President's Message

Where did the
~~summer~~ go?!!

Here we are, in the middle of September, questioning what happened to Summer? Well, looking back, a lot has happened.

As a club, we've had hundreds of club rides, multiple picnics following rides, and yes, four fabulous Grill n Chill evenings. Our night at the VELO – watching races - was enjoyed by many of our members.

Worth special mention were our two great events: the VVV in May, and the Donut Derby on Labor Day. The Donut Derby with the Munchkin mile, was one of the most active events we've had all year. Tim Phillips did a terrific job organizing the DD. Tim's family was very involved with the DD event. His sister Collette was the catering coordinator, and brother Brian was the Awards announcer.

Our club members and volunteers rocked! Preceding the DD and throughout Labor day, approximately 50+ volunteers worked the streets - marking roads from start to the finish line. Set up & tear down, registration, donut stop, T-shirt distribution, and lunch were all part of the camaraderie. A later feature in this month’s QR features the job of the timing officials and the awards – including some fun facts about the Donut Derby (put together by Paul Kelly). Next club meeting will be held on September 26th at The Velo Shop, starting at 6pm.

“Be As Safe As We Can Be”
Donut Derby
2018 – by the numbers

Big Donut Derby Data: Contributed by Paul Kelly
More riders rode the 2018 DD than in 2017: 301 vs. 276 - see Figure 1
However, the 2018 riders ate fewer donuts than the bakery fans of 2017: 1606 vs. 1639 - see Figure 2.
What? More riders, less donuts? Was it the heat in 2018?
Could the donuts have been bigger in 2018 and more filling?
Whatever the reason for the intake difference between 2017 & 2018, it really only came down to a difference of 2 ½ dozen donuts!!! That’s a photo finish!

Figure 1: Percent of Lady riders increased in 2018 by 4%
Figure 2: 1,606 donuts in 2018 = ~80 hours of ride time subtracted
DONUT DERBY - 2018

They came

301
= DD Riders

- Most competitive groups (by participants total):
  - Women: 50 – 59
  - Men: 50 - 59

They came, They ate

1601
= Total donuts eaten by 2018 DD participants
(133 dozen)

5.3
= Mean donuts eaten by 2018 DD participants

= 4803 minutes off ride time
= 80.05 hours off ride times
= 328,700 total calories consumed (200 cal. per donut)
They came, They ate

- Mean Donuts eaten by Gender:
  - Female mean = 3.9
  - Male mean = 6.2
  - Tandem mean = 3.1

They came, They ate

- Younger riders eat more donuts!
- Or, when you’re older you’re wiser? (if eating less is wiser?)
- Most donuts by a:
  - Woman = 20
  - Man = 30
DONUT DERBY - 2018

They came, They ate

Total Donuts eaten by Gender/Age Group

- Most donuts eaten by Gender/Age Group:
  - Female 50 – 59: 95 donuts
  - Male 50 – 59: 312 donuts

They came, They rode, They ate

LWA Donut Derby - 2018 - by Age Category

- Net Time (ride time – donut deduction)

- Overall female winner came from the age group:
  - 40 - 49

- Overall male winner came from the age group:
  - 50 - 59
A distance just more than from Allentown PA to Adelaide Australia!
We rode to Australia in a day on 1606 donuts –
come up with a ride name on STRAVA for that!
So how many miles did we ride per donut?
One donut fueled 6.7 miles of riding in 2018.
Is this a reliable Big Donut Derby Data metric:
Miles ridden per donut? 2017 was 6.1 miles per donut!
That’s what we are supposed to do to fuel our ride any way, right – to not bonk!?
The 2018 Munchkin Mile

The LWA’s Fourth Annual Munchkin Mile was held on Labor Day 2018 following the Donut Derby. Eighteen young riders ages 4-10 participated in the event held on the track of the Valley Preferred Cycling Center (VPCC), aka The Velodrome.

The race gets under way with the firing of the starters pistol and consists of five laps around the 1/3 kilometer banked velodrome track. LWA member and Velodrome race official, Glenn Davis, provided services for the event including the starter’s pistol, digital timing and ringing the bell for the final lap.

The diverse equipment included: multi-speed bicycles, a tricycle (with sun canopy), single speed bikes, bikes with training wheels, pedal-less push bikes and a trike with attached push bar (complete with optional parent). Each participant received a numbered Donut Derby bib and wore a helmet.

The event was enjoyed by the participants, parents, grandparents, volunteers and Donut Derby riders. Thanks to all who volunteered and helped with this event, including Karen Hartzell, Dave Sheffield, Glenn Davis, Don Levermore and Dick McCreight. Photos can be viewed at Bluestem Light Photography (https://bluestemlight.photoreflect.com/) or accessed through the club’s website.

