President's Message
Our LWA membership is very diverse and cycling brings us together in many ways. The 15th anniversary of 9/11 gave us occasion to reflect - with the words of a poet and the pictures from leader Ron Helmuth's NYC ride held Sunday 10/16

"One" Poet Cheryl Sawyer
As the soot and dirt and ash rained down, we became one color. As we carried each other down the stairs of the burning building, we became one class. As we lit candles of waiting and hope, we became one generation. As the firefighters and police officers fought their way into the inferno, we became one gender. As we fell to our knees in prayer for strength, we became one faith. As we whispered or shouted words of encouragement, we spoke one language. As we gave our blood in lines a mile long, we became one body. As we mourned together the great loss, we became one family. As we cried tears of grief and loss, we became one soul.

As we retell with pride of the sacrifice of the heroes, we become one people.

We are
One color
One class
One generation
One gender
One faith
One language
One body
One family
One soul
One people.
Member of the Month – CATHY ODOM
Who can turn the world on with her smile . . .
by Clyde Odom

In 1972, after we got married, Cathy & I bought our first 10 speed bikes. We were unable to ride much because of the bumpy sidewalks. She insisted we ride for the health benefits and used it as a couple “thing to do”. To this day, she still insists we ride for the same reasons. Shortly, after buying the bikes, we moved to Baton Rouge, LA and started a family so riding was limited. We eventually sold the bikes.

Mother’s Day, 1992, was the next time she wanted a bike. We had just moved to Allentown, and she picked out a Trek hybrid. At the store, I became interested in a bike too. She realized that my pick was faster than hers and would go up hills easier. Not wanting to be left behind, she changed her mind and bought the same hybrid bike. Her riding then was on the same roads as she rides today. Our first group road ride was with Terry Terfinko… and we got dropped. At that point, we realized that the hybrids were not going to keep up with road bikes. Cathy’s desire to ride more and faster grew, so, we attempted to upgrade the bikes with road tires, higher gearing, and lighter saddles. That didn’t help much!

She then decided to upgrade to a full fledge road bike, a Cannondale with the 650 wheels, thinking that would help. She rode that bike a few years, and having an increased “need for speed” she upgraded to a women specific design carbon bike. She stayed with the Cannondale brand and purchased a “Synapse” model. She liked the bike, but it was never quite right.

We decided to try group riding again, so we joined the LWA in 2014. Cathy was always afraid she could not keep up with a group, but she soon found out that riding with a group improved her skills and she found Terry, again! Of course, he did not remember her. The LWA family was so welcoming and encouraging she developed a new group of friends, her mileage picked up along with her fitness and speed. Towards the end of that season and into 2015 Cathy started to have some hip and neck pain problems due to aging. She went to the medical community, physical therapy, and chiropractors, along with bike fit adjustments looking for relief. She was even told to quit riding and of course that was not an option! Eventually last year, she ended up at “The Velo Shop” for a last ditch fit on her Synapse. At that time, it was decided the bike was not a good fit for her. She decided to buy her dream bike with electronic shifting… the “Lapiere”. The “geometry” of that bike, gearing and “fit adjustments” helped resolve a lot her issues, although they will never go away! She became a rocket and left me, her husband eating dust.

Over the years, as a couple and family, we have ridden several MS 150 rides, NYC 5 Borough Rides and a slew of other charity rides. We enjoy international cycling vacations and have been to Italy several times, France, Croatia to Italy, (Dalmatian Coast through Croatia, Slovenia, Montenegro, Bosnia-Herzegovina, and ending in Venice) and recently, Paris to Amsterdam. The Paris trip allowed Cathy to satisfy a childhood dream to see the Tour de France. We were in the grandstand at the finish line in Paris with Champagne and hors d’oeuvres. It was the highlight of our trip and satisfied one of the bucket list items! We had a great time riding through Paris on the cobble stones streets, through the Champs Elysees, the roundabout of the Arc de Triomphe, along the Seine, and out to Versailles. The rest of the trip we rode through, Germany, France, Luxembourg and the Netherlands.

