RIDE LEADER REPORT
APRIL 2016

Our number of rides and riders continues to increase as the weather improves with 34 rides posted in April (averaging greater than one ride per day) and 297 riders participating. Your top ride leaders in March were Richard Baldock with 6 rides/11 riders, Dave Sprigle 5 rides/17 riders, Torie Loven 4 rides/27 riders, Ken Knoll 3 rides/43 riders and Mike Solliday 2 rides/36 riders. For the year to date, Torie Loven is leading the pack with 9 rides/104 riders followed by Dave Sprigle 8 rides/27 riders, Richard Baldock 8 rides/16 riders, Carl Zvanut 7 rides/66 riders, and Doug Leavitt 7 rides/32 riders. Rich Ferrera is our Mr. Popularity averaging 16 riders on the four rides he has led this year. Remember to check http://www.meetup.com/lehightwheelmen-association/ to find your perfect LWA ride in May.

Dick McCreight  LWA Board

LWA WELCOMES NEW AND RETURNING MEMBERS:

Noelle Schwarz
Karen & Peter Nestor
Mark & Tammy Doran
Al Ottinger
John Hare
Dennis Heller
Charlie Horner
Lisa Schumacher
David High
Joe Derosa
Jeremy Moll
Paul Carpenter
Joyce Marin
Pete Siegfried
Laurie Ohleger & Brad Yeakel

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

"Give a man a fish and feed him for a day. Teach a man to fish and feed him for a lifetime. Teach a man to cycle, and he will realize fishing is stupid and boring.” ----Desmond Tutu
THINK SPRING (OR SUMMER)
LWA OUTWARD BOUND EVENTS

Paul Smith, former VP of Touring, is still actively planning a special weekend cycling event for LWA club members—the new Weekend in Hyde Park, NY, in August. This club sponsored event is open to current LWA members only. Paul recently posted the new club tour on the LWA Meetup page, but here are the salient details available so far.

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 Asbury United 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

THANK YOU LWA

I just wanted to take this opportunity to thank everyone in the club for their well wishes and concern when I was stuck in Brussels following a return trip from Africa. It was quite an experience to be in the airport when the bombing occurred, although we never heard the explosion and never felt like we were in any danger. It’s great to be in a club with people as thoughtful as all of you. Attached is a picture of a dues paying member of the Sierra Leone Wheelmen. Surprisingly, one of the few bikes I saw there.

Carl Zvanut

“Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel…the picture of free, untrammeled womanhood.”

Susan B. Anthony
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 provided by Pocono Biking for those who would like to participate but don't have a suitable bike.

Pre-registration is available on 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.

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 benefiting 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.

http://www.meetup.com/Lehigh-Wheelmen-Association/events/230047858/

Register at 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.meetup.com/Lehigh-Wheelmen-Association/events/228461580/

For more information, or to volunteer, please call Gale Fritsche at 610-301-1586 or email tourdetush@gmail.com
2016 PA HOPE RIDE
BENEFIT BIKE RIDE

June 25-26, 2016
Kutztown University

The PA Hope Ride is a strong 2 day, 146 (or 176) miles of riding from Hershey to Kutztown, and onward to Cheltenham to raise funds to support the American Cancer Society’s Pa. Hope Lodges, cancer research and cancer patient services. It is fully supported and well organized and for a cause! It is a 2 dayversion of the PPRAC.

Transportation to Hershey will be provided Friday 24 June late afternoon/early evening for riders, bikes and luggage from Kutztown University. KU is the 1st day 74 mile ending point and the 2nd day start (so uniquely you can sleep in your own bed at the mid ride point). Transport will also be provided on Sunday afternoon 26 June from the Cheltenham (N. Phila.) finish to KU.

Join Team ‘TAGD’, “Todays a Good Day” along with several other Wheelman riders on a weekend quest.

http://community.acsevents.org/site/TR?fr_id=70646&pg=entry
https://youtu.be/Kcp8GpDT0K4

Need more information, contact fellow LWA member Carl Cramer at cramercr@gmail.com.

SECOND ANNUAL BOOB RIDE
BENEFIT BIKE RIDE

July 16, 2016
St. Peters Village, Chester County, PA

The 2nd Annual "Boob Ride" will be held on July 16, 2016, with a Start/Finish at St. Peters Village in Chester County. The proceeds from this ride go towards programs that will help to find a cure for breast cancer and for early detection.

Last year the first annual "Boob Ride - Pennsylvania" raised almost $5000. This year the goal is to raise $10,000!

This is not a race and there are routes for all levels. The benefit ride this year offers four different routes and includes a buffet lunch after the ride at the awards party. Awards are handed out at the post-ride party and are meant just to be fun - times are not recorded! Live music, food, games, a raffle and a beautiful view overlooking French Creek will be enjoyed by all at the conclusion of the event.

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.
The QRQ of the month for April 2016 was to provide a caption for the following cycling related photo.

Interest stimulated = 0.
Captions submitted = 0.
Future of the QRQ = doubtful.
Simple math.

Therefore, it's your turn. If you have a cycling related question which you think would provide a good future QRQ or if you have a favorite cycling related photo which might generate an interesting caption for a future QRQ, please send your ideas to grmm3@ptd.net. Please include QRQ in the subject field.