Following the race, an awards ceremony was held in the infield on the winners’ stand where each child received a Munchkin Mile medal, an (optional) donut munchkin and the approbation of the families and spectators.

Jack Helffrich, event organizer
Historically, the LWA has donated some of the Donut Derby proceeds to thank our local government partners for their support. This year we made the following contributions:

Maxatawny Township - $150  
Trexler Fire Department - $200  
Upper Macungie Police Dept - $100

Attached is a really nice thank you letter from the Upper Macungie Police Dept.

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Lehigh Wheelmen Association Inc.  
Attn: Dave Sheffield, Treasurer  
PO Box 140  
Trexlerstown, PA 18087  

September 10, 2018

Mr. Sheffield,

On behalf of the Upper Macungie Township Police Department and Board of Supervisors, I would like to thank you for your generous donation of $100 to this police department.

The money will be placed into the general operations fund and will be used for the purchase of supplies for community events we conduct throughout the year.

We appreciate your support of this police department. It means a great deal to the officers knowing they have the backing of the community members whom they serve.

Sincerely,

Keri Diehl  
Office Manager
Friends,

We’re looking for a few more folks to be involved in the Earn a Bike session. Your devotion to the programs has been incredible and our ask is if you have any friends/relatives interested in committing to the programming in any way, to send them my way or sit in for a night of class. They, of course, need clearances to regularly volunteer. Fall is fun and finishes with a big Holiday Party 12/18!

Classes begin two weeks from now, 9/24, and continue through 12/13. I will firm up the dates for each night in the next week. Let me know the day of the week you’d prefer: Monday, Tuesday, Wednesday, or Thursday.

There are some staff changes at CBW which have required us to hire some folks so the more experience we have in the evening, the stronger our classes will be!

I’m hosting our Start Up Meeting 9/19, Wednesday from 6-7:30 at Madison Street. Hope to see you there!

So, respond to this email with the following answers:

1. I know someone interested in volunteering.
2. I can commit to ____________ nights for Earn a Bike.
3. I will attend the Start Up Meeting on 9/19, Wednesday at 6pm

Thanks,
James
Community Bike Works
Program Manager
610-434-1140
Member Snippets

WACANID Bicycle Ride Relives - Also called the Selkirk loop. www.wacanid.org
September 10-15, 2018

https://www.relive.cc/view/rt10001469106
https://www.relive.cc/view/rt10001482287
https://www.relive.cc/view/rt10001494957
https://www.relive.cc/view/rt10001510667
https://www.relive.cc/view/rt10001532297
https://www.relive.cc/view/rt10001548202

“Enjoy the pace line while you can.” Tim Reilly
LWA Membership report
Mid-September 2018
Richard Baldock, rv314159@rcn.com
Rob Smith, rbsmith@ptd.net

WELCOME: NEW or RETURNING MEMBER(S) ~ (most recent order)

SHANE KILLEEN
MIKE JOWETT
MARK WILSON
JULIE ROLAND
JOHN KRUMENACKER
COLIN ARTHUR BADER
RON FRANK
JARRETT GAYL
SANDRA SMITH
VANESSA NENNI & JOHN DIACSUK
ZOEY DeBOUR
RAYMOND BRUNO
JEFF GROSS
TOM MINARIK
MIKE JEITNER
ROBERT SMULL
CINDY & JOE CLAASEN
JORGE ARANETA
CRAIG GRILLO
HANSEL de SOUSA
TIMOTHY MURPHY
JAN MUSIL & JAMES MARKSON
STEFAN GOSLAWSKI
NEIL & MARY BOGIN
JAMES. JOHN. JUDE, STEVE & PHILIP
OUTTERBRIDGE
CHERI FAGER
DEBBIE SMALLEY
ANDREW VIVIAN
CATHLEEN DUFOUR
MARTY KATZ

The "huge" cost of renewing early [assume earning 1/2 % (big whoop!) interest on your checking account]. Lost interest (taxable income, so the loss is actually lower, depending upon your marginal tax bracket). Family ~ $25 dues ===> 1 year (< 13 cents), 90 days (3 cents), 60 days (2 cents), 30 days (one penny), 15 days (half a cent). Individual ~ $15 dues ===> 1 year (< 8 cents), 90 days (< 2 cents), 60 days (> one penny), 30 days (.6 of a penny), 15 days (.3 of a penny).

Advantages of renewing membership early:
Negligible cost, No lapse in Membership, including insurance coverage.

