President's Message

Yes, it's February which means we are one month closer to riding in Spring!

MeetUp ride postings continue through the winter - including spinning, road rides, skiing, skating and trips. Our LWA community stays motivated and gets out to exercise – which helps those winter blues go away. It might be cold outside, but the LWA keeps on spinning!!

As it does get warmer and we venture out to ride, please remember “Safety First”.

Frieder de Biasi, VP of Touring, will be our safety tour guide, on Saturday, March 3rd, 10am, at our Ride Leaders meeting, at Asbury Church.

Paul Smith will share an overview of Ride with GPS, some advice will be given on which roads to avoid for safer rides. Members who plan on leading a ride in 2018, will want to participate during this ‘must see’ group ride event.

Also this Spring, Clyde and Kathy Odom agreed, once again, to lead the VeloValleyVistas charity event. Carl Zvanut will work with them, then take over VVV management in 2019. Dick McCreight will prepare promotional materials for the May 27th, VVV. Help out with promotion by sharing details of this ride across Facebook. Please watch for upcoming announcements as we will recruit volunteers to make this charity event a huge success. All profits are donated to bicycling charities (as designated by the board).

Thank you to our January speaker, MaryAnn Kennedy, who spoke about the 6th Annual ACS Hope Ride. Several LWA Members have already registered for the June 23-24th ride. If interested in riding, or sponsoring a rider, more information is available at pahoperide.org. LWA wishes the PA Hope Ride a great success in 2018.

Next membership meeting: 2/28, 6:00 pm featuring Engineers without Borders.  

Roberta Kates, Pres.
**V.P. of Racing – Glenn Davis**  
The **MARCH TRAINING SERIES is ON!**  
Sunday, March 4th, 11th, 18th, & 25th are on the racing schedule.

The Velo Shop / LWA race team has met and is preparing for the opening season. The March series is held in the William Penn Business Center, (William Avenues and Penn Drive,) behind Yocco’s off Route 100.

The racing team will be seeking LWA members to help with road marshalling, sweeping and registration. Watch for posts on MeetUp to learn more about The Velo Shop / LWA racing - also on FaceBook, and the club Racing website or email, lwaracing.info@gmail.com

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**V.P. of Touring – Frieder de Biasi**

The **2018 Ride Leaders meeting** will be held on Saturday, March 3, from 10:00 AM to noon, in room 217, at the Asbury United Methodist Church, (1533 Springhouse Road, Allentown). A pizza luncheon follows the meeting.

LWA members interested in leading rides will gain the club’s support and tools necessary to become new Ride Leaders. All members – especially existing Leaders who previously led LWA rides are encouraged to participate.

A key goal is **ride safety**, several topics will address safety concerns. Traffic has increased significantly on some of the roads we ride. These roads can become increasingly dangerous for group rides. Your input regarding what roads and intersections to avoid will be welcome.

The preliminary meeting agenda includes:

- Safety / accident avoidance
- Handling a ride accident
- Ride leader guidelines
- Ride rating system
- Ride with GPS ("Ride with GPS master" Paul Smith)
- LWA insurance policy (Dave Sheffield)

RSVP on MeetUp - I look forward to seeing present and future ride leaders on March 3.
Chasing the Winter Blues
Lead by Lenni McGuire

A cure for the common (outdoor) cold has been found!

In response to the recent spate of cold weather, several LWA members have moved to a kinder and warmer, but no less challenging venue.

Event host Lenni Maguire, leads a 90 minute spin class held at the St. Luke’s Health Center on Cetronia Rd. Join Lenni on Wednesday mornings in January, 9:00-10:30 AM, (continuing until it’s warm enough to ride outside). Also look for Saturday events hosted by Doug Leavitt. The rides are limited to nine participants and are open to all members. Details are posted on the LWA website.

During the spin session, a video route - the cycling portion of a triathlon - is chosen from the many available, which were filmed by a motorcyclist driving the course. This film is projected onto a large screen, so all the cyclists experience the same terrain. Resistance – and the required rider exertion, or output in watts - varies relative to the grade. Riders are able to view data about their individual speed, distance and power output. Most importantly, they can see their position relative to all of the other riders, not that any of us are competitive.

Optional brunch follows
Ride Leader Report
**Dick McCreight**

With the exceptionally cold weather this winter, we're off to a slow start with LWA rides in the first two months of our ride year (Dec & Jan).

Your top 5 ride leaders are
- Jim Fullerton with 3 rides and 30 hardy riders followed by
- Patty Gustafson 2 rides/41 riders,
- Lenni Maguire 2 (CompuTrainer) rides/12 riders,
- Dick McCreight 2 rides/10 riders and
- Jean Black 2 rides/3 riders.

Ms. Popularity is Patty Gustafson averaging a whopping 20.5 riders on her rides.

As the daylight increases and the temperatures moderate, find your perfect ride at https://www.meetup.com/Lehigh-Wheelmen-Association/events/calendar/

Be safe!

LWA Membership report ~
**January 24th 2018 meeting**
*Richard Baldock, rv314159@rcn.com*
*Rob Smith, rbsmith@ptd.net*

NEW or RETURNING MEMBERS

John, Lisa, Ava & Hanna Munsch
Tom Power

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Statistics Summary

Units 314 (-6); Individual 235 (-10); Family 79 (+4); Minimum Total 393 (-2) (Compared to November 2017 Membership Report )

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If you believe there are errors re: your membership status, please contact the Membership team ASAP.

