President's Message

We are very pleased to announce that 100% of net proceeds from the 2016 Gap Gallop will be donated in support of two fantastic cycling charities:

50% of the funds raised through the LWA Gap Gallop have been donated to World Bicycle Relief (WBR) to purchase 13 bicycles! (Feature article page 3.)

50% goes to Community Bike Works. CBW is more than learning how bikes work; it’s learning how life works. At risk children from center city Allentown team up with mentors for a 12-week course in bike mechanics and safety. They learn work skills and see the satisfaction of turning a broken bike into a functional one. On graduation, students earn their refurbished bike and a new helmet.

Also, it's time to start thinking about Bike Virginia 2017! (Feature article page 3.)

Election Report

Elected by the members at the LWA Seasonal Party 12/2/16:

Lehigh Wheelmen Association
2017 Officer & Board

Officers:
- President: Dave Sheffield
davidsheffield@gmail.com 610-462-0107
- VP Touring: Frieder de Biasi
badebiasi@hotmail.com 610-248-1881
- VP Racing: Glen Davis
grdavis2000@hotmail.com *** *** ***
- Secretary: Cathy Odom
c8codom@ptd.net 610-398-0750
- Treasurer: Tina Lawrence
tmlaw33@gmail.com 201-370-9613
- VP Touring: Frieder de Biasi
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grdavis2000@hotmail.com *** *** ***
- Secretary: Cathy Odom
c8codom@ptd.net 610-398-0750
- Treasurer: Tina Lawrence
tmlaw33@gmail.com 201-370-9613

Board Members:
- Carl Zvanut (2017 & 2018)
zvanutcw@gmail.com 610-909-4679
- Dick McCreight (2017 & 2018)
dickmcc@ptd.net 484-547-4385
pocono723@yahoo.com 570-460-2523
heybert@ptd.net 610-703-0318

Glen Davis (2016)
grdavis2000@hotmail.com
Richard Baldock (2016)
rv314159@rcn.com 610-965-2736
Rob Smith (2016)
rbsmith@fast.net 610-770-0460
Dave Drummer (2016)
beammmeup42@ptd.net 610-298-3382
Jean Black (2016)
joblackies@hotmail.com 484-426-4879
Ride Leader Report
Year-End Ride Leader Report

Our 2016 ride-year ended on November 30th with a total of 478 LWA rides posted for the year. If you do the math, that’s an average of 1.3 rides to choose from every day. That’s up 14% from 2015! Most of the growth can be attributed to Tom Donnelly’s popular D rides and Donalee Frary’s Sunday women-only rides. Thank you LWA ride leaders!

Your top 10 ride leaders for 2016 were Donalee Frary in first place leading 41 rides with 246 riders (see member of the month feature on page 3.) followed by Dave Sprigle 40 rides/150 riders, Jean Black 38 rides/289 riders, Richard Baldock 25 rides/81 riders, Torie Loven 30 rides/306 riders, Jim Fullerton 28 rides/254 riders, Terry Terfinko 20 rides/351 riders, Ken Knoll 20 rides/214 riders; Tom Donnelly 20 rides/204 riders and Art Hunsberger 19 rides/189 riders.

A measure of ride leader excellence is the number of riders who participated in a particular ride leader’s rides. Your top 5 in this category are Terry Terfinko with 351 riders, Torie Loven with 306 riders, Jean Black with 289 riders, Jim Fullerton with 254 riders and Donalee Frary with 246 riders.

We share the good memories of our 2016 rides and look forward to extraordinary rides in 2017. Check https://www.meetup.com/Lehigh-Wheelmen-Association/events/ to find your perfect ride. Be safe!

Be safe! Dick McCreight
World Bicycle Relief (WBR) was founded in 2005 by F.K. Day and Leah Missbach in response to the 2004 Indian Ocean tsunami. As a founder of SRAM and leader in product development, F.K.’s role offered a unique opportunity to problem-solve with other cycling industry leaders. A solid backing from SRAM Corporation and an outpouring of support from industry leaders helped to launch WBR and provide bicycles to those in need. Partnering with aid organizations in Sri Lanka, WBR distributed more than 24,000 bicycles to displaced survivors, providing access to education, healthcare and livelihoods while reconnecting entire communities.

WBR has since built programs to provide specially designed, locally assembled bicycles for students, healthcare workers and entrepreneurs across Africa, South America and Southeast Asia. While the bicycles themselves help individuals conquer distance and increase their carrying capacity, WBR has also created new economic opportunities by training field mechanics and employing bike assemblers to support their local programs.

With the experience and expertise gained over the last 10 years designing and delivering more than 300,000 Buffalo Bicycles, WBR has developed an efficient, innovative and scalable model to successfully address the great need for reliable, affordable transportation in rural areas of developing countries.