Statistics Summaries
(September 2018 Compared to June 2018 Membership Report)

Units 300 (+8)
Individual 230 (+6)
Family 70 (+2)
Minimum Total 370 (+10)
Note: We had a large increase due to VVV 2017, but this sudden influx of members has not been sustained.

(September 2018 Compared to September 2017 Membership Report ~ One Year Ago)

Units 300 (-26)
Individual 230 (-16)
Family 70 (-10)
Minimum Total 370 (-36)

The following Organizers (Ride Leaders) with EXPIRED LWA memberships were removed/suspended as Organizers until they renew according to Club policies, which reflect insurance requirements and potential liability exposure:

BRYAN GEORGE
DAVE WIEAND
PAUL KELLY

* Expired for more than 6 months (no longer in database ~ will need to re-register upon renewal)
LWA Membership report
Mid-September 2018 continued

NO LONGER IN DATABASE ~ PURGED
Expired Members still in database (expired less than 6 months) ~ If you think your name is on the "recently" Expired list by mistake, then please contact Membership ASAP:

Sally Allan
Trey Barrett
Chip Berezny
Steve Beville
Rick Burger
Tara Burkus
SCOTT BUTLER
Mark Butsavage
Ricardo Castilla
Erin chapman
Pat Corpora
Michelle Costantini
Kevin Crowley
Daniel Cruttenden
Bruce DeChillo
Zack Decker
Michael Derewicz
Mark Dimmick
Bob Docherty
Ray Dominguez
John Dzubinski
Dan Elias
Peggy Faust
Matt Feichtel
Tim Fitzgerald
Ross Futerfas
Rick Garcia
Dave Gatewood
Bryan George
Peter Glogovsky
Keith Gourley
Erik Grayson
Dennis Heller
Andres Hernandez
Frank Hoffman
Paul Hoffman
Charlie Horner
Thomas Houtz
Bill Hunter
Paul Kelly
Alan Kirby
Shannon Leight
Jordan Lenchitz
Alisa Levin
Joe Li Causi
Steve Lidie
Kathy Marcus
Sue Melchiorre
Barry Mertz
Nick Miller
Susie Molnar
Scott Mulvaney
Maria Nagle
Karen Nestor
Al Ottinger
Albert Peters
Patricia Peters
Rebecca Petri
Kimberley Poley
David Rehnert
Aaron Rigbee
(communitybikeworks...)
Philip Ritts
Ramon Roldan
Rebecca Romano
brent schefer
Kim Schaffer
Jason Schiffer
Rob Schnatter
Jack Schwab
Curtis Schwartz
Brian Schwind
John Scully
Cheryl Settle
Travis Shoemaker
Greg Skinner
Deanna Smickley
Jeff Smith
Jennifer Sprankle
Laura Stearns
Rick Theiner
Doug Thomas
Dan Twaddell
Sallie Uffer
Chris Walker
Dave Wieand
Greg Wolf
Darlene Ziegler

If they have participated in LWA events (like Grill & Chill) since their dues lapsed, then they have benefited w/o paying dues.

If they have participated in LWA rides since their dues lapsed, they were not covered by LWA's insurance, nor will they be covered in the future as non-members (until they renew).

As usual, apologies in advance for any offenses, errors or omissions.

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

As of September 23rd these LWA ride leaders have lead the most rides:

1. Richard Baldock 49
2. Donalee Frary 29
3. Tom Donnelly 26
4. Rich Ferrera 22
5. Cathy Stevenson and Dave Sprigle 21

Leaders with the most participants are:

1. Rich Ferrera 354
2. Carl Zvanut 203
3. Bruce Kantor 195
4. Jim Fullerton 189
5. Tom Donnelly 188

Thanks to all our Wheelmen ride leaders for offering a wonder variety of rides.

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 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.
**Safety Tips:**

At the August G&Cs, LWA President Roberta Kates and Board Members Rich Ferrera and Kathy Crampton delivered the final tip for the LWA 2018 Safety Program: “Be As Safe As We Can Be”. This program includes a raffle, held at the Grill N Chill, for a $20 gift certificate at the Velo Shop in Macungie.

**Congratulations to Bert Mukkulainen** who successfully answered the safety questions and whose ballot was randomly selected to win the gift certificate!!!
Classified Ads

For sale: a tandem Adams trail-a-bike and a single folding trail-bike. The single folding one is a "CoPilot" with a "fits all" clamp for the towing bike. The tandem has 4 adapters for different size seat posts. If interested, call Glenn Reeder at 610-533-6016.

Rentals:
The LWA has two bike cases for rent to members. For information and to reserve, contact me (dickmcc@ptd.net) Dick McCreight
Scenic Spots
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
Schnepfsville, 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

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