer until I was strong enough to jam with the group on Mountain Road instead of going flat through Alburtis. Very fond memories indeed.

And I connected with so many of you! I’ve ridden with you on some horrendous throwdowns where breathing took precedence over talking for hours at a time. I’ve ridden on some middling and slower rides where ‘connecting one soul to another’ was the primary outcome and the miles just seemed to happen. Thanks for teaching me that, Neil Dicker, and for teaching me how to leave my ego at home when I throw my leg over the top tube. Because I’ve ridden with some of you for so long, you’ve seen me ramp up my alcoholic self torture, and you never once abandoned me. As the pieces of life started to come back together, you welcomed me openly, and I cherish those two very special characteristics that seem to reside in all of you: forgiveness and love. How can I express sufficiently just what that’s meant to me?

I used to ride with arrogance, self-centeredness, and anger. Today I ride with determination, joy, and what I can best describe as friendly assertiveness toward drivers and educational skill enhancement with less experienced riders. Funny thing is, though, I keep learning from you. You teach me about loyalty, about humility and about genuine caring for one another. I pay attention to what you do, and I benefit from your experience, both on and off the bike.

I sincerely hope there will be opportunities for me to come back and ride with you, I really do (won’t be in the winter!). And, if you are traveling out west, need a home base for a vacation or are just passing through, we have plenty of room, a pool and hundreds of miles of roads to ride on. If you want to climb, Mt. Lemmon—over 9,100 feet—offers a 27 mile climb and is gorgeous. If you want rolling, there are tons of roads that roll through the foothills. And if you want flat, well, it is the desert after all, so even that can be accommodated.

For the next 2 years at least, our address will be 861 N. Circulo Zagala Drive, Tucson, AZ, and my phone number is the same: 484-553-5079. My email address is bmwsquared@gmail.com. Feel free to reach out. Kate is the ultimate hostess in every manner under the sun and loves to entertain. I work and train each day, but would love a break to play tour guide on the bike or off. Don’t lean on your snow shovel next winter and think ‘I should call Kate and Brian’ and not act on it.

One final thing. We are hosting a Bon Voyage picnic on Sunday, July 12, noon til whenever, at Lockridge Furnace Park, Alburtis, PA. If you have not received an invite via Facebook or email, please consider it an oversight if you would like to be there. I don’t have everyone’s contact info and my brain IS decaying even as I write this....am just a forgetful human after all. So if you’d like to be there, PLEASE EMAIL ME at the address above, and let me add you to the guest list. A very informal deal, we’re getting dogs and burgers, you bring whatever other dish (side, dessert, crockpot, whatever) to have
and to share with others. If there's too much food, you'll take some home; if it runs out, who cares....it's not about the food or the bike; it's about the connection in the end. In the meantime, see you on the road!

Brian Wacik

GROUNDHOG DAY
LESSON LEARNED

It was actually Memorial Day. It started out as an early morning ride on roads with virtually no traffic. The plan was to get home by nine in time for all the other activities of the day and still get in a good ride. The ride started unexpectedly with little wind and warm temperatures. I was cruising along enjoying myself when I saw a groundhog dart out from the side of the road. No problem I thought as I darted to the right to avoid him, only to see him change course and run right under my wheel. Things did not go well after that.

After picking myself up off the road and scraping gravel off what was left of my skin, I checked the bike and decided it was good to ride. A bad fall, but lucky that I wasn't more seriously injured. After showering and thanking my wife for helping me dress my wounds, I found out two more things. My IPhone was shattered but still worked. It was time for an upgrade, so not a calamity. And, checking out my helmet, I noticed that the back was smashed, but my head was fine.

If I ever needed a reminder to wear a helmet, this was it. I thought about the articles and arguments for not wearing one and could only conclude that such people are totally wrong. Scrapes can be healed as can broken bones. Head injuries can be much more serious. Follow the club rules and wear the helmet!

