Welcome to March

Safety, safety, safety. You say: Roberta how many times do we need to hear it? Well, we shall continue to hear about Safety all year long.

My safety tip this month is "BE SEEN". Dark kits are hard to see when riding, Wear bright colors...on your feet, hands and body. (moving parts)

On Saturday, March 3rd the Ride Leaders meeting was held. Frieder De Biasi, Paul Smith and Dave Sheffield provided Safety while riding - tips and tricks for Ride Leaders. Thank you to all the ride leaders who provide rides throughout the year. Without our ride leaders, it would just be another day on the bike.

Members welcomed Earl Oslander to our February Members meeting, Earl covered CPR and reviewed what to do in a medical emergency. We are planning on bringing Earl back for a First Aid training soon.

If you don't have any PTO to take a trip, come spend an evening with LWA. The Sheffield’s and McCreight’s will be our trip guides to Croatia, Slovenia, and Bosnia Herzegovina. The trip will start at 7pm @ Asbury Church.

On a sad note, lifetime member Earl Wuchter recently passed away. Earl’s obit specifically mentioned LWA. Memories of Earl are found in this addition of the QR.

March Racing Series is underway, come out and support The Velo Shop / LWA Racing team.

March means there is only one more month until our first Grill n Chill, yum!

Be Safe!
See you on the roads..

Roberta Kates, Pres.
LWA Membership report
February & March
Richard Baldock, rv314159@rcn.com
Rob Smith, rbsmith@ptd.net

New or Returning Member(s)
Timothy Tatkovsky
Ayaz Matin
John Quarmley
David Morton
Lisa Parker
Anna Disclafani
Lillian Riveros

Statistics Summary
Units 300 (-7)
Individual 226 (-4)
Family 74 (-2)
Minimum Total 374 (-10)

If you believe there are errors re: your membership status, please contact the Membership team ASAP. If you haven’t received renewal notices or LWA emails, check your SPAM folder or contact your email provider. And, make sure your email address in the LWA member database is correct.

The following Organizers (Ride Leaders) have EXPIRED LWA memberships and should renew right away or their MeetUp status may need to be removed / suspended as Organizers until they do.

Velo Shop
Andrew Bollinger
Mathew Molchan
Sylvia Radvansky
Denny Snyder
Gale Fritsche
David Trent
Jane Derby*
Ed Gibney

* Expired for more than 6 months (no longer in database ~ will need to re-register upon renewal)

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? Etc. Contact the Membership team!

Database maintenance (ongoing): Purged database records for members with Expired status that expired August 2017 or earlier (6 month trailing). When these members return to the :LWA, they need to re-register.
February Ride Leader Report
Dick McCreight

We’ve completed the first three months of our ride year and we’re averaging about one LWA ride every 2½ days—not bad for winter.

Your top ride leaders to date are
• Richard Baldock - 11 rides / 13 riders,
• Jim Fullerton 6 rides / 84 riders,
• Lennie Maguire 4 CompuTrainer rides / 26 riders,
• Tom Donnelly 3 rides / 19 riders and
• Patty Gustafson 2 rides / 41 riders.

Patty Gustafson holds the Ms. Popularity position with an average of 20.5 riders on each of her rides.

Don’t let the weather get you down. The perfect spring ride is just around the corner at www.meetup.com/Lehigh-Wheelmen-Association/events/calendar/

Be safe!

Ride Leader Reporting Procedure
The Lehigh Wheelmen ride-year runs from December 1st to November 30th.

After a ride, Ride Leaders need to report their rides by completing these two steps:
• We want to keep our number of rides and riders as current as possible so that we may acknowledge our top ride leaders each month and report year-to-date progress.
• When you, as a ride leader, complete a ride, simply e-mail lwarideleader@ptd.net and tell us your name, the date of your ride and the number of riders (including yourself) on your ride.
• We are required by our insurance company to keep copies of the ride leader sheets. These sheets are the property of LWA and must be turned in. You have three ways to submit your ride leader sheets.
  a) Simply place them in the mailbox in the Velodrome barn. The box is installed outside the LWA locker (through the door, first left, end of hall on right).
  b) Give them to Dick McCreight after a ride.
  c) Mail them to Dick McCreight, 1256 Divot Drive, Allentown, PA 18106.
Group Riding – a testimonial  
*Contributed by Tim Foley*

Riding up a hill about 19 miles from the Velodrome, my rear derailleur cable broke leaving me in my lowest gear on the rear cassette.

Rich and Anne (our ride leaders) passed me on their tandem. Scott noticed I was falling behind and came back to see what was up. I explained that I was basically *stuck in my hardest gear*. He then rode ahead and told the group that I was having problems.

The group stopped and Dave, Jim, and Scott did a great job of jury rigging my derailleur to stay in a middle gear of the rear cassette so since I have a triple. I actually had three gears to ride back with.

There was a *lot of team work* in figuring out what to do and Maria commented on how well the three of them worked to come up with a solution. They all had ideas about how to fix this and *pulled multiple tools from their bike bags* to try to adjust the derailleur and ended up tying off my broken cable strapping it to my bike for the 19 miles left in the ride. I still managed to get back at 14.8 mph overall pace for the ride thanks to being able to ride behind Rich and Anne on their tandem.

