President’s Message

Welcome to May!

Our LWA charity fundraising ride – the **Velo Valley Vistas** - is May 27th. **Have you registered** to ride? If not, please do so, or contact Bruce Kantor to volunteer. Thank you Cathy & Clyde Odom, and Carl Zvanut, for overseeing the VVV and Dick McCreight for providing the promotions, and for the many volunteers who make this ride such a success.

Yes, we are finally getting into riding season. Just in case you missed the first Grill and Chill on April 23, we had a great turnout. The Grill Masters, Rob and Sue Smith, Dave Drummer and Liz Soliday made it a great night. The weather was perfect and the LWA crowd was a sight to see. The LWA Safety Program “**Be As Safe As We Can Be**” was kicked off by Rich Ferrera.

**Being safe starts with each one of us, please review the safety reminders in this QR.**

I had members ask about LWA apparel. You ask, we provide.

There are **two sales** going on in May. First, Kathy Marcus is heading up the Sweatshirt, TShirt, and Sock sales - order by May 13th.

The other LWA sale is the Pactimo "LWA Store" that Sally Wright has opened from May 1-14, (with delivery after June 11).

Both apparel sales have been communicated to the membership via blast email - courtesy of Dick McCreight and Dave Drummer. Thank you all for volunteering your time and talents.

It takes a Village and I am so glad I have found a Village, in LWA.

See you on the road

**Be Safe!**

See you on the roads,

Roberta Kates, Pres.
LWA Safety  This program included a raffle, for a $20 gift certificate to the Velo Shop in Macungie.

Congratulations to LWA member Art Hunsberger who successfully answered the safety questions and whose ballot was randomly selected to win the gift certificate!!!
Review Points for Start of Rides
(May be printed on the back of the sign in)

*Text in italic is taken from the PA motor vehicle code*

- Helmets are required. No helmet you are not on the ride.

- All bicycles must be equipped with brakes. No brakes, not on the ride.

- Don't call out "clear" at intersections. Every rider is responsible to determine when it is safe to proceed.

- OK to warn of approaching traffic---look left/right.

- Point out road hazards to riders behind you...don't overdo it.

- Obey the traffic laws---bicycles are vehicles

  *Every person riding a bicycle upon a roadway shall be granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle.*

- Stay to the RIGHT --- If you hear "Car Back" move to the right!

  *Upon all roadways, any pedalcycle (bicycle) operating in accordance with Chapter 35, proceeding at less than the normal speed of traffic at the time and place and under the conditions then existing shall be driven in the right-hand lane then available for traffic, or as close as practicable to the right hand curb or edge of the roadway*

- Ride no more than two abreast.
  - *Persons riding bicycles upon a roadway shall not ride more than two abreast.*

    - Point out that it may be easier for cars to pass a group riding 2 abreast because the length of the line is shorter (as opposed to a longer line of single file riders). Stress that such two up formations require everyone in the pack to be predictable, and the formation should maintain a consistent speed and the formation should be fairly tight. However, we still must obey the law regarding vehicles traveling at less than prevailing speed.

- Be Courteous and Predictable. Make friends of drivers, not enemies

- Look out for you fellow riders...have an informal buddy system. If you see someone having a problem let the ride leader and the group know.
APRIL 2018 SAFETY TIPS:

During LWA rides, we often like to ride side by side to talk with each other. Riding two abreast is legal in most places. It’s okay on a straight, flat road where vehicle drivers can see you from behind, and you can usually see or hear them approach. But on a narrow road, long hills, or with heavier traffic, be courteous and safe and ride in single lane.

When riding either side by side or in single lane:

- Riders at the front and rear should warn of approaching cars, particularly on narrow roads. Call out for vehicles – shout “car up!” & “car back!” Panicked cries are not necessary. Just shout loud enough for the person in front/behind to pass on the call and if riding side by side, riders on the left should move to the right as quickly as possible.

- Point out and call out any road hazards ahead. These include potholes, drains, speed ramps, animals, parked cars, opening car doors, wet or icy road surface etc.

- Don’t overlap wheels. If you ‘touch wheels’ with the rider in front it’s tough to keep upright.

- Tell people right away if you experience a mechanical or health problem – this reduces the danger of a collision should you need to slow down or move suddenly, and they can help you with your issue.

- Don’t use headphones, earbuds, or cell phones while cycling. You need to be able to hear other cyclists and to be focused on your surroundings.

NOTE TO ALL LWA RIDE LEADERS:

On ride please emphasize the safety points on page 2 of the LWA sign up sheet located at: https://www.lehighwheelmen.org/files/documents/LWA%20Sign%20In%20Revised%20July%202015.pdf

At the May G&C, we will introduce another set of safety tips with questions and we will randomly select another winner of a $20 gift certificate to the Velo Shop. Come out and participate because you need to be present to win!

The following club members have agreed to serve on the 2018 LWA Safety Committee and if anyone else would like to join this committee, please let any of us know:

Rich Ferrera, Jack Helfrich, Dave Drummer, Paul Smith, Carl Zvanut, Mike Solliday
LWA Membership report
April & May
Richard Baldock, rv314159@rcn.com
Rob Smith, rbsmith@ptd.net

New or Returning Member(s)
Mark Zappe
Patricia San Andres
Ryan, Zac, Dianna & Molly Olszewski
Dan Mohr
Jeremy Benfield
Hannah Klinetob
Cara Guilfoyle
Mark Hutterer
David Woodruff
David McCleary
Laura, John & Derek Weller
Victor Otero
Jane Derby

Statistics Summary
Units 304 (+4)
Individual 231 (+5)
Family 73 (-1)
Minimum Total
374 (+3)

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.

