President's Message

Wow…this cycling season has been fantastic and it is not over yet! - our LWA MeetUp Site often shows 2, 3 or 4 rides on most days. Thanks so much to all of our LWA Ride Leaders. You rock!

In addition to routine rides, there are lots of other things to highlight. The VVV, the upcoming Donut Derby, and our close connection with Community Bike Works to name a few.

The VVV generated over $4600 for our 2 charities (Community Bike Works and The World Bicycle Relief Fund). Dick McCreight recently noted that the LWA has donated 92 bikes over the past several years to the needy in Africa. We also picked up new LWA members from the VVV event. Thank You VVV volunteers and special thanks to Clyde and Cathy Odom who co-led the event. What a team!

What's next….Donut Derby! Please sign up for the ride or volunteer. This event is a hoot. Thanks to Tim Phillips (Race Director) and all his volunteers who are working behind the scenes to make this another great LWA event.

Excellent Guest Speakers are scheduled for our fall LWA meetings. Try to attend – we look forward to seeing you.

Nancy and I – the Sheffy Tandem - thank you for your friendship.

Dave Sheffield
Hi Lehigh Wheelman
Fall 2017 season
of the Red Robin
Marty Nothstein
Bicycle Racing League
news post:
https://thevelodrome.com/news/fall-red-robin-brl-
registration-now-open/
and here is the link to the actual registration page on
BikeReg: https://www.bikereg.com/fall-brl
Tyler Trumbauer

Check out “Morning Jul 30th”
on Relive! (Neat App)
https://www.relive.cc/view/g13235894727
Jim Saake
Donut Derby

Contributed by: Tim Phillips

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 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)
July 2017 Ride Leader Report

Dick McCrcreight

We’ve had a great July (dodging showers,) with a total of 62 rides with 615 riders.
Your top LWA ride leader for them month was Jean Black with 6 rides and 50 riders followed by Richard Baldock with 6 rides/26 riders, by Dave Sprigle 6rides/23 riders, Torie Loven 5 rides/51 riders and Tom Donnelly 5 rides/42 riders.

For the first 8 months of our ride year, Richard Baldock leads the pack with 37 rides and 110 riders followed by Dave Sprigle 31 rides/111 riders, Tom Donnelly 27 rides/188 riders, and Jim Fullerton 23 rides/224 riders.

Gale Fritsche is our new Mr. Popularity with an average of 17.4 riders on his rides.

We may be entering the dog days of summer, but LWA members are flying along like greyhounds.

Find that perfect dog day ride at https://www.meetup.com/Lehigh-Wheelmen-Association/events/.

Be safe and stay hydrated!

Dave Moser

Terry Terfinko

Ron Helmuth

Jim Saake

Roberta Kates

Frieder de Biasi

Jean Black

Mike Solliday

Carl Zvanut

Dave Sheffield

Paul Smith

Art Hunsburger

Bruce Kantor

Richard Baldock

Dick McCreight

Gale Fritsche

Ken Knoll

Lenni Maguire

Donalee Frary

Doug Leavitt

Jack Helfrich

Joe Zenz

Sylvia Radvansky

Neil Dicker

Robertta Kates

Robertta Kates

Cathy Odom

Jim Saake

Ron Helmuth

Terry Terfinko

Dave Moser
One of many things we admire about Terry is his varied knowledge and his ability to articulate on just about any topic. On bike rides it’s fun to listen to him talking politics in one instance, judging beer in another, and then move on to home improvement. Terry is the go-to guy when it comes to Apple devices, Home Security, Amazon Prime, Plumbing, Investments, Food, Insurance, The Villages, just to name a few! Terry has the keen ability to dissect topics down to their lowest common denominator!

Terry is one of the first people I met when joining the LWA. Back in the day, and even currently, when Terry posts a ride you can be sure the attendance will be many. Known as “The King”, Terry’s ride leading style has him acclaimed as the one to copy. Bad weather, delays, route change, you’ll get an instant message. Ask Terry something while on a ride… receive an email shortly after.

My first cycling adventure was due to Terry’s enthusiasm on the experience. Listening to the many stories of cycling trips, I was talked into joining Terry and Neil on my very first – Pedal the Peaks, NM. Still talked about today, that experience led to many others. I give accolades to Terry, his wife Debby and family for a long-term friendship.
Community Bike Works

LWA and CBW:
Building a Strong Chain, Link by Link

Contributed By Claire Aylward, CBW Board Member

There were probably many links between LWA and Community Bike Works prior to 2016, but a chain reaction began that year with an act of kindness and generosity. LWA members hosted their Gap Gallop Charity Ride and a portion of the proceeds were donated to Community Bike Works. CBW Executive Director Kim Schaffer and several CBW volunteers assisted at registration and a rest stop. Strong connections were made.