Oh, yes, the groundhog was fine. He had run into the woods apparently no worse for wear.

Carl Zvanut  LWA Board

RIDE LEADER REPORT
MAY 2015

After a lean winter, April was a fantastic month for Wheelmen rides with a total of 53 rides and 463 riders. Top ride leaders in April were Richard Baldock with 11 rides and 98 riders, Torie Loven 7 rides/59 riders, Brian Wacik 5 rides/43 riders and Mike Solliday with 4 rides/52 riders. Year to date reported rides as of May 25th are up to 137 rides and we've passed the thousand rider mark with 1087 riders participating on those rides. Leading the pack for the year are Richard Baldock, 47 rides/219 riders; Donalee Frary, 11 rides/73 riders; and Jean Black with 10 rides/81 riders. Winning the popularity contest with the most riders per ride is Terry Terfinko who is averaging over 15 riders on each of his rides! Thanks to all our fantastic ride leaders. You offer an amazing variety of rides for all abilities.

Check the LWA Meetup page to find your perfect ride: http://www.meetup.com/lehigh-wheelmen-association/.

See you on the road!

Dick McCreight  LWA Board

2015 ROGER A. WORMAN MEMORIAL BIKE RIDE
BENEFITING CAMELOT FOR CHILDREN, INC.
SATURDAY, JULY 4, 2015

This 4th of July, 2015, will mark the first annual Roger A. Worman Memorial Bike Ride. Rodger was a great friend of Camelot for Children, a non-profit organization that serves as a gathering place for seriously, chronically and terminally ill, handicapped or disabled children. Rodger had shared his love for the children and had been an active board member at Camelot for many years until his passing. We at Camelot would like to honor his years of dedicated service by establishing a day of fun and activity.

Camelot for Children is organizing a day of activities for children within the park, and for all the cycling enthusiasts in the Lehigh Valley, a 15, 25, 35 and 50 mile staggered start time bike ride starting and finishing at the Rodale Park. Food and drinks will be provided. T-shirts and raffle prizes will also be available for participants.

The event will be held Saturday, July 4, 2015 starting at 7:30 AM at the Bob Rodale Cycling and Fitness Park, Mosser Rd., Breinigsville, PA.

Register at: http://www.camelotforchildren.org/bike-ride.html

Christine Cleaver  Camelot For Children

LWA QUICK RELEASE  JUNE 2015
LWA RIDER PROFILE
MADELEINE ROSE BARNETT

I like to regularly provide information about notable LWA riders in the Quick Release. This month, I am featuring a rider profile on an young up-and-coming cyclist who has been joining LWA events recently. Many of our members have met her at the Monday Night Grill and Chills.

Name: Madeleine Rose Barnett
Cycling name: Maddie

Years an LWA member: Two. She has a family membership with grandparents Debby and Terry Terfinko.

Age: Two years and three months.

Current ride: 3 in 1 Wishbone bike. More information at: http://www.wishbonedesign.com/#!/products/bike/details/

Favorite LWA event: The Monday night Grill and Chill, where her grandmother Debby is the resident organizer and head grillmeister. This is Maddie's third year of involvement, as she attended her first G&C at age two months.

Riding friends: Tryney & Lishan, who joined her at the April 2015 Grill and Chill. If all goes well, they are hoping to make the move up to the "C" paced ride shortly.

Other interests: Gymnastics at Parkettes, sign language class, music, baking, playing games, animals.

Future plans: Due to a scheduling conflict, Maddie will not be competing in the Munchkin Mile at the Donut Derby this Labor Day. However, she will be at the beach with her family hoping her swimming skills in preparation for a future triathlon.

Jack Helffrich X PreZ

STRANGE STUFF 5:
"BICYCLE FACE"

Susan B. Anthony (1896) : "Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. I stand and rejoice every time I see a woman ride by on a wheel."

