President's Message

dave sheffield

Eastern Shore Weekend:
I had a wonderful time riding down to Easton with my LWA buddies and also riding on Saturday with the larger group. Kudos to Paul Smith: Thanks for all of your planning and efforts. You are a wonderful tour director!

Juniata Weekend: Many Thanks to Ron Helmuth who hosts a fantastic, annual LWA ride weekend in the scenic (even when wet) mid-state.
Member of the Month – Kathie Zapotocki

Contributed by: Tim Reilly

Kathie started riding and competing in the early 70’s and joined the LWA around 1978!!

I was introduced to Kathie while racing in Washington DC in 1974. By then, she was training with Jack Simes (one of the most celebrated cyclists of the 1960s and 1970s,) and other racers. Training routes included riding to Danielsville and the Derby (the original Derby that went into Fleetwood).

When the Velodrome opened, she raced and trained there - she rode on day one! There is a picture at the Velodrome detailing the opening day, showing the riders on the track and Kathie is in the picture. She later rode with Paris Sport women’s team racing - track and road criteriums. Kathie raced in Somerville, Nutley, Harlem, NYC, and many other venues.

Kathie and I raced tandems - custom built for speed! The TOSRV (tour of the Scioto River Valley), was a two day 200 mile ride. One year, on the first day it rained: it didn’t stop Kathie from stoking the coarse in 4 Hour’s. We had a train of 20+ riders drafting behind the tandem’s roaster tail.

Speed skating is another passion of Kathie’s.

The first taste was short track (Introduced by Andy and Hence Bollinger. Andy is also still a member of the LWA.) We went to Ottawa with Andy and Hence to skate the Rideau Canal. Kathie loves distance skating. Marathon - as with Marathon Skating International - is what Kat enjoys: 30, to 100 km. Her first race was in Lac-Beauport, Canada in a blizzard, head wind 1-km then tail wind 1 km around and around for the entire 60-km race. On the MSI website, http://www.marathonskating.org/msiSeriesCup.html, namesake Pierre Gagne is holding the MSI series cup trophy. Kathie’s name is on it.

Kathie has raced in the Master’s Worlds speed skating in Canada, Holland and Germany. She has participated in the Dutch alternative of the 11 city tour. This event is held Weissensee when the canal do not freeze over in Holland. http://www.weissensee.com/en/natureislauf/speed-skating/ Kathie has also raced in Lake Placid, Roseville, Minnesota etc. This is the result link http://speedskatingresults.com/index.php?p=18&s=1299&n=42&i=0

Kathie has made wonderful friends and memories alone the way..... Isn’t that what is important.
Member of the Month – Kathie Zapotocki

Contributed by: Lori Izzo

Meeting Kathie was by “accident” because that is exactly how it happened for us during a LWA bike ride. Fortunately for us, the bruises healed and our friendship blossomed.

Over the years I’ve had the pleasure of riding with Kathie who is quite a well-rounded individual with many talents. She’s naturally athletic and competitive. She was an inline speed skater and bike racer in her younger years. Her skills & drive show on the bike to this day. When I have been able to keep up with Kathie on a Wheelman ride, she’s always friendly and open to conversation. Kathie’s quite the extrovert, ready to start fun or join in. She’s got a great sense of humor off the bike as you can see from some of the photographs.

Another passion Kathie exudes is her cooking & baking talent. Did you know that she once made a wedding cake for a friend’s wedding? Quite an achievement for a home baker. If you are attending a LWA event & food is involved, find out what Kathie brought and enjoy it. She displays a certain culinary talent for balancing healthy & tasty dishes.

I’ve enjoyed many conversations on the road with Kathie discussing topics such as, animals, gardening, the great outdoors, travel, cooking & yoga. She is multi-faceted & willing to share life experiences to encourage me to widen my own both on & off the bike. With her knowledge & experience of muscle recovery & physical ailments, Kathie was able to make a difference for me during a cycling tour in California. She brought along a roller to massage the lactic acid out of my leg muscles after each day riding through Northern California. Her stretching tips and advice were pivotal in my surviving the 6 day adventure. Her past experiences with camping and travel helped me prepare for the trip in advance so I wasn’t so shocked when I “tented” for the first time in the great outdoors as part of that cycling tour.

Kathie has the ability to shine a positive light on situations, and is a good listener. It is this resilience that I admire. Kathie has been performing a delicate balancing act of being the primary caretaker of an aging parent and managing personal time which includes cycling with LWA. Her dedication and love in caring for her mother is palpable when you converse with her on rides. Group rides are cathartic for all of us sometimes. I thank Kathie for the shared memories, laughter and sometimes tears. What you see is what you get, and I am a richer person for having Kathie in my inner circle of friends.
Member of the Month – Kathie Zapotocki (continued)

Contributed by: Karen Nestor

I met Kathie around 2004 when I joined the Wheelmen to develop my bicycling skills. I started riding the Wednesday rides which expanded into Friday rides with Lori Reinert and Karen Winkler. Soon other women were joining us as well. It fondly became known as the estrogen ride. Kathie was still working for Air Products but took Fridays off to ride with us.

Kathie and I hit it off right away. She has a lifetime of bike racing and road riding skills. There was a lot to learn and share during our rides. We have been riding together and sharing a dear friendship ever since, expanding our horizons to rides in California and hopefully this summer in Sun Valley and the Cycle Greater Yellowstone week long tour which will include witnessing a total solar eclipse in Driggs, ID in August. I value her friendship as well as many others formed while cycling with the LWA!
6th Annual CROP Hunger Bike Ride

The Lehigh Wheelmen are teaming with CROP for their 6th annual ride to fight hunger locally and around the world.

Three rides will depart from Bob Rodale Cycling and Fitness Park (across from the T-Town Velodrome) on June 3rd: 25 miles (9:30 start) to Bowers Park, 40 miles (8:30 start) to Crystal Cave, and a Metric Century (7:30 start) on some of the Lehigh Valley’s most scenic roads out to Hawk Valley. A light lunch will follow the ride. One hundred percent of registration fees will be donated to CROP.

Register at BikeReg.com/crop-hunger-bike-ride
Dave Sprigle celebrates 72!
(wearing his all-time favorite LWA kit)
Membership

April 2017
LWA General Meeting
LWA Welcomes New/Returning Members

· Jo, Jason & Deedra Grandelli
· John O’Neill
· Jeff Smith
· Brian Schwind
· Rob & Linda Schnatter
· Erik Grayson
· Tim, Jill & Colin Fitzgerald
· Bill Boone
· Mary Kay Krause
· Kathy Phillips
· Lori Fioravanti
· Melissa Amator

Statistics Summary
Units 308 (-5)
Individual 230 (-4)
Family 78 (-1)
Minimum Total 386 (-6)

Annualized Projected Revenue from Memberships ~ $5400 (-$85)
(Compared to March 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
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](#).

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**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](#).  

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**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.

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**Weekend Lodging Options:**

Check these [Hotels and B&Bs](#) located near the Velodrome for Memorial Day Weekend lodging.
Ride Leader Report

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/ to find indoor and outdoor rides that are just right for you.

Be safe!  Dick McCreight
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
Schnecskville, 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

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