Beginning in October of 2014, the Lehigh Wheelmen Association and individual members began donating to World Bicycle Relief to change lives though the power of bicycles. We are very pleased to announce that 50% of the funds raised through the LWA Gap Gallop have been donated to WBR to purchase 13 bicycles. The total number of bikes donated by LWA and its members since 2014 now totals 35!

Are you looking for an alternative gift to give in honor of a friend or relative during this holiday season? A gift of $147 to WBR buys a bike for a person in need and during December your gift will be matched dollar for dollar so your contribution buys two bikes. Visit https://worldbicyclerelief.org/en/donate/ to donate online. (If you donate, please drop a note to lwariderleader@ptd.net so we may track the number of bikes donated by LWA members.)

Thanks to my fellow LWA members for making a difference in this world by sharing your passion for bikes.

Donalee is an exceptional ride leader. First, she is always friendly and very positive. Donalee welcomes folks and explains the route, the pace and the importance of ride safety and courtesy. While on the ride she is constantly encouraging and ever mindful of the group; checking on the whereabouts of people who may have dropped behind or gone off on their own. Donalee, herself, is a strong and smooth rider, but keeps to the "advertised" speed. That’s appreciated!

Donalee will find positive attributes of riders and offer her thoughts in an effective manner. I'll never forget on one of my 1st LWA rides, everything was new and it was very tough for me. I was struggling to just barely keep up with the group. (Well, that still seems to still be the case!) Donalee came up behind and then around me. She graciously told me I was a steady rider. So, although I was feeling anything but steady, that simple kindness made a big difference for me to hang in there and keep on peddling. I can't help but think that many other new LWA riders have also benefitted by similar encouragement from Donalee. And then there is Donalee’s infectious cheer - "whoa-whoa"... Who doesn't feel better after hearing that, right??!!
Bike Virginia  Nancy Sheffield

It’s time to start thinking about Bike Virginia 2017! This year, it will be in Buena Vista and Staunton, Virginia from June 23-28, and there’s a 3 day option. Many of you have done this ride in the past, and it’s always been a lot of fun. The beauty of this ride is that it’s in a different part of Virginia each year, and each day offers several ride options so people can do shorter/flatter routes or longer/hillier/challenging routes. It’s always been fun exploring the backcountry roads of Virginia which can be quite beautiful. Please check out the website at www.bikeva.org to learn more.

The nice thing about Bike VA is they offer several ride options each day. That way, you can take on big challenges (100 miles in the mountains) or flatter/shorter routes. There are definitely financial advantages to registering early. If you sign up in December, and get a team passport, you can save quite a bit of money. Team passports must be done in groups of 4 and will save $50 per person. The Sheffield’s and Ferrera’s have already signed up and the process is simple. There’s also the option to camp or use hotel rooms.

The hotels the Sheffield’s & Ferrera’s will be using are as follows. Please note that the hoteliers make their switch on Sunday afternoon rather than Monday morning so we can get an early start on Monday. When you call the hotels, be sure to ask for the Bike Va rooms as they are blocked and at a reduced rate.

Fri, June 23 - Sun, June 25  Lexington
THE SLEEP INN
540-463-6000
$125/night plus tax

Sun, June 25 - Weds, June 28  Staunton
THE COMFORT INN
540-886-5000
$109/night plus tax

If you have questions, contact Dave or Nancy Sheffield.

Again, Dave and I hope all of you can join us. If you have any questions, please call me (610-703-8871) or email me.

Nancy Sheffield
nancy@sheffieldfamily.info

Membership Benefits
Richard Baldock

Planning to Crash?

Of course not! Neither was I on the LWA ride on 9/23/15. I made a mistake at ~23 mph and in the blink of an eye I was broken and battered. My personal insurance covered most of the cost of hospitalization, surgery, inpatient rehab. and outpatient PT/OT; however, I still paid ~$1550 out of pocket. I finally filed with LWA's accident insurance at the end of August 2016. Over the ensuing 11 weeks I have received several checks totaling ~$1540. That reimbursement would cover 100+ years of LWA Individual membership ($15 per year), or 60+ years of LWA Family membership ($25 per year). There was no damage to my bicycle, so it wasn't necessary to file an equipment damage claim (I protected my bike with my body). LWA's insurance is applicable for current LWA members on official LWA rides (posted on Meetup) led by current LWA Organizers. First-time guests are also covered. If I had been just riding with friends unofficially (even if all were LWA members) or riding solo, then the LWA insurance would not be applicable. I would have preferred not “testing” LWA's insurance plan, but I'm certainly glad that I had the coverage. Advice: Don’t crash, but if you do, plan to do so as an LWA member on an LWA ride!!!
Item for sale.
Klein Palomino MT bike.
Orange with gold undercoat, frame size 17.5, I understand this was listed as Medium by Klein.
$700.
email, bcupaddler@gmail.com, phone 610-691-6041

Andrew Bollinger
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

**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

**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

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

SUPPORT YOUR LOCAL BIKE SHOP