2016 ELITE & JR. TRACK NATIONALS VOLUNTEERS NEEDED JULY 25-31

Valley Preferred Cycling Center will be the host to the 2016 Elite & Jr Track Nationals July 25-31.

Every day athletes, officials, coaches and staff will need the help from volunteers. Events run throughout the day; morning session begins at 9 AM and evening session begins at 7 PM. Note: sometimes sessions run long due to weather and mishaps.

Volunteers are needed to assist athletes with starts for individual and team time trials; runners for delivering paper, water, food and information to officials and staff; keeping water supplies filled, track maintenance by placing bumpers, clean up and movement of tables and chairs. So many things need to be done to have a flawless event.

Contact Sallie Urffer at sallie.pedals@gmail.com for more information, or if you are willing to volunteer.

Those willing to volunteer should supply dates and times available. More event information can be found at: http://www.usacycling.org/2016/elite-juniors-track-nationals

5th ANNUAL CROP HUNGER BIKE RIDE SATURDAY, JUNE 4, 2016 Bob Rodale Cycling & Fitness Park

Join us for our 5th Annual CROP Hunger Bike Ride to fight hunger in the Lehigh Valley and around the world. One hundred percent of your registration fee will go to CROP, a national organization of Communities Responding to Overcome Poverty.

Pre-registration is $30; day of event registration is $35. Plan to check in 30 minutes prior to your ride. Helmets and signed waivers will be required to ride. Rides of 25, 40, and 62 miles (metric century) are planned for the event. A light thank-you lunch will be held at the Rodale Park pavilion after the ride. Gather up your friends and join us on some fantastic scenic routes and help a fantastic cause. Check out the CROP RIDE flyer found at the end of the newsletter.

Pre-registration at https://www.bikereg.com/crop-hunger-bike-ride

LWA SEEKING NEW NEWSLETTER EDITOR

After 4 years as the LWA Quick Release editor, I have decided it’s time to quick release myself from that position. Any club member interested in taking over the position should contact Dave Sheffield, club president, at davidsheffield@gmail.com.

GMack QR Editor

CLUB OFFICERS
Dave Sheffield..................President
davidsheffield@gmail.com 610-462-0107
Frieder de Biasi..................VP Touring
badebiasi@hotmail.com 610-248-1881
Becky Quinn ..................VP Racing
LWARacing.info@gmail.com 610-966-3646
Cathy Odom...................Secretary
c8odoma@ptd.net 610-398-0750
Tina Lawrence..................Treasurer
tmlaw33@gmail.com 201-370-9613
Richard Baldock...........Membership
rv314159@rcn.com 610-965-2736
Rob Smith...........Membership
rsmith@fast.net 610-770-0460
Dave Drummer ...............Webmaster
beammeup42@ptd.net 610-298-3382
G.Mack ..................Newsletter Editor
grmm3@ptd.net 610-428-1697
Carl Zvanut .................Board Member
zvanutcw@gmail.com 610-909-4679
Dick McCreight ...............Board Member
dickmcc@ptd.net 484-547-4385
Paul Smith ..................Board Member
pocono72@yahoo.com 570-460-2523
Roberta Kates ................Board Member
heybert@ptd.net 610-703-0318
Glen Davis ....................Race Official
grdavis2000@hotmail.com
Jack Helfrich ................Bored Member
jackhelfrich@hotmail.com 484-347-3541
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. Online 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 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.

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 Valley, 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 ROGER A. WOMAN MEMORIAL BIKE RIDE BENEFITING CAMELOT FOR CHILDREN, INC.
SATURDAY, JUNE 18, 2016
Bob Rodale Cycling and Fitness Park

This June 18, 2016, will mark the second annual Roger A. Worman Memorial Bike Ride. Roger 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. Roger 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. We are organizing a day of activities for children within the park, and for all the cycling enthusiasts in the Lehigh Valley, 15, 25, 35 and 50 mile staggered start time bike rides starting and finishing at the Rodale Park. Food and drinks will be provided. T-shirts and raffle prizes will also be available for participants. For more information visit: http://www.camelotforchildren.org/bike-ride.html
2016 PA HOPE RIDE
BENEFIT BIKE RIDE
JUNE 25-26, 2016
Kutztown University

The PA Hope Ride is a 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
SATURDAY, 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.

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

OFFICIAL LWA EVENT
WEEKEND IN HYDE PARK, NY
AUGUST 19 - AUGUST 21, 2016

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. This official LWA event was posted on Meetup early so interested LWA members can make advanced plans. Rides are planned for each day. Here is a link to the event with all the routes. They are all in the LWA-GPS club library. They also have been assigned the tag Hyde Park Weekend.

https://ridewithgps.com/events/Hyde-Park-Weekend6

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
WEKEND IN HYDE PARK, continued

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, being a member of this
Meetup group 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.

LWA JUNIATA WEEKEND 2016
MAY 13-15, 2016
A RETROSPECTIVE

The Fifth Juniata Weekend was ridden under threat of wet
weather, and thus somewhat diminished in numbers, if not in
spirit, and definitely not in fun.

On the first day, we left three hours late and for our patience
were rewarded with dry roads after a morning downpour. A
highlight of the day was a stop at the Isle of Que, a little
community on the Susquehanna River at the edge of
Selinsgrove. We were admiring the scenery, congregated
around some benches, marked PRIVATE, overlooking the
river, when the owner came walking up. I expected to be
castigated for trespassing, but the gentleman instead offered to
take our photograph. Tut (no last name) then regaled us with
stories of life on the river.