What was the solution to this apparent liberation of women on wheels? Bicycle wheels, that is? Scare them or least attempt to scare them by suggesting that riding a bicycle could cause their eyes to bulge, their lips to draw tight, their chins to jut out, their jaw to clench, and dark shadows to form under their eyes on their weary and pale faces due to the strain of balancing and riding a bike. Thus was hatched the scare of the terrifying “medical condition,” the weary and exhausted “bicycle face.”

"Over-exertion, the upright position on the wheel, and the unconscious effort to maintain one's balance tend to produce a wearied and exhausted 'bicycle face,'" noted the Literary Digest, published in London in 1895. In an 1897 article in
BICYCLE FACE, continued from p. 4,

London's National Review, a British physician, Dr. A. Shadwell, claimed to have first coined the phrase a few years earlier. He went on at length about the dangers of bicycling, especially for women, describing how "cycling as a fashionable craze has been attempted by people unfit for any exertion."

The term "bicycle face" had about a 5 year run in popular print, but the severity and longevity of the "condition" were debated. Some considered that "bicycle face" could become a permanent affliction, akin to "you make that face too often and it will stay that way" cautionary admonition, but others maintained that a woman who stayed away from cycling long enough might restore a natural expression to their features. Most doctors and writers of the time suggested that bicycle face could strike any cyclist, but women were considered more susceptible to the condition than men.

The source of this scare was apparently the backlash to the role bicycles were taking in the redefinition of the role of women as instruments of change. The bicycle gave women greater mobility and the increased popularity of cycling was a major impetus to the reformation in the clothing of women to allow them to more readily engage in physical activity. In the 1890's in both Europe and America women involved in the suffrage movement adopted the bicycle as two-wheeled vehicle of feminism.

Munsey's Magazine (1896): "To men, the bicycle in the beginning was merely a new toy, another machine added to the long list of devices they knew in their work and play. To women, it was a steed upon which they rode into a new world."

In addition to bicycle face, doctors of the time added exhaustion, insomnia, heart palpitations, headaches, and depression to the list of medical woes which could befall the female cyclist.

In addition to the admonitions about the negative consequences of cycling for women, publications of the time featured lists of rules for female riders. The New York World's list of 41 recommendations for female cyclists printed in 1895 included the following:

- Don't wear tight garters.
- Don't coat. It is dangerous.
- Don't wear a man's cap.
- Don't attempt a "century."
- Don't criticize people's "legs."
- Don't refuse assistance up a hill.
- Don't race. Leave that to the scorchers.
- Don't contest the right of way with cable cars.
- Don't chew gum. Exercise your jaws in private.
- Don't use bicycle slang. Leave that to the boys.
- Don't appear in public until you have learned to ride well.

Towards the end of the century, doctors, particularly female physicians, began to publicly question the idea of bicycle face and other attendant ills associated with bicycle riding by women. Dr. Sarah Hackett Stevenson wrote in 1897 in the Phrenological Journal that cycling "is not injurious to any part of the anatomy, as it improves the general health. I have been conscientiously recommending bicycling for the last five years...The painfully anxious facial expression is seen only among beginners, and is due to the uncertainty of amateurs. As soon as a rider becomes proficient, can gauge her muscular strength, and acquires perfect confidence in her ability to balance herself and in her power of locomotion, this look passes away."

And, so it goes, or so it went. But, "Don't ignore the laws of the road because you are a woman."


http://www.brainpickings.org/2012/01/03/donts-for-women-on-bicycles-1895/

Wheels of Change: How Women Rode the Bicycle to Freedom (With a Few Flat Tires Along the Way) by Sue Macy 2011
http://www.amazon.com/exec/obidos/ASIN/1426307616/braipick-20

GMack QR Editor

Editor's Note: Thanks to Dave Sprigle, LWA member, who suggested the subject of "bicycle face" for a QR article.
CROP HUNGER RIDE 2015
JUNE 6, 2015

The CWS/CROP ( Communities Responding to Overcome Poverty) interfaith organization is well known for its annual CROP Hunger Walk held in October in the Lehigh Valley. One quarter of funds raised go to Lehigh Conference of Churches to support the Daybreak Soup Kitchen and the Allentown Ecumenical Food Bank. The balance is distributed through Church World Service (www.CWSGlobal.org) to assist people in need around the world. A donation of $110 can provide emergency food supplies for a family of five for a month!

