President’s Message

Just a quick note of thanks to all who participated in this year’s Donut Derby (volunteers & riders).

This year’s DD was a big success with 313 registered DD riders and 27 Munchkin Milers. I’m pretty sure this was a record year...especially for the Munchkin Mile. Jack Helfrich created the Munchkin Mile several years ago and it continues to grow each year. It’s a hoot to watch.

A special thanks goes to our Race Director, Tim Phillips, and his team leads. They worked seamlessly together to organize and execute an exceptional event. Throughout the day, I heard many very favorable comments from DD participants. In fact, we even enlisted a few supporting spouses to help with tearing off donut tags as racers crossed the finish line. They had lots of fun and plan on joining us next year. We also picked up several new LWA members.

I promised this communication would be short, so I won’t try to list the all of the volunteers and team leads. Instead, I’ll just simply say Thank You, Job Well Done! Our club runs on its volunteers and you guys and gals truly rock!

Dave Sheffield

I am grateful for all of the volunteers that have helped.

Tim Philips
Member Pic’s
August 2017
Ride Leader Report
Dick McCreight

We had a fantastic August with 54 rides and 522 riders. Your top ride leaders for August were:

Dave Sprigle 7 rides / 25 riders,
Jean Black 5 rides / 66 riders,
Bruce Kantor 4 rides / 42 riders,
Lisa Schwartz 4 rides/30 riders and
Frieder de Biasi 4 rides/16 riders.

For the first 9 months of our ride year Dave Sprigle holds the top spot with 39 rides / 142 riders followed closely by

Richard Baldock 38 rides / 113 riders,
Tom Donnelly 30 rides / 203 riders,
Jim Fullerton 26 rides / 259 riders and
Jean Black 26 rides / 204 riders.

Mr. Popularity is Gale Fritsche with an average of 17.4 riders on his 11 rides.

Come out in September for cooler temperatures and a bit of fall color. Find that perfect LWA ride at

https://www.meetup.com/Lehigh-Wheelmen-Association/events/.

Be safe!

NEW or RETURNING MEMBERS
August Meeting membership report
Keith Gourley
Kevin Crowley
Bill Furlong
Greg Schnabel
Donald Carpenter
Katelyn Martin
Erin Chapman
Rick, Diane, Melissa, Lauren & Logan Garcia
Jonathan & Donna Williams
Tara Barkus

If you believe there are errors re: your membership status, please contact Membership ASAP.
If you haven't received renewal notices or LWA emails, check your SPAM folder or contact your email provider.

Everyone is encouraged to login periodically to check your membership status (especially, expiration date & email address).

Renewal or Joining problems? Login problems? Forgot ID? Forgot Password? Etc. Contact the Membership team!

Statistics Summary: Units 332 (+6), Individual 252 (+2). Family 80 (+4) Minimum Total 412 (+10)

Richard Baldock, rv314159@rcn.com. Rob Smith, rbsmith@ptd.net
Member Pic’s

Geoff conquers and inspires!

Sprigle Tops the Leader Chart

Lisa leads in style!

Bill Derby’s favorite Hill “just coast to the top”
How to fix a flat tire on a road bike
prepared by Jack Helffrich as presented at the August Membership Meeting

An excellent source for all things bicycle is www.sheldonbrown.com
Also some interesting Schwalbe and Continental Youtube videos.

If you ride a bike, you will get a flat. Be prepared; be self-sufficient.

Before each ride: ABCQuick check
AIR -- BRAKES -- CHAIN -- QUICK RELEASE

Causes of flats

A. Outside
   - Beer drinking (glass on the roadway.)
   - Truck steel-belted radials (more common riding on highways)
   - Thorns (goats head) out west
   - Nails, brads, stones
   - Potholes.
   - Curb jumping.
   - Worn out tire.
   - Wet roads.
   - Improper rim brake adjustment.
   - Carbon rim heat build-up from heavy braking.

B. Inside
   - Old/improperly installed/shifted rim tape=spoke puncture.
   - Exposed wire bead of tire.

C. Within Tire
   - Badly worn. Nicks and cuts, thinner rubber=easier puncture.
   - Cut sidewall. Possibly not repairable, safety issue.
   - Tire Type: Improved grip/handling = decreased service life
   - Tube (Inspect before carrying for hundreds of miles or installing.)
   - Material imperfection in tube during manufacture
   - Faulty valve stem attachment during manufacture
   - Snakebite
   - Under-inflation
   - Hitting curb/rr tracks
   - Larger cross-section provides better protection.
   - Over-inflation (do NOT use a compressor to inflate).
   - Patching tubes (is it worth the risk / hassle)

D. Front vs. rear
   - Rear has greater load and is 'uncushioned' by riders arms.
   - Front tire 'kicks/turns' items up into path of rear tire
How to fix a flat tire on a road bike

Don't get a flat
- Watch the road
- Avoid the gutter
- Point out hazards in group rides
- Tire selection (Continental Gator Skins) kevlar belt (not bead)
- Tube selection (are there good and bad tubes?)
- Schwalbe / Continental
- Tire pressure
- Routine inspection
- Regular replacement
- Wiping tires (Controversial - See Sheldon Brown vs. Jobst Brandt)
- Wire tire savers
- Use talcum powder (?)