On the second day, whilst at a private showing of the
Tuscarora Museum, the far point of the ride, we checked the
radar and saw a storm bearing down on us. Home (OK, Cabin)
as fast as our legs could pedal, assisted by a 20 MPH tailwind.

But we needed a water/nutrition break, and what a break it
was. In the center of the borough of Port Royal, we spied a
barbeque stand set up by a One-strapper family. One-
strappers, for you uninitiated, are an Amish group that uses
only a one strap suspender to hold their pants up, presumably
because the second strap is redundant and therefore
unnecessary and vain (We can only speculate whether the
women also subscribe.) It was a delicious quick lunch of
barbecued chicken and pork chops, pies and pastries of all kinds.
We didn’t quite beat the rain, but we also didn’t get very wet.

That evening, Andrew and Eileen Zimmerman, horse-and-
buggy Mennonites and owners of Zimmerman’s Bike Shop,
hosted the twelve of us for dinner. I’m not even going to
describe it as I would be accused of being effusive; you have
to ask another participant about it.

The final day, Sunday, had, finally, a 0% chance of
precipitation. We did experience stretches of dry roads. But we
also rode through 3 showers, one of which contained sleet. The
ride leader offered to turn back, but the riders were adamant
that they were not made of sugar and would not melt, and,
therefore, were only too happy to try out their high tech rain
gear.

Elena (Helmuth) and her sister Nancy were our gracious hosts;
Jack, Daves 2 and 3, Al, Tom, Mike, Dirk, Rich, Carl, and Ron,
our intrepid riders.

You want more pictures? Visit the QR Pic Pages or for more go
to the Wheelmen Meetup site for May 13 Fifth Juniata.
http://www.meetup.com/Lehigh-Wheelmen-
Association/photos/26971414/

Ron Helmuth LWA Team MOOTS
**LWA MEMBERSHIP REPORT**
**as of MAY 26, 2016**

**WELCOME: NEW & RETURNING MEMBERS**

Lisa Scheller  
April Umlauf  
Samuel Christian  
Greg Wolf  
Amy Wressel  
Nikolai Dimoff  
Peter Glogovsky  
John Kates  
Dan Mohr  
Shannon Leight Family (4 members)  
Tom Roberts  
Erin King  
John Niemkiewicz  
Michael Dieter  
Michael Derewicz  
Noelle Schwartz  
Stuart Field  
Cordula Vogel

**Statistics Summary**

Units 288  
Individual 207  
Family 81  
Minimum Total Members 365

---

**Experiencing Website "Problems"**

**Rule 1**: Contact Membership Administration (see below),

---

**Miscellaneous:**

Purging Expired memberships on a 6 month trailing cycle  
(currently purged through October 2015).

---

**Apologies in advance for any errors and/or omissions!**

---

**LWA Membership Administration**

Richard Baldock, rj314159@rcn.com  
Rob Smith, rbsmith@ptd.net

---

**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 grmm3@ptd.net

---

**RIDE LEADER REPORT**
**MAY 2016**

LWA ride opportunities continue to grow as the weather improves with 51 rides offered and 446 riders participating (reported as of 5/28). Your top ride leaders for May were Jean Black with 67 riders on her 7 rides followed by Donalee Frary 6 rides/44 riders; Richard Baldock 5 rides/10 riders; Mike Soliday 4 rides/57 riders; Bruce Kantor 4 rides/36 riders; and Dave Sheffield 4 rides/18 riders. Year-to-date Richard Baldock has led 17 rides with 32 riders; Torie Loven 12 rides/142 riders; Dave Sprigle 11 rides/37 riders; Jean Black 10 rides/88 riders and Jim Fullerton 9 rides/86 riders. The most popular ride leader for the year to date is Terry Terfinko averaging 16.8 riders on his 6 rides. Thanks to all our ride leaders for their dedication and variety of rides posted. Find your perfect summer ride at [http://www.meetup.com/lehigh-wheelmen-association/](http://www.meetup.com/lehigh-wheelmen-association/)

Dick McCreight  LWA Board Member and Ride Leader

---

**QRQ OF THE MONTH**
**JUNE 2016**

---

---

---

---

---

---
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 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

---

SUPPORT YOUR LOCAL BIKE SHOP
5th Annual CROP Hunger Bike Ride
Communities Responding to Overcome Poverty
Saturday, June 4, 2016 Registration Starts at 7:00am
Rodale Fitness Park Trexlertown

Three Scenic Routes:

1. **7:30 Start Metric Century (62.5 miles):** A beautiful route out to scenic Hawk Valley. [http://ridewithgps.com/routes/7444354](http://ridewithgps.com/routes/7444354)

2. **8:30 Start 40 Mile:** Rolling hills to Crystal Cave. [http://ridewithgps.com/routes/1612874](http://ridewithgps.com/routes/1612874)


- Sign in and Register 30 minutes before your ride.
- Helmet, water bottle & signed waivers required to ride.
- Adult must sign for minors.
- Light lunch will be served at 12:30

100% of funds raised, go to help our hungry neighbors, locally and globally. Thank you!

Pre-Register by June 1st $30.00

Registration fee day of ride $35.00

**Can’t Ride?**
Be a Virtual Racer by registering on BikeReg.com

Contact Debi
610.570.7515
AllentownCROP@gmail.com

Sunday October 9, 2016