She has always been interested in health and fitness and at the age of 40, she accomplished that interest with a master’s degree in “Clinical Exercise Physiologist”. Until she retired, she specialized in the open heart patients and worked in the ICU. She has always “walked the talk” and inspired others to do the same, hence, her passion to ride will continue.
LWA MEMBERSHIP REPORT  
September 27, 2016

NEW & RETURNING MEMBERS

Steven Adams  
Rick Burger  
Jane, Joe, Taylor, Tucker & Patrick Brown  
Charles Farley  
Andrew Buck  
Ken Moyer  
Mitchell Cooper & Rebecca Axelrod-Cooper  
Will Velekei  
Marty Katz  
James Evans  
Laura Stearns  
Carla Rossi  
Arnie Lichten  
Rob Taylor

Statistics Summary

Units 294 (+1)  
Individual 220 (+3)  
Family 74 (-2)  
Minimum Total 368 (-1)  

Annualized Projected Revenue from Memberships ~ $5150 (-$5)

LWA Membership Administration  
Rob Smith, rbsmith@fast.net  
Richard Baldock, rv314159@rcn.com

Experiencing Website "Problems":

Contact Membership Administration

Example: Forgotten Email address, Username or Password? We can retrieve your Email address or Username; however, we can only reset your Password to something temporary and communicate that information to you via email.

Email: This is the primary (99.99%) method by which LWA communicates. If it is incorrect, you will not receive LWA's messages.

Renewal via Snail Mail:

LWA, P.O. BOX 140, TREXLERTOWN, PA 18087-0140

Please notify Membership Administration (rv314159@rcn.com and rbsmith@ptd.net) when the check is actually mailed.

Miscellaneous:

Purging Expired memberships on a 6 month trailing cycle (through February 2015).

Need valid Email address for:

Stuart Field

If anyone knows Stuart, please send his email address to Membership so that we can finalize his database record.
Ride Leader Report  
September 2016

September Ride Leader Report. A total of 33 rides were posted in September averaging more than one per day. The number one ride leader spot for the month goes to Dave Sprigle with 5 rides and 17 riders followed by Terry Terfinko 3 rides/47 riders, Carl Zvanut 3 rides/40 riders, and Jim Fullerton 3 rides/29 riders. For the year, Jean Black remains in the number one spot with 34 rides and 268 riders followed by Dave Sprigle 31 rides/112 riders, Richard Baldock 31 rides/68 riders, Torie Loven 26 rides/270 riders and Donalee Frary 24 rides/153 riders. Terry Terfinko continues to hold the Mr. Popularity spot averaging 17.3 riders on his 19 rides. Autumn is officially here with beautiful riding weather. Find your perfect LWA ride at http://www.meetup.com/Lehigh-Wheelmen-Association/events/

Be safe! Dick McCreight

The Gap Gallop - Recap

Fiddlers Elbow: Several years ago this challenging climb - challenge your legs, heart and lungs - was listed in Bicycling magazine's list of the 100 hardest climbs in the country. It's definitely worthy of bragging rights.

Starting at DeSales University, this route took riders through the beautiful hills and farms of eastern Pennsylvania.
Sept. #1 Ride Leader
Dave Sprigle
Ride New York 2016
LWA Discount Sponsors

**Action Wheels**
530 W. Broad St. #1
Bethlehem, PA 18018
610-866-1113
www.action-wheels.com

**Cutters Bike Shop**
418 E. 3rd St.
Bethlehem, PA 18015
610-419-4207
www.cuttersbikeshop.com

**South Mountain Cycles & Coffee Bar**
337 Chestnut Street
Emmaus, PA 18049
610-967-4490
email: smcbikes@ptd.net

**Bikesport**
325 West Main Street
Trappe, PA 19426
610-489-7300
www.bikesportbikes.com

**Fitness Central Bike Shop**
4337 Route 309
Schnecksville, PA 18078
610-769-7300
www.fitnesscentralinc.com

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

**Keswick Cycle Co.**
408 N. Easton Road
Glenside, PA 19038
215-885-7433
www.keswickcycle.com

**The Velo Shop**
6465 Village Lane, Suite 8,
Macungie, PA 18062
267-374-3915
www.theveloshop.net
info@theveloshop.net

**Saucon Valley Bikes**
824 Main St.
Hellertown, PA 18055
610-838-1500
www.sauconvalleybikes.com

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

---

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

---

**SUPPORT YOUR LOCAL BIKE SHOP**