THANK YOU!

In December 2015, LWA members were again very generous and reached out to help families at the 6th Street Shelter and Turning Point as part of our holiday party. Club members gave many gifts that were truly appreciated. We have received letters from both organizations expressing their gratitude. In addition, I recently received 3 thank you notes in the mail from people who actually received some of the gifts.

On behalf of the 6th Street Shelter and Turning Point, I’d also like to thank the LWA for your caring and generosity.

Dave Sheffield  LWA President

RIDE LEADER REPORT  MARCH 2016

Spring has sprung resulting in twice as many rides in March as in February. Your top LWA ride leaders for March were Torie Loven with 4 rides and 48 riders and Jim Fullerton with 4 rides and 38 riders. Year-to-date Hansel de Sousa is leading with 7 rides/24 riders, Doug Leavitt 6 rides/26 riders, Torie Loven 5 rides/77 riders and Carl Zvanut 5 rides/39 riders. Our most popular 2016 ride leader is Torie Loven who is averaging 15.4 riders on each of her rides. Remember to check http://www.meetup.com/lehigh-wheelmen-association/ to find your perfect springtime ride.

Dick McCreight

THINK SPRING (OR SUMMER) LWA OUTWARD BOUND EVENTS

Paul Smith, former VP of Touring, is still actively planning some special weekend cycling events for LWA club members. These include a repeat of the annual Eastern Shore Weekend in April and the new Weekend in Hyde Park, NY, in August. These club sponsored events are open to current LWA members only. Paul recently posted these two tour weekends on the LWA Meetup page, but here are the salient details about the events available so far.

EASTERN SHORE WEEKEND

Friday, April 22, 2016 2:00 PM to Sunday, April 24, 2016, 12:00 PM

Comfort Inn

8523 Ocean Gate Highway, Easton, MD

Price: $10.00 /per person

event link:

http://www.meetup.com/Lehigh-Wheelmen-Association/events/227563918/

Join your LWA cycling friends for the annual Eastern Shore Weekend. Rides are planned for Friday, Saturday, and Sunday. The host hotel is the Comfort Inn, Easton, Maryland, with a room block reserved under the group name Lehigh Wheelmen Bicycle Club. The phone number is (410) 820-8333. The room rate, which includes breakfast, is $95 per room plus tax (10%). LWA club members need to make their own reservations. The cut off date was, unfortunately, Tuesday, March 22.
Eastern Shore Weekend, continued.....

Closer to the event date, Paul will post specific details of the routes with GPS maps. To help defray costs and to provide a nice post ride happy hour after the Saturday rides the club is charging $10, which participants can pay via PayPal when they RSVP on Meetup.

Cyclists must be current LWA members to participate in this event due to club insurance coverage. Remember, a member of this Meetup group being is not the same as being an LWA member.

WEEKEND IN HYDE PARK, NY
Friday, August 19, 2016 3:00 PM to Sunday, August 21, 2016, 3:00 PM
Quality Inn
4142 Albany Post Road, Hyde Park, NY
Price: $10.00 /per person

event link: http://www.meetup.com/Lehigh-Wheelmen-Association/events/227462896/

Hyde Park NY, on the banks of the Hudson River, is home to the Franklin D Roosevelt Estate, the Culinary Institute of America, and numerous other points of interest. Rides will be sponsored on Friday, Saturday, and Sunday with varying distances and difficulty to accommodate all abilities and interests. Paul posted the event on Meetup early so interested LWA members can make advanced plans. He will post more details as the date gets closer, and he has had a chance to explore the different route possibilities.

The host hotel is the Quality Inn, 4142 Albany Post Road, Hyde Park, NY, where a block of 10 rooms have already been set aside under the group name Lehigh Wheelmen. The room rate is $130 per night, which includes breakfast. The number to call for reservations is 845-229-0088. The cutoff date for the room block is Tuesday, July 19. After that date any remaining rooms from the block will be released. More rooms should be available if we fill the block early enough.

The cost for LWA members is $10, payable via PayPal when you RSVP to this meetup.

Cyclists must be current LWA members to participate in this event due to club insurance coverage. Remember, a member of this Meetup group being is not the same as being an LWA member.

Questions contact Paul Smith: pocono723@yahoo.com or 570-460-2523

Thanks to Paul for continuing his fine LWA tradition of offering club events and rides in some interesting new territory.

GMack QR Editor

LWA MONTHLY MEETINGS

All LWA members are invited to join club officers and board members at the LWA club meetings. Typically meetings are held at 7:00 PM on the last Wednesdays of the month. Whenever possible guest speakers on cycling or cycling related topics are included before the regular meeting agenda.

The meetings start at 7 pm and are held at the AsburyUnited Methodist Church, 1533 Springhouse Rd., Allentown, PA, located at the intersection of Walbert Av. & Springhouse Road. Meetings are held in the “Parlor,” located on the 2nd Floor. LWA members should park in the ground floor parking lot and enter the ground floor entrance.