It was great to watch the team work and a little more exciting than watching three people change a flat.

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### Upcoming Event Stat’s

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<th>Distance (Miles)</th>
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Doug rode, ran and swam the Ironman Maryland October 2017
The grueling event took just under 16 hours.
The **Lehigh Wheelmen Association** is honored to present our second annual **Velo-Valley Vistas Charity Ride** on May 27, 2018. 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!

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 low cost Try the Track class complete with track bikes and professional instruction on Saturday May 26th from 2:00 to 4:00 pm. In addition, we’ll offer ride-with-gps routes of some of our favorite roads for Friday the 25th, Saturday the 26th and Memorial Day Monday the 28th. Visit **Discover Lehigh Valley** for some great suggestions of things to do and see.

**Where:**

Valley Preferred Cycling Center  
1151 Mosser Rd  
Breinigsville, PA 18031

**Registration:**

Register online at **BikeReg**. Fees are $20 for under 18 (guardian must sign waiver), $45 for online registration, $55 for day-of-event registration. Your fee includes a complimentary light lunch and beverages following the ride.
Ride so others may ride!

100% of net proceeds from the 2017 Velo-Valley Vistas Charity Ride will be donated in support of these two fantastic cycling charities:

- **Community Bike Works**: CBW is more than learning how bikes work; it’s learning how life works. At risk children from center city Allentown team up with mentors for a 12-week course in bike mechanics and safety. They learn work skills and see the satisfaction of turning a broken bike into a functional one. On graduation, students earn their refurbished bike and a new helmet.

  www.communitybikeworks.org

- **World Bicycle Relief**: World Bicycle Relief is mobilizing people through the Power of Bicycles. With six assembly facilities, WBR is empowering people across Africa. So far WBR has provided bikes in Angola, Botswana, Kenya, Malawi, Mozambique, Rwanda, South Africa, South Sudan, Sri Lanka, Tanzania, Uganda, Zambia and Zimbabwe. Specially designed, locally assembled bicycles are provided to entrepreneurs, healthcare workers and students across rural Africa through sustainable work-to-own and study-to-own programs. WBR also trains field mechanics to ensure access to maintenance and spare parts. To date the Lehigh Wheelmen and its members have donated 35 bicycles to WBR.

  www.worldbicyclerelief.org
Quad County Century
19th Annual
Saturday • May 19, 2018

Ride Features
- Green Lane Park, one of the hidden gems in Montgomery County
- Lightly traveled roads in four of the oldest counties in Pennsylvania
- Fresh fruit, snacks, trail mix, baked goods, and drinks at rest stops
- Well marked roads, cue sheets and maps
- SAG vehicles with bike mechanics on all routes
- FREE LUNCH (vegetarian options available)
- GPX files available to pre-registered riders
- Get a FREE gift if you register before April 8, 2018
- Cue sheets available for all routes

Register today at www.ridethequad.com
Rides for all ages and abilities
BIKE TOWARDS THE CURE

2018 RIDE DETAILS

3 different distances to choose from!

15, 30 & 62 (metric century) mile options!

This year's ride starts and ends at The Vineyard at Grandview in Mt. Joy, PA

http://www.biketowardsthecure.org/

> 2017 BTTC Ride shirt - this year's design is TBD. Stay tuned!
Tour de Tush - Allentown

Colon Cancer Awareness

10 Mile or 30 Mile or Metric Century Bike Rides

Saturday, June 9 @ Grange Park

Register for Tour de Tush - Allentown! Funds raised at this event will be granted by the Colon Cancer Coalition to build colon cancer screening, awareness, and patient support programs in the Allentown-area.

Contact: Gale Fritsche
tourdetush@gmail.com

1 in 20 develops colon cancer.
Please Mark your calendars!
The Tour de Tush Bike Ride for Colon Cancer Awareness is scheduled for Saturday, June 9th, beginning at 8am at Grange Park in Allentown.

The Tour de Tush is a Charity Ride that raises funds for Colon Cancer Awareness activities in the Lehigh Valley. The ride's primary purpose is to save lives through outreach, advertising and conferences geared to make people aware of the importance of screening. The ride was founded in 2015 by Gale Fritsche who was diagnosed with stage III colon cancer through routine screening at the age of 50. Colon Cancer is the 2nd leading cause of cancer deaths due to the fact that over 1/3 of the population do not get screened. Colon Cancer is preventable through screening and affects anyone regardless of age or risk factors. So please, come out and support this very worthy cause. We have seen this event grow from 120 to 300 riders from 2015-2017 and has raised over $100,000! Come join us and help us fight colon cancer. Cycle beautiful roads west of Trexlertown.

To register or for more information, please go to: www.coloncancercoalition.org/allentown

7:00 a.m. - Registration
7:45 a.m. - Opening Ceremonies and Team Awards
8:00 a.m. - 10 Mile, 30 Mile and 62 Mile/Metric Century Ride

DIRECTIONS & PARKING:
Grange Park is located at: 360 Grange Rd, Allentown, PA 18106
There is plenty of parking available at the park

COURSE:
10 Mile Course - there will be no rest stop.
30 Mile Course - there will be one rest stop (Kutztown University) at mile 15.
Metric Century Course/60 Mile, there will be three rest stops
(15 Mile - Kutztown University, 30 mile - Robin Hill Campground, 45 mile - Kutztown University)

All rest stops are fully stocked with food, drinks, snacks.