If no submissions are received by May 20, 2016, this column, originally inspired by ex-president Jack Helffrich, will be discontinued (after a sometimes successful, sometimes not 4 year run in the newsletter).

Send your questions or photo(s) to grmm3@ptd.net by May 20, 2016 for consideration for a future QRQ.

GMack  QR Editor

TRUTH IN ADVERTISING?
A RIDER’S REFLECTION

Sometimes things reach a point where they make no sense.

I've been a member of the LWA for many years, and I'm greatly appreciative of our club. The members are wonderful people, the rides are beautiful, and the comradery can't be beat.

However, in my opinion, many of our club rides have become chaotic and, consequently, might lead to a disaster. We all know it. We all talk about it. And yet, we continue to perpetuate a culture which is counter intuitive to safety.

Last year we had more bike accidents than ever before. What have we learned? Not enough.

1. Our prior VP of Touring impressed on us a million times the need to be predictable to vehicular traffic. That means obeying the law. On virtually every LWA bike ride I've been on, someone or a group will ride through a stop sign. The drivers aren't sure. We're not sure. And some day. Bam!!!

2. The Monday night B- ride is an accident waiting to happen. If I were new to the area, I would see a B- ride, 14-15 mph easy to moderate pace, flat terrain out to Bowers and back, 25 miles. My experience and conditioning might be appropriate for that ride. What I might get instead is a 17 mph average speed with high intensity riders, all out fast paces lines with well over 20 mph speeds, and a ride leader who leads the pack. This contradiction might place me in great peril. “Truth in Advertising”?

3. The Wednesday rides have morphed into an event that leaves many disappointed. There was a time when the group was a group. We regrouped often, and we waited for those trying to progress from one level to another. Sure, we still sped up and competed at some point, but in some ways we were an easier more accepting group of people. Anyone remember Baron B.? Today it's not the same. I've seen many ride leaders get caught up in the moment. They disappear, they don't wait, they don't regroup, they don't advise of upcoming road hazards and vica versa. The group doesn't wait for the ride leader and regrouping is almost a thing of the past. It's a recipe for disaster. I've seen people who could have been lost or isolated with a mechanical, people who have been hurt in accidents due to lack of information, and I've heard of people who decided to never lead a ride again because of all of this.

Is this who we truly want to be?

I believe that the answer is no. Common sense should be the rule of the road. Let the faster riders head out first with their own ride leader. Let's wait a few minutes for them to clear out. Then the posting ride leader leads the advertised group ride with all that it entails, including "truth in advertising."

See you on the road.

Ruach  aka Neil Dicker

"As a kid I had a dream - I wanted to own my own bicycle. When I got the bike, I must have been the happiest boy in Liverpool, maybe the world. I lived for that bike. Most kids left their bike in the backyard at night. Not me. I insisted on taking mine indoors and the first night I even kept it in my bed.”---*John Lennon*
LWA MEMBERSHIP NOTES:

WEBSITE "PROBLEMS"
Intermittent reports (w/o sufficient detail to verify) of PayPal problems. I don't fully trust renewal via an existing PayPal account, but I don't have any concrete evidence. Most renewals (or new joins) seem to process OK. No data has been collected on the payment methods actually used (via PayPal account or via PayPal "pass through" of credit card info. "on the fly"). Please contact Membership Administration if you experience problems.

Point of confusion: Security code* ~ left of Capttha "I'm not a robot" checkbox. This is NOT the usual 3 or 4 digit credit card security code.

Solution: Check "I'm not a robot" checkbox and continue. If no checkbox is visible, then refresh the web-page (checkbox should appear). If not, proceed and ignore error message (checkbox should appear).

Then check "I'm not a robot" checkbox and continue.

CHECKING/MODIFYING YOUR LWA MEMBERSHIP INFORMATION
Login at www.lehighwheelmen.org. Click on My Profile. Select each of the tabs, Subscription History, My Subscriptions and Edit... If you make changes via Edit... you can save them via Update.

MISCELLANEOUS:
Membership Administration now purges Expired memberships on a 6 month trailing cycle.

Richard Baldock    rv314159@rcn.com
Robert Smith     rbsmith@ptd.net
LWA Membership Administration
**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

**ARTICLES FOR SALE**

2008 Trek T1000 Road Tandem.
Aluminum frame, Bontrager cranks and rims, Tiagra 9 speed shifters, triple on the front. Excellent condition, very few miles. Standover height for the captain is 30.5" and the stoker is 28". Carbon fiber straight bars for the stoker; original rear road bar as well. Bicycle computer and rear bag included along with regular flat pedals on the front and back. $1000 or best offer. Please E-mail gale.fritsche@gmail.com if interested.

**FOR RENT**

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](http://www.action-wheels.com)

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

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

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

**Curt’s Cyclery**
Route #248
Nazareth, PA
610-759-5134
info@curtscyclery.com

**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**
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](http://www.spokesbikeshop.com)

**The Velo Shop**
6465 Village Lane, Suite 8,
Macungie, PA 18062
267-374-3915
[www.theveloshop.net](http://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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