President’s Message

LWA Annual Picnic - 5 August - this is a LWA event that you don’t want to miss!

The Annual LWA Picnic will be at the Covered Bridge Park Pavilion #1 on Saturday, 5 August 2017 @ 12 noon.

The day will start with a variety of ride options and will culminate with a wonderful LWA picnic lunch starting at 12 noon.

If you are looking for a nice C paced social ride, join Fritz Walker for his 33 mile Fritz Frolic ride. Other ride categories will be posted soon and will include: A, B-, C+ and C level rides.

Come on out and ride, eat and kibitz with your LWA cycling friends. Please bring a covered dish or dessert, the club will provide drinks, burgers, dogs, etc.

A back up rain date is Sunday, 6 August in Pavilion #1.

In addition to signing up for a ride, please RSVP to the Meetup picnic event so we know how much food to procure.

Looking forward to seeing everyone on 5 August.

Dave Sheffield

Art Tour – points of interest along the VVV routes
The Lehigh Wheelmen invite you to participate in our Annual Donut Derby, which will be held on Labor Day, Monday, September 4th. The DD is a fun 36 mile race with a twist: Get a 3 minute time credit for each donut eaten at stops positioned at mile markers 12 and 24. Donut-adjusted time determines the winner in several age categories. Lunch and an awards ceremony follow the ride.

After the Donut Derby children, ages 10 and under, will be able to participate in the Third Annual Munchkin Mile. Your ‘munchkins’ will be given the opportunity to ride 5 laps on the Valley Preferred Cycling Center T-Town Velodrome, home of world-class bicycle racing. For those who have not mastered two-wheelers, training wheels and trikes are allowed. Munchkins (the food) will be offered to keep your kids refueled. Medals will be awarded at the completion of the event.

Registration closes on August 30th and there is no day-of-event registration, so make sure to register by the deadline. Sign-in opens at 7:30 on September 4th and the race will begin promptly at 9:00 am.

Last year’s event was quite successful attracting 275 riders in addition to a number of children who participated in the Munchkin Mile and we are looking forward to surpassing that number participants this year. Proceeds from the event go to supporting the Lehigh Wheelmen Association.

For additional information and to register for the Derby, go to the LWA website (http://www.lehighwheelmen.org) and click the link for the Donut Derby.

We are also looking for volunteers for this event in the following areas:
- Staffing the the Donut stop at Bowers
- Set up crew at the Starting area at the Velodrome
- Ride Sweeps
- Sag Wagon
- Clean-up Crew

If you can volunteer, or have any questions, please contact Tim Phillips (tphillips53@gmail)
Brake the Cycle of Poverty  Contributed by: Kevin Claypoole

Friend Inc. runs a Kutztown area, weekly food bank and provides financial counseling for people in need. I have been helping with Friend Inc. to coordinate this fund raising ride for seven years. I plan all the routes. There are 10, 25, 40, and 62 mile choices varying in difficulty. The 1st three routes are relatively flat but the 62 includes Hawk Mountain and about 4000-feet of vertical climbing. The rides start and end at Saucony brewery which supplies a beer (must be 21) and a sandwich for registered riders at the end. Rides are listed at www.FriendInc.org - registration is through Bike Reg.
June Ride Leader Report

Dick McCreight

What an amazing array of rides were offered by your Lehigh Wheelmen Ride leaders in June! We had 55 June rides: for beginning cyclists; A, B, C & D rides rated for all abilities; flat road rides, hilly road rides, trail rides, women-only rides and more.

Your top LWA ride leaders for June were:

Tom Donnelly (5 rides / 26 riders),
Richard Baldock (5 rides / 11 riders),
Jack Helffrich (4 rides / 55 riders),
Dave Sheffield (4 rides / 24 riders) and,
Jean Black (4 rides/16 riders).

Ken Knoll is our new Mr. Popularity with an average of 16.4 riders on his rides.

As we enter the second half or our ride year, year-to-date, leading the pack:

Richard Baldock (32 rides / 92 riders),
Dave Sprigle (25 rides / 88 riders),
Tom Donnelly (22 rides /146 riders),
Jim Fullerton (20 rides /194 riders),
Jean Black (14 rides / 85 riders).

Enjoy these long days of summer riding. Keep hydrated and be safe!

Remember to check www.meetup.com/Lehigh-Wheelmen-Association/events/ and I assure you you'll find a ride that is just right for you.
One, Two, Three, Four

. . . Lots of riding!!
Bike Maintenance Editorial Contributed by: Jean Black, Editor, Coalition for Appropriate Transportation - CAT

LWA members Tim Phillips and I took the CAT / Park Tool bike mechanics training series - both the 4-hour basic and 16-hour advanced classes - earlier this spring. Tim wanted to prepare for an unsupported, multi-day trail ride from Pittsburgh - when he would need maintenance and repair skills. I wanted to keep both of my road bikes in good condition - replacing worn parts and tuning - so that I could extend their years of use.

For someone with little hands-on repair experience and no tools, these classes offer invaluable resources. First, the instructors Frank Pavlick and Scott Slingerland patiently and expertly demonstrated full tune-up protocol and practice. Second, the CAT shop has all of the tools including bike stands which CAT donors may use. Finally, these courses DELIVER! The hours of instruction and repair work were worth the tuition.

Here are some of the things we learned: Frame and Derailleur hanger alignment; Wheel truing; Chain science; Cassette replacement; Bottom bracket service; Hub bearing types; Headset maintenance; Handlebars & stems; Carbon fiber component care.

There are advanced bike mechanics classes scheduled for the end of July and upcoming basic class on Tuesday, August 1st, 5-9pm. ...or if you can’t make this one, CAT can offer a daytime class if that would work better for some.

Learn Bicycle Mechanics
Go from “I don't know” to “Pro”
2017 Class dates listed on CAT calendar at www.LVCAT.org

Learn how to clean, lubricate and tune your bike to be more self-sufficient and save $5 with this Park Tool School sanctioned class.

Taking care of your bike might save your skin and save you $5 in the long and short run. For nearly the cost of a single tune-up, you can gain the know-how to take care of your bike in this class geared for novice to intermediate mechanics.

This 4-hour class is an excellent overview of bicycle maintenance for everyone. Learn about tires, tubes, brakes, gears, and more. Course includes:

- How to clean your bike
- How to lube your chain, cables and pivots
- Tires and tubes
- Basic brake and shifting adjustments
- On-ride repairs for road and trail

Course Location: CAT, Coalition for Appropriate Transportation
1935 West Broad Street, Bethlehem, PA 18018

Cost: $100 per person
Registration deadline: One week prior to class

For more information, visit www.LVCAT.org, contact Scott Slingerland (scott@lvcat.org) or call 610-854-5744.
Classified Ads

2015 Specialized FSR Epic Comp 29 Carbon Mountain Bike

Practically new, used only twice, Specialized full suspension Epic Comp Carbon Mountain Bike for sale. The Bike has a Specialized FACT 9m carbon frame size L, 100mm of travel, FOX/Specialized Brain rear shock, disc brakes, and SRAM/Shimano Deore XT component mix. Sells new for $4,200. Also has upgraded rims; Roval Control Carbon 29" rims that sell for $1,200. Bike is in excellent condition and is very light and fast. Asking $2,500 and everything is negotiable.

Call or text
Gregory J. Furchner
Cell 484 241-1695
furchnergreg@dnb.com
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
info@theveloshop.net

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

SUPPORT
YOUR LOCAL
BIKE SHOP