Three years ago, Debi Olphin (local CROP Hunger Walk organizer), had the idea of offering a CROP Hunger Bike Ride in the Lehigh Valley to raise additional funds. She contacted the LWA to help plan the routes and lead the ride. So far we have raised $3,400.

Our fourth annual event will be held on June 6, 2015, over scenic, low-traffic roads starting from the Bob Rodale Cycling & Fitness Park in Trexlertown. This year we will offer 15 and 25 mile ride options heading west through the valley toward Bowers and a 40 mile ride to Crystal Cave. New this year is a full metric century (62 miles) to the beautiful Hawk Valley.

To register for the 2015 ride visit www.bikereg.com and enter "CROP" in the search field. Cost is only $30 (plus bikereg fees) if you register by June 3rd and includes a light lunch following the ride. Day-of-event registration is $35. One hundred percent of your registration fee will help fight hunger locally and around the world. Can’t make the ride, you can still donate and be a Virtual Rider! Help us end hunger and register now.

Dick McCreight

TOUR DE TUSH ALLENTOWN COLON CANCER AWARENESS RIDE SATURDAY, JUNE 13, 2015

Please consider riding and/or supporting the inaugural Tour de Tush bike ride to support Colon Cancer Awareness efforts in the Lehigh Valley. Colon Cancer is a disease that affects many lives, regardless of age or lifestyle; it is the second leading cause of cancer deaths. Awareness is the key to saving lives with Colon Cancer because it is a disease that is largely preventable through proper screening.

The ride was conceived while I was sitting in a chemo chair going through treatment for stage III Colon Cancer. It was detected during a routine screening at age 50. I had no family history or symptoms, exercised daily, and was in good physical condition. During this time, I put much thought into what I could do to help save lives. In my opinion, there aren’t enough resources put into Colon Cancer awareness efforts. It seems like it is a disease you rarely hear people talking about, and very few get screened on time. I partnered with the Colon Cancer Coalition, a national non-profit that puts on events to raise funds for community efforts for Colon Cancer Awareness. Local businesses and corporations have been more than generous to make the event successful. Current sponsors include:

Olympus America (Presenting Sponsor)
Lehigh Valley Health Network
Bikeline of Allentown (providing vans, mobile repair stations etc.)
Bicycling Magazine
Kutztown University
Clyf Bars
Colon-Rectal Surgery Associates
Mainline Dermatology

The ride is being held on Saturday, June 13, 2015, (start is 8am) at Grange Park in Upper Macungie Township. Grange Park is located on Grange Road, north of the 222 bypass in Upper Macungie Township. The ride features 2 routes (30 mile and Metric Century). The routes are located in Strava at:

https://www.strava.com/routes/1420753
https://www.strava.com/routes/1428897

The cost for entry is a modest $30 and you are not required to raise funds, although it would be appreciated. To register, simply visit the Colon Cancer Coalition website at: http://www.coloncancercoalition.org/ and search for the Tour de Tush, Allentown. If you have questions please contact Gale Fritsche at gdf2@lehigh.edu or 610-301-1586. Thank you. I hope to see you at the ride.

Gale Fritsche

35th ANNUAL PFW BICYCLING EVENT SATURDAY, AUG 1, 2015

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.