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

Renewal or Joining problems? Login problems? Forgot ID? Forgot Password? Change Membership Type (Ex: Individual -> Family)? Etc. Contact the Membership team!

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Database maintenance (ongoing): Purged database records for members with Expired status that expired June 2017 or earlier (6 month trailing). If any of these members return to the :LWA, they will need to re-register. As usual, apologies in advance for any errors or omissions.
Sixth Street Shelter and Turning Point

Thanks to all of our LWA members who generously donated holiday gifts to families at the Sixth Street Shelter and Turning Point of the Lehigh Valley in 2017. Because of you, many local families were able to enjoy the holiday season.

Again this year, my van was filled with presents that were purchased and nicely gift wrapped by our members. Thanks also to James Williams of Community Bike Works for donating a child’s bicycle for one of our requesters.

Special thanks to our gift delivery team of Gary Cordes, Kathy Crampton, Bruce Kantor, David Sheffield and Carl Zvanut.

As our ex-president David Sheffield has frequently commented, the LWA really is extraordinary group of people. Thanks for caring. Jack Helffrich

From Rosalyn Kuba
at the Sixth Street Shelter
We just had to say thank you one more time!

83 Sponsors

116 Families...

314 Children...

...enjoyed a better holiday season!

We were so successful that we are going to try something new this year. Yep, you guessed it. We’re having Christmas in July to share the holiday spirit with our summer residents.

Keep your eye out for an e-mail in early April to see if you might be interested in participating.

Thank you again for partnering with us!
Weekend on Maryland's Eastern Shore

One of the best things about being part of a club is riding different places with a bunch of friends. In April we've arranged a weekend event that will let you do just that. The Lehigh Wheelmen will be running the fifth annual club sponsored getaway in Easton, Maryland Friday April 20 - Sun April 22. Riders who have gone in the past agree it is a fantastic weekend. The pancake flat riding is a great way to start the season. Hopefully this year we will be lucky again this year and have with the same great weather.

We will have rides for all levels of riders on each day. This is a wonderful area for non-riders as well with plenty of things to do. Easton has a lot of really great restaurants for dinners Friday and Saturday, as well as lots of interesting shops and attractions.

On Friday afternoon we'll ride to the shores of the Chesapeake Bay and the quaint town of St. Michaels (about 26 miles round trip). A visit to the Chesapeake Bay Maritime Museum is a great way to get a sense of the history and life of the region. Relax in one of many pubs, several on the bay, and enjoy the views of the waterfront before heading back to Easton for dinner in one of the fine eateries.

On Saturday we will drive to Blackwater National Wildlife Refuge (about 30 minutes) and ride from there. There will be several options for route distances. The routes are all on very quiet back roads through the marsh lands of the NWR. Our destination is Hoopers Island, home to many of the area's waterman. At one point you will be on a causeway with The Chesapeake on your right and the Honga River on your left. Bald eagles are a common site along the route, as are geese, heron, and other marsh birds. This area is virtually flat and the riding is suitable for any level or interest. It's also perfect for recumbents and tandems. Lunch will be at Old Salty's where you can get the very best crab soup and crab cakes.

Virtually next door to the Blackwater NWR is the recently opened Harriet Tubman Underground Railroad Visitor Center. The beautiful visitor center includes an exhibit hall with powerful and thought-provoking multimedia exhibits, a theater, and gift shop. Saturday afternoon around 4:30pm join your buddies for a happy hour in the hotel lobby. The club will provide beverages and light snacks. Dinner is on your own Saturday night.

Sunday we'll again have several distance options leaving from the hotel. Visit Unionville, founded in 1866 by eighteen slaves and free Blacks who had fought for the union. All 18 are buried behind St Stephens AMC church in a place where you will find a sense of history and peacefulness. You can also ride the Oxford-Bellevue Ferry across the Tred Avon river. Oxford is one of the oldest towns in America with a long history in maritime activities.

Our host hotel is the Quality Inn, 8523 Ocean Gate Highway , Easton, Maryland 410-820-8333 . Room rates are $99.99 per room plus 10% city and state tax. We have a block of 20 rooms reserved, let’s sell it out. The deadline to reserve a room at this rate is April 1. Be sure to mention you are part of the Lehigh Wheelmen Bicycle Group to get the rate.

If this sounds good, and you decide to come play with other club members here is what you need to do.

1) Go to the LWA Meetup page at https://www.meetup.com/Lehigh-Wheelmen-Association/events/245727627/ and RSVP. The club is charging $10.00 per person to cover costs. Here you can find GPS maps for the various routes .
2) Call the Quality Inn 410-820-8333 to reserve your room. Say you are part of the LWA Bicycle Group to get the rate.

In addition to the 3 day weekend, some members plan to ride from the Lehigh Valley to Easton. This is a 4 day ride of about 60 miles per day, starting April 17 (Tuesday – Friday). We will stay in hotels on the way down. If you are interested in participating in this ride please contact me (Paul Smith pocono723@yahoo.com) by February 15 for details.
Member Pic’s

Dan Cruttenden on PPRAC

Stop! In the name of appropriate headgear!!

Footwear . . .

And embellishment
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
Schnellsville, 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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SUPPORT YOUR LOCAL BIKE SHOP