Helmets are required for all participants

FEES: Through June 8 at 6:00pm
Adult: $35
Youth (12 and under): $20

Race Day
Adult: $40
Youth (12 and under): $20

What to bring?
Helmet, bike and water bottle.

Important to know:
Fundraising is optional and there is same day registration for the ride
Snow Birds
Snow Bunnies
Snow Bunnies
Member of the Month – in memorial

Photos are of:

Earl Wuchter

With John O'Neill, Dan Chiavaroli, Lenny Martin, Earl, Ron Krikorian, Barron Bregenzer, Russell Cressman.

and Chiavaroli, Earl, Ron Krikorian

LWA will make a donation to a local charity in the Memory of Earl Wuchter. We encourage donations from members. Donations received will purchase items to be donated to CBW in the Memory of Earl Wuchter. (Bike gloves, socks, helmets) Donations should be made payable to LWA and sent to the LWA club address.
Member of the Month – in memorial

Earl Wuchter a life member of the LWA, passed away on Friday.

Terry Terfinko remembers: “I met Earl on my first ride with the LWA in 1995. We enjoyed many rides together. He was a great advocate and mentor for cycling. He was the club’s first web master.”

Paul Smith shared: Earl was the ride leader on the first LWA ride I participated. I remember his directions “when you come to the fork in the road, take it”. Great guy.

Neil Dicker reflects: Early on, he was there riding as “one of the old guys”. Now, we’re him. As G would say, “so it goes”.

Jack Helffrich remembers: a period of time when Earl led and participated in many LWA club rides - back in the day of a printed newsletter and ride calendar. Earl Wuchter, Barron Bregenzer, Rudy Dippl, Russell Cressman, now all gone, were the senior gentlemen of the LWA.

One specific memory: Earl was leading a ride from Bicentennial Park, and make no mistake, he led from the FRONT. I was riding to his left at the head of the group, and might have been a wheel length ahead. Earl allowed me to pass his planned RH turn onto Mud Rd. before shouting ‘Right Turn!’ As he turned right. Everyone else followed him as I was forced to loop back and rejoin the group. It was just his way of maintaining control. I’m guessing Earl never had any use for a Garmin. Earl hated that some of us would race the last few miles back to Bicentennial Park at the end of the ride. He got pretty upset that we didn’t all stay together. I miss those days when we all used to ride together.

Dan Chiavaroli: was on a three day ride around the finger lakes. I thought I was hanging back with Earl to be nice to “the old guy”. So finally I said good bye, down shifted, and shot by him. About two hills later I realized he was still behind me. He taught me two things. Don’t underestimate the old guys and drafting. We finished that day together. About two years later on a ride out of Centennial Park we lost him 3 or 4 times. All of a sudden we would make a turn and there Earl would be in front of us.

Published in Morning Call on Mar. 4, 2018

88 years of N. Catasauqua, passed away peacefully on Friday, February 23, 2018 at Sacred Heart Senior Living, Northampton. Born in Allentown to the late Earl M. and Elsie S. (Bretz) Wuchter, he was the husband of the late Eleanor M. Wuchter for 61 years. He graduated from Allentown High School and served stateside in the US Army during the Korean War. He worked for the Bethlehem Steel in the research and development department until his retirement. He was a former member of the Allentown Chess Club. Earl was an avid bicyclist and member of the Lehigh Wheelman, and enjoyed many group rides and camping trips with his fellow Wheelmen. He is survived by his children, son Kenneth Wuchter (wife Lissa) and daughters, Carol Wuchter and Linda Powell (fiance Wayne) as well as his sister Florence Coleman of Connecticut and brother Robert Wuchter of New Mexico, six grandchildren and ten great grandchildren, and nieces and nephews. He was predeceased by his wife and his brothers, David Wuchter and James Wuchter. A celebration of Earl’s life will be private at the convenience of the family. Memorial contributions may be made to a charity of choice.
South Mountain Cycle & Cafe

happily supports Hope Ride Riders Again in 2018!!

Get your bike ready for all those training sessions!

- Hope Ride Discount 15% Off Parts & Accessories
- Pa. Hope Ride Tune Up Special:

$35.00 for the "Essential Tune-up"
(>50% the regular price of $75.00)

- Tune Up & Discount are valid February 1st - June 22nd 2018

6th Annual PENNSYLVANIA HOPE RIDE

TWO DAYS. ONE CAUSE. June 23 & 24, 2018
PaHopeRide.org; 717.534.1487
LWA Discount Sponsors

Receive a 10% Discount with your LWA membership card!
(unless otherwise noted)

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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: 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.thelveloshop.net
info@thelveloshop.net

**Village Bicycle Shop**
7 South Village Circle
Reinholds, PA 17569
610-742-4786
email: qs391@verizon.net

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