Patricia Van Hise
President
Princeton Free Wheelers
LWA MEMBERSHIP REPORT
JUNE 2015

WELCOME NEW MEMBERS
Karen Castaldo
David Schrock
Keith Brillhart
Michael Long
Doug Lapp
Katy Thomas
Morry Reem
Sarah Vito

MEMBERSHIP TOTALS
Individual ~ 206
Family ~ 73
Units ~ 279
(Estimated) Total ~ 400-

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

LWA OUT OF BOUNDS EVENT
GREAT FINGER LAKES BIKE WEEKEND

Friday, June 12, 2015 2:00 PM
to Sunday, June 14, 2015, 5:00 PM
Watkins Glen State Park
Hidden Valley Campground, Watkins Glen, NY

The Southern Tier Bicycle Club will be hosting three days of
bicycle touring and hiking in the beautiful Finger Lakes region of
New York State on June 12, 13, and 14 while staying at the
secluded Watkins Glen State Park Hidden Valley Group Camp.
Choose a ride that is right for you from a flat and relaxing 15
miles to a challenging and hilly 108 miles. In addition to the
road rides Friday, Saturday, and Sunday, the weekend will feature hikes along the Finger Lakes Trail and family friendly
bike path rides.

Arrive after 2 PM on Friday, settle in, take a ride to the Fire
Tower and/or Watkins Glen International Raceway or hike
through Watkins Glen Gorge. The fee is $92 per person for a
tent, camper or RV campsite Friday and Saturday nights. 4
Catered Hot meals - dinner Friday and Saturday nights and
breakfast Saturday and Sunday mornings. There are clean
bathrooms with hot showers. The rides are supported with
SAG wagons, maps and limited repair service. More
information about the event including detailed ride options,
event schedule and registration form are located at
http://tinyurl.com/stbc-fingerlakeswd

PLEASE NOTE $92 fee is until May 10. Late registration (May
11 - June 1) is $102

LWA members Maureen and Simon Porter will be hosting a
happy hour after Saturday's ride. A $10 fee will be charged for
those who want to participate in the happy hour. I will provide
beer, wine, and healthy snacks. (Please indicate your alcoholic
or nonalcoholic beverage preference on the comments area of
this meetup so I have enough of what people prefer).

Simon and I will pitch our tent on the grassy area adjacent to
the Dining Hall.

Maureen and Simon Porter

Editor's Note: Many LWA members, including myself, have
attended this event in past years. The camping area is
comfortable and convenient, the bike routes are interesting,
challenging, and well-marked, the meals are outstanding for a
weekend club event, and the Saturday evening gathering of
LWA members in attendance is always special. It’s also tough
to beat the cost of this three day event with 4 meals included
for only $92. Thanks to Maureen and Simon for coordinating
for the LWA this year.

MORE MEMBERSHIP NOTES

LWA MEETUP ORGANIZER REQUIREMENTS:

Must be a dues paying LWA member in good standing.
Must join the LWA Meetup group.
Must contact LWA Webmaster, Dave Drummer, requesting
designation as an LWA Meetup Organizer (either initial or
reinstatement, if applicable).
Must either review Ride Leader Guidelines or attend Ride
Leader Training.
Must be an Organizer to post an official LWA event/ride, for
example, because we now use Meetup as our official calendar
mechanism.

FORGOTTEN USERNAME OR PASSWORD?:

Contact Membership Administration. We can retrieve your
username and/or reset your password to a temporary password
(we cannot see your current password).

MODIFYING YOUR DATABASE RECORD
INFORMATION:

• Login at www.lehighwheelmen.org
• Member Info
• Edit -> Update Profile
• Contact Info
• Modify...
• Update

MEMBERSHIP ??? RENEWAL ??? NOTICES:

If you receive an email with a Subject line akin to, "?? LWA
attempted renewal ??? ~ RIB, 5/1/15", then it probably NOT
spam, and likely means that your possible/probable LWA
renewal has "hung", which requires verification and manual
intervention by Membership. Please respond promptly so that
Membership can update your database record and complete the
processing of your membership extension. A typical response is
affirmative, but not 100% of the time. If you do not respond,
then your membership will eventually appear to expire (see
below).

