President's Message
Dave Sheffield

If you do only a few 2017 cycling events, "Velo-Valley-Vistas" should be at the top of your list.

Come join us! May 28th.

Editor's Note: an archival photo of Nancy and Dave – who is hiking the AT. ALL GOOD!!
Memorial Day Weekend, May 26th through May 29th

The Main Event, Sunday May 28th

The Lehigh Wheelmen Association is honored to present our new Velo-Valley Vistas Charity Ride on May 28, 2017. The course will begin at the world-class Valley Preferred Cycling Center (aka T-Town) Velodrome and follow our favorite roads north and west into the Hawk Valley. You will travel on what have been described as the most scenic, low-traffic cycling roads east of the Mississippi! The focus will be a Spring Metric 62 mile ride, but we offer a variety of mileage options from 40 to 104 miles. For the ultimate challenge, conquer the climb up Hawk Mountain and receive a prize 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. To top it all off, the ride culminates with a lap on the Velodrome track!

A Destination Weekend Event

We encourage you to add to your Lehigh Valley experience and make this a destination weekend. We’ve partnered with the Velodrome to offer VVV participants a Try the Track class complete with track bikes and professional instruction on Saturday May 27th from 2:00 to 4:00 pm. In addition, we’ll offer GPS routes of some of our favorite Lehigh Valley Themed rides for Friday the 26th, Saturday the 27th and Memorial Day Monday the 29th. Visit Discover Lehigh Valley for some great suggestions of things to do and see.

Where:

Valley Preferred Cycling Center
1151 Mosser Road
Breinigsville, PA 18031
Directions

Registration:

Register online for the Sunday May 28th rides at BikeReg. Fees are $20 for riders under 18 (guardian must sign waiver), $45 for adults registering online before April 30th, $50 for online registration between May 1st and May 27th, and $55 for day-of-event registration. Your fee includes well stocked rest stops every 20 miles, SAG support and a complimentary light lunch and beverages following the ride.
Routes:

Click here for Sunday May 28th Route Details.

Our Charities:

100% of proceeds from the 2017 Velo-Valley Vistas Charity Ride will go to two of our favorite bicycling charities: Community Bike Works and World Bicycle Relief.

Explore Lehigh Valley Themed Ride Options:

We invite you to Explore the Lehigh Valley on a self-supported ride using these GPS routes of some of our Favorite LWA Rides on Friday May 26th, Saturday May 27th and Monday-Memorial Day May 29th.

Weekend Lodging Options:

Check these Hotels and B&Bs located near the Velodrome for Memorial Day Weekend lodging.
Member of the Month – Marshal (Mike) Solliday

Contributed by: Jack Helffrich,

Mike is a few months older than me, so naturally he’s a little bit wiser. Most club members might not be aware of this, but Mike was president of the LWA for several years back in the seventies.

During my time as president, I appointed Mike to serve in a special position as my 'Minister of Happiness'. Let me just say that he performed admirably. Six years later, I'm still happy. [another Solliday follower, described Mike as "chipper", empathetic, and a sincere listener.]

I also asked Mike to chair a nominating committee, and he did so well, I believe he will probably have the job for life. Think justices of the Supreme Court.

Mike and I have a running joke about his size. He claims to be a 'fat old guy', but I encourage him to be a little more euphemistic. I usually suggest 'full figured', 'plus sized', 'husky', 'on the heavy side', or my mother’s preferred favorite, 'big boned'. However you refer to him, he brings a lot of power to a bike ride. He’s a great person to draft on a long flat stretch of road, or on a windy day. He doesn’t climb too bad either.

One of Mike’s ancestors was a clock maker, and there are still several grandfather clocks and wall clocks around bearing the Solliday name. According to Liz, many (too many) of these are in their house near Leather Corner Post. Liz states that there is an evil relative who notifies Mike of any upcoming auction where a Solliday clock will be up for sale. When you're at the Sollidays', you know for certain when the time is on the hour. Clocks chime in every room. Mike said his kids refer to their place as the Cuckoo House of Terror. From the road, I don’t think you can hear them chiming. Providing the doors are closed.

When somebody asks, "How many bikes does a person need?" we always respond, "One more." Apparently this is also true for Mike and Solliday clocks. Just one more.
Member of the Month – Marshal (Mike) Solliday

Contributed by: Carl Zvanut,

Here's my story about Mike: Many years ago, over twenty for sure, I was riding with a friend through the beautiful roads of northern Lehigh county. My friend had a blowout that included a hole in the tire. As we repaired it on the side of the road, a biker stopped by and asked if we were okay. We said sure, we were using a dollar bill to patch the tire and had a spare tube. That should get us home. The friendly biker – Mike – offered a ride since he lived nearby, but we declined. He then told us where his house was so we could use his floor pump and check out the tire. We got to his house and he had his pump out along with a spare tire. We declined the tire (and the offer of a ride again), thanked him for the use of his pump and headed home. We made it back without incident, talking on the ride back about what a nice guy we had met.

A few years ago, I joined the Wheelman and met Mike Solliday again. His friendly spirit and willingness to help others continues to shine through – a model for the rest of the club!

Mike Solliday - what a great guy. I met Mike and his wife Liz through the Lehigh Wheelmen Association a long time ago, we have remained friends for many years. He and Liz (and previously their daughter, Heather) have ridden a lot of miles with the club on their tandem(s).
March Ride Leader Report

LWA rides took a hit in the middle two weeks of the month with our big snowstorm of the season. Considering that, we did pretty well with 110 riders participating in 15 rides. For March your top ride leaders are Tom Donnelly with 3 rides/26 riders followed by Frieder de Biasi 3 rides/12 riders, Jim Fullerton 2 rides/11 riders and Richard Baldock 2 rides/5 riders. For the year the top five ride leaders are Richard Baldock 17 rides/47 riders, Jim Fullerton 10 rides/94 riders, Tom Donnelly 10 rides/68 riders, Dave Sprigle 7 rides/22 riders and Frieder de Biasi 6 rides/26 riders. Rich Ferrara remains solidly on top as Mr. Popularity with an average of 20.8 riders on each of this rides.