Dave Sheffield LWA President

LWA MEMBERSHIP REPORT
MARCH 2016

WELCOME NEW MEMBERS:
Robert Wolff
Howard Smith
Nao, Masami & Homare Yamashita
Russell Geise
Christine Ney
Daniel Vuono
Lew Fischman
Bohdan & Lisa Zelechowski
Carl Cramer
David Piccola
Marty Borakove
Cheryl Borakove
Alisa Levin

MEMBERSHIP STATISTICS:
Units ~ 277
Family Subscriptions ~ 76
Individual Subscriptions ~ 201
Minimum Total Subscribers ~ 353

Apologies in advance for any errors or omissions.

WEBSITE: www.lehighwheelmen.org

Problems registering, renewing or joining? Please contact Membership Administration ASAP.

Richard Baldock rv314159@rcn.com
Robert Smith rbsmith@ptd.net
LWA Membership Administration
UPCOMING CHARITY CYCLING EVENTS:

GET YOUR TAIL ON THE TRAIL BENEFIT BIKE RIDE

Sunday, June 5, 2016
200 North Main Lane, Lehighton, PA

Get Your Tail on the Trail, the 6th annual charity bike ride to benefit St. Luke's Hospice, will be held on the D&L Trail on Sunday, June 5, 2016, starting at 10 AM. Both 15 and 30 mile trail rides will be offered, starting at the Lehighton Trail Head, south of Jim Thorpe. The rides include sections of the canal towpath in addition to some paved sections. Riders of all levels are encouraged to participate in the event. Registration is $40 and includes a participant pack, shirt, and shuttle service. The fee even includes a bike loaner for those who would like to participate but don't have a suitable bike.

Pre-registration is available on [www.active.com](http://www.active.com) search St. Luke's Hospice. On line registration closes at 10 PM on June 2. Registration is possible the day of the event starting at 8:30 AM. For more information about the event check out [www.tailonthetrail.org](http://www.tailonthetrail.org).

CURT'S CYCLERY CENTURY BENEFIT BIKE RIDE

Saturday, June 11, 2016
Curt's Cyclery
182 Bath Pike, Nazareth, PA

Announcing the 5th annual Curt's Cyclery Century benefitting Angel 34. This event is always fun and well attended! One of the elements that make the C3 so popular is the option for riders to accomplish riding “100 Miles in one day” by riding 10, 20 or 34 mile “laps” on the scenic, lightly traveled roads around Nazareth PA. This year’s 34 mile loop will have a rest station at the mid-way point of the loop. But the real focus is on the raising funds for Angel 34, a local non-profit foundation that provides much needed services, support and HOPE for children battling cancer and their families. Your participation in this year’s C3 can help us surpass the record of $10,000 riders raised at the 2015 event.

100% of the proceeds that are raised by Angel 34 each year, through events and donations, go to support its mission “For Every Child to Have Their Own Angel During Their Battle with Cancer.” Angel 34 prides itself that all positions at Angel 34 are volunteer positions allowing the foundation to direct its funds to the children and families.


Register at [http://www.firstgiving.com/Angel34/C3](http://www.firstgiving.com/Angel34/C3)

Since 2003 the Angel 34 Foundation has provided over 5 million dollars in services and support for children and their families.

TOUR de TUSH BENEFIT BIKE RIDE

Saturday, June 11, 2016
Grange Park
360 Grange Road, Allentown, PA

Please consider participating in the 2016 Tour de Tush for Colon Cancer Awareness being held on Saturday June 11, 2016! You may have heard stories about riding through the Giant Colon at the finish! It’s true, all finishers ride through a 9 foot tall giant colon! Finisher medals are awarded to all participants.

The ride starts at Grange Park (about 1.5 miles from the Velodrome) in Upper Macungie Township. - Only $30 to register for an adult! $20 for children 12 and under and there is NO commitment to fund raise. Two distances are offered---30 mile and metric century.

Last year's ride (inaugural year) was a huge success with 200 riders and 40 volunteers and raised $30,000 for Colon Cancer Awareness programs in the Lehigh Valley. 100% of the monies raised go toward Colon Cancer Awareness programs, 70% local and 30% toward national campaigns. The Founder and Director, Gale Fritsche, a long time cyclist and a Stage III colon cancer survivor, is committed to helping save lives by making people aware that Colon Cancer is a real threat regardless of age or lifestyle. Colon Cancer is preventable yet is the 2nd leading cancer killer in the US. Why is that? Because people don't get screened.