Richard Baldock    rv314159@rcn.com
Rob Smith          rbsmith@ptd.net
CURT'S CYCLERY CENTURY
AKA C3=100
SATURDAY, JUNE 13

Use your love of cycling to help raise awareness and much needed funds for children battling cancer. Cycling Event for all levels - 3 courses 10, 20, 34 mile loops. Start Time 8 AM. Last Rider off the Course 4 PM. Each rider chooses their own distance. Use firstgiving to fundraise for your ride. Set up your team and allow fundraisers to join your team. Riders can also get donations by check or cash (made out to Angel 34). Total amount raised due the day of the event.

During the event there will be food/beverages provided during the ride, music and a great meal at the end of the ride for all VIP Riders. Goodie Bags for all VIP Riders and Raffle.


http://curtscyclery.com/

Many of the Wheelmen members participate each year. This ride benefits Angel 34 a local foundation. Our goal is to raise $10,000 this year!!

Curt Miller Curt's Cyclery

QRQ QRQ OF THE MONTH
JUNE 2015

The QRQ of the Month for May 2015 was to provide a caption for the following cycling photo:

The following captions were suggested for the May photo by LWA membership.

“Just a few meters from the line, the peloton finally catches the lone break away rider of the day.”
Eric Loch

“The Tour motorbike escort system suffers a serious downgrade in displacement.”
Burma Jones

“Didn’t that kid pull a Rosie Ruiz like this last year.”
Ignatius J. Riley

“On your left.”
Myrna Minkoff

“Jane Derby hones her passing skills at an early age.”
GMack

The QRQ of the Month for June 2015 is to provide a caption for the following cycling photo (taken on the recent Juniata Weekend Tour):

Be sure to submit your response to the QRQ by May 20, 2015. Submit all captions to gbmack@ptd.net.

GMack QR Editor

LWA RACING
EMRICK BLVD CRITERIUM
JUNE 28, 2015
VOLUNTEERS NEEDED

The Emrick Blvd Criterium takes place on June 28. We need volunteers for registration and road marshals. Races begin at 8:30AM, and we should be done around 2-2:30. There are 2 intersections that need monitoring the entire day. Location is at Desales on Emrick Blvd in Easton. Volunteers can email lwaracing.info@gmail.com with the hours that they can help. We need help to be a success so any amount of time will be appreciated.

Sallie Urffer LWA Racing

SEE RACE FLYER (attached at end of newsletter)
THANKS TO THE LWA
AN OPEN LETTER

Dear LWA friends,

The May 5 Tuesday morning C ride was a life changing event for me. Karen C. wanted to try riding a tandem. Ten miles into the ride I said to Karen that I did not feel good. We stopped, dismounted, and I sat alongside the road. After not too long I had to vomit. My co-riders insisted on calling an ambulance. What a smart move. I was having a stroke!

After two weeks in ICU, tests every day, and lots of medicine, I was finally discharged. I am still weak, but improving. More doctor visits to come.

I would like to thank the LWA membership for all the cards, letters, phone calls, and well wishes. I know recovery will take a number of weeks, but I hope to be back on the bike soon.

Mike Solliday

Liz and Mike Solliday at a recent Grill N Chill

TOUR de FARM 2015
BIKE TOURS OF NJ FARMS

Great Rides - Great Food!!

See the Northwest New Jersey that the world has never seen and help support NJ farmers. Visit our incredible farms and get a little tasting of their food. After the ride you can participate in one of our delicious locally-sourced Farm to Fork celebrations. Taste the difference.

Last year our rides and our Farm to Fork Celebration sold out early so please don’t wait.

Three separate tours run August 2, September 6, and September 19, 2015, and feature farms in Hunterdon County, Sussex County, and Warren County, New Jersey.

Register now for our tours and our farm to fork celebrations: http://www.tourdefarmnj.com.

Check out our pictures from last year on our Tour de Farm NJ Facebook page: https://www.facebook.com/TourDeFarmNj.