Preparing for what to do when you do get a flat

Align tire emblem with valve hole in rim of wheel.

TOOLS (In your seat pack)
- Latex gloves
- Spare tube. Pre-inflate to ensure quality. (Take your old tube with you for proper disposal after the repair)
- Tire levers (2-3)
- Patch kit (with tapered edges, sandpaper NOT thick rubber & metal)
- Frame pump vs CO2 - Why not carry both.
- Carry schrader-to-presta adapter
- Carry Schrader pump with Presta adapter.
- CO2 threaded vs. threadless
- Tire boot - a piece of tire casing
- Practice tire changing.
- Lack of wheel / tire size standard.

If you feel the tire going flat, STOP IMMEDIATELY!

Fixing a flat

I. LOCATE THE PROBLEM
- Puncture - Make sure item is removed, replace tube
- Tear or cut - Reinforce tire with boot (Item VIII)

II. WHEEL REMOVAL
- Put on latex gloves.
- FRONT - Release brake
  - Open QR & partially unthread axle
  - Remove wheel
- REAR - Shift to high gear (small) on rear cassette
  - Release brake
  - Open QR & partially unthread axle
  - Press rear derailleur arm rearward
  - Remove wheel
Great Group Pic’s
How to fix a flat tire on a road bike

Fixing a flat

III. TUBE REMOVAL
1. Inspect outside of tire for cause of flat before removing.
2. Completely deflate tire.
3. Push each side of bead away from rim.
4. Pull one side of the bead over and off the rim. Insert tire level in line with a spoke and pry bead over rim, attaching lever to spoke.
   Do not slide lever around between bead and rim, as this may wear rubber off of wire bead.
5. Insert second tire lever two spokes away.
6. If necessary, insert third tire lever two spokes away in opposite direction.
7. Reach in and pull out tube, leaving other side of tire (bead) in place.
8. Folding tires with Kevlar beads instead of wire are easier to remove and reinstall.

IV. TUBE INSPECTION
1. Do not change position of tube.
2. Keeping track of tube alignment, inflate it.
3. Find the hole in the tube and corresponding location in the tire by aligning the valve stem with the rim hole.
4. Be certain that cause of puncture is no longer present. Do not slide fingers inside tire casing.

V. TUBE REPLACEMENT
1. Unpack and partially inflate new tube.
2. Pull back removed tire bead and insert inner tube valve through rim hole.
3. Tuck tube into tire, starting at valve.

VI. TIRE REPLACEMENT (The hard part.)
1. Starting at the valve, begin putting the removed bead back inside the rim. Work away from the valve, equally on opposite sides.
2. Be sure that the tube around the valve stem is completely inside the tire.
3. Pull the bead into the center part of the rim and push/pull the bead over the outer edge of the rim and back to its original location. Do not use tire levers.
4. Try a Kool Stop Tire Bead Jack

VII. REINFLATING THE TIRE
1. Inflate slightly. Verify tube completely inside tire.
2. Deflate, then fill completely, watching bead on rim.
3. Final spin before reinstalling.
4. Use the quick release properly.
5. Re-attach brake cable!

VIII. Tire repair - Reinforce area with boot.
1. (Park TB-2, tire piece, Gu wrapper, dollar bill)
2. Use reduced pressure, monitor repair, replace tire.

IX. When you get home.
1. Properly dispose of old tube.
2. Add new tube to seat pack.

Step 5 - Patching a tube (omitted for space – buy a new tube)
Classified Ads

The LWA Apparel Store will be re-opening soon, near end of September. However, if you wish for team clothing sooner, there are a few items available for either a discounted price or for free! Their items just didn’t fit the recipient properly. Here is what is currently available:

- Women’s Cycling Bib Shorts, size 3XL, FREE (reg $55)
- Men’s Continental Bib Shorts, size 3XL, $30 (reg $55)
- Men’s Continental Jersey, size 3XL, $30 (reg $50)
- Men’s Breckenridge WX-D Jacket, size 3XL, $50 (reg $74)

In addition, the owner of all 3 Men’s items listed will sell the complete package for $100.

Please refer to the Pactimo website, www.pactimo-custom.com, for sizing information.

Email Kathy Crampton at kath.crampton@gmail.com for contact information of current owners.

Also, be sure to check the link: https://docs.google.com/spreadsheets/d/ for any updates before you shop the store.
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
email: smcbcycles@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
Reinhholds, PA 17569
610-742-4766
email: gs391@verizon.net

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