President's Message

Dave Sheffield

Just a quick re-cap (in case you missed recent news): The Valley Preferred Cycling Center will partner with us on the Velo-Valley Vistas weekend. The “Try the Track” event on Saturday afternoon allows VVV riders the opportunity (for a nominal fee,) to take a 1-2 hour class on the track. How cool is that? Heck….I'd like to sign up for this event.

Also be sure to watch for an LWA night at the VPCC races. Yep, the VPCC will reserve space for us on the Velo deck provided we promise to yell extra loud for our home town riders. The LWA will also provide some volunteer help during key events like the Velo-fest.

If you see Marty, Juliann or Tyler around the velo facility, be sure to say hello and acknowledge that we’re working together to promote all types of cycling in the Lehigh Valley.

Ride Leaders Meeting: 28 Ride Leaders spent extra time on cycling safety. When you show up for the next LWA cycling event, don’t be surprised if the Ride Leader takes 2-3 minutes to do a pre-ride briefing. The briefing will review the planned course, known road hazards and set safety expectations (like riding to the right of the yellow line and no more than 2 abreast).

Your ride leaders are volunteers, so please support them!
The **Lehigh Wheelmen Association** is honored to present the premier **Velo-Valley Vistas Charity Ride** on May 28, 2017. Here’s what we know as this newsletter goes to print. Our course begins at the **Valley Preferred Cycling Center** (aka T-Town Velodrome) and follows our favorite roads north and west into Hawk Valley. You will travel on what have been described as the most scenic, low-traffic cycling roads east of the Mississippi! Our focus is the Spring Metric 62 mile ride, but we offer a plethora of mileage options from 40 to 104 miles. For the ultimate challenge, conquer the climb up **Hawk Mountain** (a prize will be awarded along with bragging rights). Themed rest stops will include **Wanamakers General Store** (LWAs perennial favorite rest stop) with homemade baked goods, energy drinks and other goodies to fuel your ride.

In addition to the Sunday rides, we’re going to make this an LWA destination weekend with ride-with-gps routes of some of our favorite LWA rides for Friday the 26th, Saturday the 27th and Monday the 29th. We’re also teaming with **Discover Lehigh Valley** to provide some great tourism suggestions for our out-of-town guests.

Mark your calendars for the weekend of May 26th through the 29th. We’re looking forward to sharing our beautiful Lehigh Valley with cyclists from around the country.
Member of the Month –

Roberta Kates

Contributed by: Donalee Frary

Roberta is super friendly and knows the roads like the back of her hand. I have fond memories of Roberta riding along side me - chatting and laughing together. Then, when a group of faster cyclists whiz by, Roberta politely says 'See you later' and takes off to catch the fast riders with flare and finesse. When you see her, know she has a nice combination of being a strong rider and yet stays easy going. Join a ride with Roberta. She is strong, gracious and fun!

Contributed by: Glenn Davis

It's sometimes difficult to put down in words the recognition Roberta deserves. I am offering just a few lines about how, over 4 years or so, I became working and personal friends with Roberta. First, as volunteers for the Gap Gallop - both at the Wind Gap rest stop (original GG route,) and at the NJ Aqua Water Works - she was a pleasure to work with. Next, we started working together as USA Cycling officials (at both road and track events). I can always rely on Roberta when volunteers are needed (even when I volunteer her services without her knowing). Believe it or not, she hasn't hit me over the head yet - testimony to the fact that she's a great person both on a personal level and professional level.

The future of LWA is surely in good hands with Roberta as an officer and I look forward to her continuing leadership.

Continued next page . . .
Member of the Month – Roberta Kates continued

Contributed by: Jean Black

USA Cycling Official Roberta Kates (along with officials Erica Josulevicz, Deb Schiff, Bill Jackson, and Cristin Miller,) showed her dedication at a recent March race series event. Roberta shared the following Sunday morning experience:

Lap bell clanging, a few shouts of encouragement as each rider passes, and an assessment by the officials make an otherwise quiet Sunday morning into a competition.

Riders earn 20 points for lapping the field! The slight grade to the finish line appears to challenge the riders' power and ability to stay ahead of their gearing. One of the juniors seemed hardly tall enough for his bike’s frame - a size that he'll probably outgrow in no time.

Family, coaches and spectators seem glad for the warm sunshine because the mid-twenty temperatures could easily chill fingers, toes and the quads of their racers.

True racing evangelists cry out "that's the way John" "stay with them Luke". Another clang of the bell and the riders cross the finish. Yeah! Claps muffled by gloves indicate the dedicated parents will gratefully treat the family to a hot cup of coffee and a hearty breakfast.

Almost thirty riders assemble for race #2. Some shiver visibly as they await the start. Training series calls for courtesy (although this writer admittedly hasn't witnessed anything that would ruin a rider's season). Whirr of wheels, the pack passes again . . . Lap 12 and the race continues.
Ride Leaders Meeting

Frieder de Biasi, March 2017

On Saturday, March 4th, 2017, twenty six ride leaders participated in discussions including ride safety, how to handle ride accidents, ride leader guidelines, ride with GPS and LWA insurance policy topics. (The 2017 “Ride Leaders Meeting” power point presentation is posted on the LWA website.)

Significant time was devoted preparing suggestions to improve ride safety. While likely not all ride leaders agree with every suggestion made, I believe that the exchange of ideas results in safer LWA rides.