Please feel free to contact Mitch Morrison with comments or questions--- mitchell.morrison5@mac.com.

Mitch Morrison

JUST GET ON AND RIDE
THE REVERSE STEERING BIKE

So you thought you could ride a bike? Just how much coordination could it take? Couldn’t even a monkey learn to ride a bike?

Destin Sandlin, an American engineer and educator, produces an educational video series called Smarter Every Day. One of the videos in the series features a reverse steering bike developed by some welders in the Netherlands and Sandlin’s and others attempts to ride the bike. The Dutch welders added a simple reverse gearing mechanism to the bicycle’s steer tube so that a rider must turn the handlebars left to turn right and turn the handlebars right to turn left.

Riding a bike with reverse steering or even learning to ride a bike with reverse steering proved to be a much greater challenge than Sandlin expected. His video now only features the bike and his and others attempts to ride it but also his explanations of the reason for their great difficulty. Even cyclists without an engineering background should find the video interesting.

Check it out: http://viewpure.com/MFzDaBzBL0?ref=bkmk

For more about Sandlin and his series of educational videos, check out the following:
http://en.wikipedia.org/wiki/Destin_Sandlin
http://www.smartereveryday.com/

GMack QR Editor

Editor’s Note: Thanks to Hansel de Sousa, Dan Cruttenden, and Denny Snyder for sending me the link for this article.
On your right???

You call this a climb?
Home Sweet Home in Juniata County 2015

Home Sweet Home in Juniata County 2015
LWA Hotdog Kings: nitrate replenishment

No Mo Burgers at GnC

The Tuesday ride Bunch bunch

Carl plus bikes plus cat

Why clean fur when you can clean a Klein?
The Ex-Prez caught on camera

See bicycle face, p. 4

No grill, just chill!!!

The LWA Grill n Chill head chef and sous chefs

The official LWA hoodie look at GnC
Is it spring yet? Is it summer already?

QR Editor suffers male bicycle face, see p. 4

3 Trek, plastic, 1 Spectrum, titanium
**LWA CLASSIFIEDS**

**ARTICLES FOR SALE**

2012 Gary Fischer ION Pro, triple, mint condition. $1300 retailed for $2,000. Bethlehem, call or text Bill at 610.365.1757.

Trek 4300 Mountain Bike, retailed for $425, lightly used, excellent for bike path riding, $250. Bethlehem, call or text Bill at 610.365.1757.

**NEW REST STOP LIMITS**

for LWA riders

**MEMBER PIC PAGES**

Why is this man smiling?

**New rest stop limits for LWA riders**

**LWA QUICK RELEASE**

**JUNE 2015**

**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

Mandatory CBI, Cat Bike Inspection, at Evergreen Lake
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

**Action Wheels**
530 W. Broad St. #1
Bethlehem, PA 18018
610-866-1113
www.action-wheels.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**
337 Chestnut Street
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**
6465 Village Lane, Suite 8,
Macungie, PA 18062
267-374-3915
www.theveloshop.net
info@theveloshop.net

**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**
Emrick Boulevard Criterium
Promoted by: LWA Racing
In cooperation with DeSales University and Bethlehem Township

Sunday  June 28, 2015

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

Entry Fee - $30.  $10.00 Late Fee postmarked after June 22, 2015
Additional races $10.00. Day of registration add $10.00
USAC surcharge $3.60 & drug testing surcharge $1.00

Photo Finish Camera and Results by the Big Guy Group

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

BikeReg closes 6/26/15 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.

- 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:
NO PHONE ENTRIES
Chip Berezny
101 Hillside Drive
Coopersburg, PA 18036
ALSO: BIKEREG.COM

Race Information Call:
610-554-2931 BEFORE 9pm
E-mail: LWARacinginfo@gmail.com

Make Check Payable to:
LWA RACING DIVISION

revised 05/26/15