When LWA again chose CBW as one of its benefactors, this time for their May 2017 Velo Valley Vistas Charity Ride, CBW staff and volunteers wanted to show their appreciation again. We signed up to help with registration, serving lunch, and assisting at a rest stop. Trey, a then-14-year-old CBW student, wanted to do a portion of the ride and a CBW volunteer and LWA member, Jeff Blinder, offered to ride with him. LWA members welcomed and supported them. Trey easily completed the first 20 miles to the first rest stop and asked if he could do the 100 mile ride next year! But how can Trey train to do a 100 mile ride? We needed more links.

Dave Sheffield stepped forward. He told Kim Schaffer about his Monday night D-level rides and welcomed CBW students to join him. He made a donation to CBW to sponsor the student memberships to LWA. But we needed to solve a transportation problem. CBW’s van was already in use, taking students to their track cycling sessions. How can we get students and their bikes to the Velodrome? We needed more links.

Lou Bottitta, a CBW volunteer, and I, became LWA members so we could join the LWA rides and transport students and their bikes. Our first D-level ride around Rodale Park was a success! But most students were riding mountain bikes. They needed road bikes. We needed more links.

LWA members donated bikes and jerseys. CBW staff fitted and tuned up the road bikes. Lou and Dick McCreight volunteered to take students on C rides when they were ready. With all these important links in place we now have a few successful D rides under our belt since our first ride on June 26. Three boys are regular riders: Trey, Aaron and Johncarlo. We expect girls to start riding next.

I’m proud to say our first student completed a C level ride on July 25! LWA members Diana, Geoff and Lisa, became the next links in our chain by welcoming Aaron on their ride C+ ride. Aaron finished their 31 mile ride at a 15.4 mph average pace. The looks on all of our faces when they returned to the Velodrome were priceless. It was a stretch goal, not only for Aaron, but for all involved. The Velo Valley Vistas Charity ride was just 2 months ago. Look at all we accomplished since that day!

And the benefits will be long-lasting. “I learned to be more relaxed since I’ve started road riding with Bike Works and the Wheelmen,” Trey said recently. “When you are riding 20 miles or more, you are in that right mindset—you are calmer and don’t worry about things so much. It’s like a mindfulness minute, but longer.”

Community Bike Works so appreciates the commitment the Wheelmen have shown our students. Sharing your enjoyment of a sport is an easy and great way to mentor students. It means more than you could know. Our continued needs include additional road bikes to fit students of various sizes, additional drivers to help us transport students and, of course, financial gifts to help support our bike mentoring. Will you be our next link? Please contact me at cmaylward@aol.com or 610-248-2772 if you’d like to make a difference. Thank you!
Great Group Pic’s
Kim Geist Coaching

Contributed By Kim Geist ,
Photograph rights: ©Brian Branch Price, All Rights Reserved.

Kim Geist Coaching is based in the Allentown, PA area and provides in-person and remote individualized athletic services in the form of cycling coaching, strength & conditioning coaching, and nutritional analysis. Kim is committed to working with athletes as the individuals they are to maximize potential and reach goals. The programs are for cyclists and athletes of various disciplines, recreational to competitive, looking to improve fitness and/or competitive abilities.

Coaching is based on knowledge gained through education as well as that gained through experience as a competitive athlete. Kim knows the tricks of the trade having “been there, done that” – she has competed at the highest level of athletics. But, she also knows the reasons why the tricks work – she has the knowledge based in education to explain the how’s of physiology in training, nutrition, and the like in her full-time job.

About the Coach:

Education and Certifications:

- M.S. Applied Nutrition, specializing in nutrition and fitness – Northeastern University
- B.S. Sport and Exercise Science, minors in sport management and in psychology – DeSales University
- Level 2 Coach *with distinction – USA Cycling Coaching Association
- Certified Strength and Conditioning Specialist – National Strength and Conditioning Association
- CPR/AED/First Aid Certified – American Red Cross

Athletic Experience:

- Elite, international-level competitive cycling including being a World and Pan American Champion, and Olympic long-team member (visit www.kimgeist.com for more)
- Strength and conditioning training for sport
- Physiological training strategies – power training since 2006, sports nutrition, weight loss, recovery, etc.
- Psychological training strategies – focus, imagery, etc.
- Sports management strategies – marketing, sponsorship, etc.

coach@kimgeistcoaching.com

www.kimgeistcoaching.com

FB: @KimGeistCoaching, Twitter: @KimGeistCoach, IG: @kimgeistcoaching
Community Bike Works is hosting its first-ever Spin-a-thon on Saturday, September 23, at LVHN Fitness - One City Center. We are looking for teams of 4-8 to participate as an indoor cycling tag-team and together raise $1,000. We'd love to have the Wheelmen represented! Please visit https://www.crowdrise.com/bikeworksspinathon to learn more and register a team!

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
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