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.
Ride Leader Report

Dick McCreight

The results are in for our top ride leaders for the first five months of our LWA ride year.

* 1st Place: Richard Baldock, 30 rides/39 riders
* 2nd Place: Jim Fullerton, 8 rides/106 riders
* 3rd Place: Jean Black, 8 rides/27 riders
* 4th Place: Rich Ferrera, 6 rides/68 riders
* 5th Place: Paul Smith, 6 rides/38 riders

We welcome three new ride leaders who submitted their first leader sheets in March and April: Cathy Stevenson, Craig Lambert and Dan Nigro. Patty Gustafson continues to hold the position of Ms. Popularity with an average of 16 riders on her 5 rides.

Warm weather has finally arrived. Find your perfect LWA ride at www.meetup.com/Lehigh-Wheelmen-Association/events/calendar/

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.
LWA favorites
Member Pic's

[Images of people sitting and standing together, presumably members of a cycling group, enjoying their time at different locations such as a cafe and a scenic countryside setting.]
Eastern Shore
Volunteer Mechanics Really Help!

Thank you to our volunteer mechanics who’ve been coming in to help out during Open Shop. We have a lot of fun and are always open to new helpers... No experience necessary! Thanks Paul Fisher, Jim Fullerton, Ed Kay, Gary Madine and Bill Meiklejohn (who has reached 100 volunteer hours since October!)

Interested in joining CAT? If you ride a bike, walk or take the bus, CAT can help you! Please donate today if you are able!

In Honor of Steve Schmitt (1952-2015)

Visit CAT: virtually at www.LVCAT.org or in-person at 1935 West Broad Street, Bethlehem, Tuesday & Thursday 12-4, Saturday 11-3

Human-Powered Transportation & Public Transit in the Lehigh Valley

Join/Donate Today

www.LVCAT.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
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.

  [Community Bike Works Logo]
  [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.

  [World Bicycle Relief Logo]
  [www.worldbicyclerelief.org]
Tribute from LWA

Hi, My parents, Dave and Diane Parsons, were enthusiastic members of the Wheelmen. Both have recently passed away and my sister and I have my parents' bikes that we are looking to sell at very reasonable prices.  We were hoping someone in the Wheelmen would enjoy riding them as much as my parents did and could give them a good home.

We have the following bikes:

- Trek Pilot 5.0
- Trek TCT 5000
- Mongoose Threshold Sport.

We also have some other bike paraphernalia like wheels and wheel bags.

Thanks,
Jill Roman
jillroman41@gmail.com
503-915-6208
Classified Ads

The LWA Clothing Team Store will be open from May 1st to May 14th. Follow these steps to place your orders:

1. Log on to www.lehighwheelmen.org and click on the jersey on the right.
2. Enter password lehigh123
3. Start shopping

We have 3 Clothing Lines with the “Spokes Design”:

   Ascent -- “form fit”
   Continental -- “relaxed fit”
   Breckenridge -- “semi-form fit”. This product line includes only Jackets and Vests.

There are specific clothing options for both Women and Men. Some members report that sizes are "running smaller than expected", so please check the website for the size guidelines:
https://www.pactimo-custom.com/pages/custom-cycling-clothing-size-chart

All sales are final once they are placed. Pactimo will ship your order to the address you provide. Shipping costs are $9.00 plus 2% of the merchandise total.

A special thanks goes to Sally Wright who developed our kit and works behind the scenes to ensure we have a really cool LWA kit.

Happy shopping!
Classified Ads
Sale of LWA Sweatshirts, T-shirts and socks will be coordinated by Kathy Marcus

Lehigh Wheelman Association Order Form
MAKE CHECKS PAYABLE TO: LWA
MAIL ORDERS TO: LWA C/o Kathy Marcus
1776 Pinewind Dr. Alburts PA 18011

Orders due by May 13th
Orders delivered by May 30th

NAME: ___________________________ ADDRESS: ___________________________

EMAIL: ____________________________

PHONE: ____________________________

TOTAL ENCLOSED: ________________________________

Unisex Midweight Crew Sweatshirt | $27.00 (2XL/3XL $28.50)
8/5 oz Heathered color 55/45 cotton/polyester
Split-stitch double-needle sewing throughout
1 x 1 rib cuffs, waistband and collar

S___ L___
M___ XL___
XXL___ XXXL___

Unisex Classic Fit Crewneck LS T-Shirt | $14.00 (2XL $17.00)
6.0 oz, 100% combined ringspun soft cotton
Taped neck and shoulders
Tearaway Label
Double need sleeve and bottom hems

S___ L___
M___ XL___
XXL___

Unisex Classic Fit Crewneck SS T-shirt | $12.00 (2XL $15.00)
6.0 oz, 100% combined ringspun soft cotton
Taped neck and shoulders
Tearaway Label
Double need sleeve and bottom hems

S___ L___
M___ XL___
XXL___

Custom Logo Crew Socks | $11.00
Patent Digital Print
Compression foot bed
Sweat wicking

S___ L___
M___ XL___

Custom Logo Crew Socks | $11.00
Patent Digital Print
Compression foot bed
Sweat wicking

S___ L___
M___ XL___

For questions, call Kathy at 631-833-9407
LWA Discount Sponsors

**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: 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
email: gs391@verizon.net

---

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

SUPPORT YOUR LOCAL BIKE SHOP