Find your perfect spring ride at [https://www.meetup.com/Lehigh-Wheelmen-Association/events/](https://www.meetup.com/Lehigh-Wheelmen-Association/events/) to find indoor and outdoor rides that are just right for you.

Be safe! Dick McCreight
Some Embellishment  Contributed by: Carl Zvanut,

Author: MEGHAN RABBITT

35 Signs You’re a Cyclist

The rituals, habits, idiosyncrasies and quirks that bond us riders together mean that some things we take for granted aren’t universal to non riders. Here are 35 telltale signs that you’re officially a cyclist (congratulations):

1. You can’t recognize your biking friends when they aren’t wearing Lycra. And you haven’t known whether to be flattered or offended when one of them has seen you in your street clothes and said something like, “Wow! You look really good!”

2. There’s never room on the top shelf of the dishwasher for anything other than water bottles — and no matter how many times you’ve scrubbed them, they still look dirty.

3. You’ve tried every energy bar, gel and powdered electrolyte mix on the market and have homed in on the exact right combo to keep you from bonking on long rides.

4. The “check engine” light in your car has been on for months, but the most minor mechanical issue on your bike is resolved immediately...

5. ...that might be because your new bike is worth more than your car.

6. And that bike has a nickname.

7. You have at least one Facebook profile shot of you posing on or next to your bike with a gorgeous landscape (read: ocean, mountains or vineyards) behind you.

8. When you’re driving and see a pack of riders, you slow down to a near crawl and give them plenty of room. You know what it means to share the road.

9. You also know what it means to swear like a sailor when an SUV cuts you off or a hater honks and nearly startles you off your bike.

10. Saturday errands happen after your ride, probably while wearing spandex, and quite possibly while clomping around in bike shoes.

11. You could cry when your favorite spin instructor — the one who makes you feel like you’re on a road ride instead of dancing on a bike — has a sub.

12. You can’t help silently criticizing your fellow students in those spin classes. (Bouncing off the bottom of a pedal stroke! Not enough resistance on the wheel!)

13. You know that “Nobody gets dropped” is code for: You will most definitely get dropped if you can’t keep up — but one of the nice ride leaders will circle back to make sure you’re OK.

14. You plot vacations around century rides.

15. Tan lines are inevitable. From permanent stripes on your thighs to little cut-out shapes on the tops of your hands, your tan lines will probably incite laughter at the beach.

16. You don’t notice the grease “tattoo” on your leg until you’ve showered, dressed and arrived at the picnic.
Some Embellishment

35 Signs You’re a Cyclist continued

17. You ride to and from work because it’s the fastest way, and you’ve become a pro at getting ready in the office bathroom.

18. You spend more time on MapMyRide than on email some days.

19. If you’re a woman, you take better care of your favorite bike shorts than your finest lingerie. (Probably because you drop more coin on bike shorts, shirts, shoes and other gear than you do on your regular clothes.)

20. If you’re a man, you have smoother legs than your wife or girlfriend.

21. You actually gasp when you discover your neighbor doesn’t inflate his or her tires for every ride.

22. You embrace fluorescent jackets, vests and shirts. The brighter, the better.

23. You know what it means to do time in the saddle.

24. You also know that those so-called comfort saddles are anything but comfortable after about 20 miles.

25. You start your Saturday rides when some folks are just getting home from the clubs.

26. You’ve felt the shame of having to walk your bike up a hill — and the pride of conquering that climb on your bike after a few weeks’ training.

27. Your physical therapist knows you (and your IT band) so well that you have a standing invitation to the annual holiday party.

28. You have more Lycra in your laundry basket than jeans.

29. You consider the color of your bikes hanging from your ceiling when choosing a new paint color for that room. If you live in a big city, there’s a good chance that room is your bedroom or living room.

30. You’re baffled when your roommate or partner doesn’t understand why your bikes can’t be stored outside.

31. If you have a garage, your car doesn’t fit inside thanks to all of the bike stands and other cycling gear.

32. Some of your gnarliest falls have happened at a standstill, when you’ve stopped but forgot you were clipped in.

33. When your co-worker says he’s interested in buying a bike, you scare him off by asking how many thousands he wants to spend.

34. You judge everything by how aerodynamic it is — from the shopping cart at the grocery store to the canopy on your kid’s jogging stroller.

35. You take a bad fall, know that there’s blood gushing out of your knees and elbows, but your first question is whether or not your bike is OK.
Membership

March 2017 submitted by Rob Smith
LWA Welcomes New/Returning Members

· Marko Bulatovic
· Scott Stumpf
· Anthony Corch
· Terri Sassaman
· Kathleen Kerstetter
· Zachory Reborchick
· Dave Angstadt
· Matt Rosendale
· Adam Carpenter
· Paul Schlimme
· Gregory Furchner
· Chris Walker

Statistics Summary
Units 313 (+5)
Individual 234 (+4)
Family 79 (+1)
Minimum Total 392 (+6)

Annualized Projected Revenue from Memberships ~ $5485 (+$85)
(Compared to February 2017 Membership Report)

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
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**
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
e-mail: 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
e-mail: info@theveloshop.net

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

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