For event details and registration, please go to:

[www.coloncancercoalition.org/allentown](http://www.coloncancercoalition.org/allentown)


For more information, or to volunteer, please call Gale Fritsche at 610-301-1586 or email tourdetush@gmail.com
The organizer of "The Boob Ride - Pennsylvania," Michelle Przemieniecki. is a two-time survivor of breast cancer. She got her inspiration for the event from her daughter who is an avid cyclist and competitor and a group in California who have raised money for breast cancer charities by hosting a destination bike ride—"The Boob Ride" for the past six years. Those sponsors, Jennifer and Paul Self, gave permission to Michelle and her daughter to use their event name to sponsor the PA ride.

"Though there is nothing humorous about breast cancer, my family and I found that humor was a great way to deal with the stress of facing this disease. "The Boob Ride" is a non-competitive fun event and offers tongue-in-cheek awards. Many of the riders pedal in pink, wear bras over their shirts or come up with some silly team names and outfits like 'Utter Love'."---Michelle Przemieniecki, Event Organizer

For more information about the ride, to register or make a donation, visit:
http://www.theboobride.org/2016-rides/pennsylvania/

You can also contact Michelle Przemieniecki at theboobridepa@hotmail.com.

LWA CLASSIFIEDS

| ARTICLES FOR SALE |
| 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
QRQ OF THE MONTH
APRIL 2016

The QRQ of the month for Feb-Mar 2016 was to provide a caption for the following cycling related photo. The photo generated no response from readership; not even Ignatius J. Riley or Myrna Minkoff thought the pic was worthy of comment or quotation. Perhaps it is time for this column to retire. Perhaps it is time for the present editor of the QR and generator of the QRQ to retire. Something to ponder. Send me your thoughts. I shall henceforth attempt to be more editorial.

Nevertheless, I shall persevere and generate a QRQ for at one more issue. Therefore, the QRQ for April 2016 is to provide a caption for the following cycling related photo:

Submit your responses to grmm3@ptd.net by April 20, 2016.

GMack QR Editor

GRILL AND CHILL
GETS A NEW GRILL

Thanks to club members who assisted in the replacement of the LWA grill which is used for the monthly LWA Grill and Chill gatherings and other club events. Before and after photos are provided for your examination and erudition.
My first "club" ride in Florida, which was posted as a C ride with average speed of 15-16, was in a single file pace line of about 10 riders with a leader change directed every mile and an average speed into the wind of 14-15 mph. We rode south for 15 miles at that pace, turned around and rode north for 15 miles with a tailwind and leader change every mile at an average speed of about 21 mph. I rode 3 more rides with the club, every one on the bike lanes of A1A, and every one in a single-file pace line. At least on the seat of my bike, I missed the Lehigh Valley, I missed the hills and the valleys, I missed the climbs and the descents and the vistas, and I missed the camaraderie of the LWA. After about two weeks of this routine, I told my wife that I had had more fun in spin classes than in the single file pace lines of Florida.

Finally, after about two weeks of this, and after several attempts to add some variety to my own rides by taking "excursions" off A1A into the many developments and small communities which lie to the east or west of the straight shot that is, apparently, the favorite route in the Vero area, I got an email from a Vero Club member, about a ride advertised as an "Off the Beaten Path" ride of 35 miles. The other surprise was that the ride leader had even included a Ride with GPS link with a cue sheet, something unique for this club, and when I checked the route, I discovered that indeed the ride was off the beaten path---that is, it only included about a 1 mile stretch on A1A, and, a bigger surprise, included 170 feet of elevation gain. I downloaded the ride file to my Garmin, I checked my bike, I was ready for some exploring off the beaten path or straightaway of A1A.

When I showed up for the Sunday morning ride, the ride turnout was a surprising 25-30 riders. I signed up for the posted ride I had chosen and introduced myself to the ride leader. He promised something completely different. Not surprisingly, another ride leader had shown up, who had not posted or emailed his ride, but now offered to lead a casual ride for anyone interested down and back on A1A. Surprisingly, he had about 15 takers. I was not one of them. I took off on the off the beaten path ride and was pleasantly surprised that the ride group generally rode 2 abreast (when conditions permitted), members of the ride group had conversations on the ride, the ride group did not ride in a single file pace line with leader changes prescribed every mile, and the ride had more than 1 turn.

Unfortunately, after three weeks of riding in Vero Beach and the surrounding area, this was the first ride where I would get a flat--no, make that two flats. Luckily I had two tubes. Unfortunately, my CO2 inflator did not work and I did not have a conventional pump. Luckily, the ride leader loaned me his high pressure frame pump to fix both flats. Unfortunately, neither fix lasted more than a few miles because the flats were caused by a sidewall cut from glass "off the beaten path." I had my adventure, but my adventure was cut short to about 18 miles of riding. At least when I gave up and called my wife for a lift back to our cottage, I was able to tell her that the experience, even with two flats, was better than a spin class.

GMack  QR Editor
LWA Discount Sponsors

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

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www.bikeline.com

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610-691-0943
www.bikeline.com

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www.fitnesscentralinc.com

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