One of the key concerns addressed was group ride size and how group rides could be managed better. Following is a summary of the suggestions:

1. Riding groups:
   1.1. The ride leader can limit the number of ride participants in the Meetup ride descriptions. Limiting groups to twelve riders is recommended. A second ride leader is needed when the posted number of riders is exceeded. A second, faster or slower, ride should be posted on Meetup if the higher than recommended number of riders is known before the ride.
   1.2. The ride leader can ask ride participants to form two groups if more than the posted number of cyclists attempt to ride. The group should identify a second ride leader to lead a second, faster or slower, ride. The newly formed groups should depart and ride separately (faster group leaves first). The two groups should communicate if they plan meeting at the planned rest stops and/or at the end of rides.
   1.3. The ride leader, cooperating with his group, can identify a “sweeper”

Dave Sheffield comments:

Don’t worry, you’ll still be able to ride with your cycling friends.....we just want to reduce road congestion and improve overall safety.

2. Ride leader safety announcements before ride:
   2.1. Route description including known hazards
   2.2. No more than two abreast riding, single file only as traffic or road conditions warrant.
   2.3. Riders to communicate road hazards with hand signals and voice calls
   2.4. Riding on the right side of the road, not crossing yellow line, passing on left only

3. Other safety recommendations:
   3.1. Announce hazards (“hole”, “car back”, “car turning” etc.), switch to single file as warranted
   3.2. Announce intentions (“slowing”, “passing”, “stopping”, etc.)
   3.3. Avoid wheel overlaps, keep appropriate distance from other riders (16” back, 4-6” right or left, consider own and other riders’ skills)
   3.4. Hold your line
   3.5. Consider using a mirror
   3.6. Avoid riding in poor light conditions (approaching darkness, sun glare, etc.)

4. Monday evening “5:30” rides will begin when daylight allows for the completion of approximately two hour long rides before sunset. For safety reasons the riding groups should be separated:
   4.1. A riders meet in parking lot next to the barn - start at 5:25
   4.2. B riders meet in larger parking lot across main entrance of Velodrome - start at 5:30
   4.3. C riders meet in parking lot next to Rodale Park - start at 5:35.
   4.4. D riders meet in parking lot next to Rodale Park - start at 5:40
   4.5. Ride leaders to have sign on their cars identifying A, B, C or D ride
February Ride Leader Report

The LWA took advantage of an exceptionally warm February with an amazing ride calendar. Your LWA ride leaders hosted 29 February rides in 2017; more than double the 12 February rides in 2016.

The top monthly ride leaders were
• Richard Baldock 6 rides and 24 riders,
• Dave Sprigle 4 rides/15 riders,
• Jean Black 3 rides/33 riders,
• Carl Zvanut 2 rides/28 riders and
• Dick McCreight 2 rides/26 riders.

For the year-to-date we’re running three times the number of rides in 2016. Richard Baldock is back on top with 15 rides and 42 riders followed by Jim Fullerton 8 rides/83 riders, Dave Sprigle 7 rides/22 riders, Tom Donnelley 6 rides/34 riders and Jean Black 4 rides/42 riders.

An honorable mention goes to Lenni Maguire for organizing 10 CompuTrainer rides at Endurance Multisport.

Rich Ferrera remains Mr. Popularity with an average of 18.7 riders on his three rides.

Find your perfect early spring ride at https://www.meetup.com/Lehigh-Wheelmen-Association/events/

Be safe!

Dick McCreight

Topton Market Café – a February favorite!
Have secret motors been used to cheat in pro cycling?

60 Minutes ran a segment titled "Enhancing The Bike".
If you are interested, you can view the segment here:
http://www.cbsnews.com/videos/enhancing-the-bike/

Contributed by: Hansel de Sousa
this article would be good for the QR:
http://www.ilovebicycling.com/cycling-myths/

Contributed by: Terry Terfinko
Most people aren’t aware that you can add emergency contact information to your drivers license. This info is then available to police and emergency personnel if you are injured. Here is the link that explains how to add the info online:
https://www.dot33.state.pa.us/mobile_emergency_contact/mobileecilogin.jsp
Membership – February 22, 2017, as reported at the LWA Board Meeting

LWA Welcomes New / Returning Members
- Dusty Haverly
- John Berchtold
- Pete DiMattia
- Semon Dorgam
- Suki Kazahaya
- John Hagen
- Karl & Karen Imdorf

Statistics Summary
- Units 308 (+2)
- Individual 230 (0)
- Family 78 (+2)
- Minimum Total 386 (+4)

Annualized Projected Revenue from Memberships ~ $5400 (+$50)

Comparisons relative to January 2017 Meeting Membership report
- Positive result. Insufficient data to consider a trend. March, April & May is typically the most active renewal period of the year.

Note: Website renewal (or joining) Page prior to PayPal page now displays (for Payment Method), “Credit Card, Debit Card or PayPal” instead of just “PayPal”. Continuing should display the PayPal page, which includes ability to either login to an existing PayPal account or click on a link to pay with either a Credit Card or Debit Card. In both cases, PayPal will process the payment, but should not save information after processing a “one time” Credit Card or Debit Card payment.

Experiencing Online Renewal "Problems": Contact Membership Administration (rv314159@rcn.com and rbsmith@ptd.net)

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 US 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:
Administrators are Purging Expired memberships on a 6 month trailing cycle (through June 2016).

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.

LWA Membership Administration
Richard Baldock, rv314159@rcn.com
Rob Smith, rbsmith@ptd.net
Happy 70th Birthday Dick!
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

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

**Fitness Central Bike Shop**
437 Route 309
Schencksville, 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: smc@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.thevaloshop.net
info@thevaloshop.net

**Village Bicycle Shop**
7 South Village Circle
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