President’s Message

The LWA Safety Program

“Be As Safe As We Can Be” includes a raffle, held at the Grill N Chill, for a $20 gift certificate at the Velo Shop in Macungie.

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

May Winner: Suki Kazahaya

June Winner: Agnes Rayome

Accidents: No matter how minor, report all accidents to Dave Sheffield. If turned into our insurance, we must prove the injured rider was on the ride (sign in sheet & show meet up schedule). Severity matters - the injured person doesn't always have the clarity in judging how severe the accident is at the time of the accident, keep person calm and don't move, if head injury helmet needs to go to the hospital with the rider.

Dina Kelly can use her recent experience: she reached down to straightened her magnet on her front wheel and got her hand caught in the front wheel. Dina is okay, she did have bleeding, her hand swelled and she was not able to continue the ride.

Be Safe!
See you on the roads,

Roberta Kates, Pres.
May Safety Tips:

FOLLOW THE LAW! Bicycle riders on public roads have the same rights and responsibilities as motorists, and are subject to all provisions of the local Vehicle Code. Making left or right turns, following traffic signs, changing lanes, etc. A cyclist MUST follow the rules of the road!

BE NOTICED! Ride where drivers can see you; wear bright clothing. Use a front white light and red rear light and reflectors at night or when visibility is poor or better yet – all of time to play it safe. Make eye contact with drivers. Don’t ride on sidewalks.

THINK AHEAD! Anticipate what drivers, pedestrians, and other bicyclists will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and utility covers. Always expected the unexpected!

BE PREDICTIBLE! Make your intentions clear to motorists and other road users. Ride in a straight line and don’t swerve between parked cars. Signal turns and check behind you well before turning or changing lanes.

DON'T CALL OUT “CLEAR” AT INTERSECTIONS! Every rider is responsible to determine when it is safe to proceed. You should warn of approaching traffic—look left/right – at intersections.

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, Suki Kazahaya
June Safety Tips:

When cyclists operate in a disciplined, cooperative manner, they pose less danger to other bicyclists and are less likely to surprise motorists. Unfortunately, some groups ride in a disorganized and chaotic fashion, with bicyclists drifting or swerving about unpredictably, even crossing lane lines without looking for or yielding to other traffic. This creates uncertainty and stress for everyone. Preferred group cycling techniques involve maintaining one or more predictable lines and moving out of a line only after looking for and yielding to traffic (of any type) that may be in the new line.

The default formation used by many experienced cycling groups is double file. Compared to single file, a double file formation makes the group more visible from behind and in front and shortens the length of the group by half. When conditions are safe to encourage passing on two lane roads, such as where there is a wide shoulder in good condition away from intersections, most cycling groups will single up as a courtesy to other drivers. Group riders must make this decision cautiously. If the usable pavement narrows again before motorists have completed passing, cyclists may get sideswiped or a motorist may need to merge into the middle of the group. Communication, coordination and time are required for a group to transition between road positions and formations. As a result, cycling groups cannot exploit short-distance opportunities to facilitate motorist passing as easily as solo bicyclists.

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Rich Ferrera, Jack Helfrich, Dave Drummer, Paul Smith, Carl Zvanut, Mike Solliday, Suki Kazahaya
Velo Valley Vistas
Velo Valley Vistas
Juniata Ride Weekend  
Hosted by leader Ron Helmuth

Contributed by Jean Black

The cabin in Juniata county overlooks an acre sized fish pond teeming with peepers, lower voiced bullfrogs, catfish, bluegills and elusive bass. Here, a red, two-man tent splashes colorful contrast with the varied greens of budding trees and lush grasses. The early morning’s calm reflects a gradually curving foot bridge and the long, lazy tendrils of a quiet weeping willow - a graceful tree that reaches gently toward the calm water to touch its own reflection with the slightest waver. Dirk is the sole camper of our ten person group - the riders who are grateful guests of the Horst family. Tom Horst rides. So does his brother in law, long time LWA member, event host and leader Ron Helmuth. Elena Helmuth and Tom’s wife Thelma bring the cabin to life with their hospitality.

Thankfully, Friday and Saturday rides of 56-miles and 52-miles across the countryside were dry with spring temperatures and sunny accents on the farm fields and wooded hillsides. Ron describes the rolling roads as "saddles" of well-worn swells that our wheels cruise up and down in a rhythm that matches the relaxed countryside. We ride Winding and Long roads. Nipple road has a perky elevation and Giggle hill is just FUN.

Gloriously fast flats follow the Juniata river where the pace line accelerates along an invigorating 20-mph stretch. Even into a steady headwind, impromptu teams pull each other to their fastest possible pace - to exertions exceeding individual efforts matched by equally rewarding exhilaration. Still, the cycling pace gives ample opportunity to catch details of the country - where watercress bunches fill a roadside stream bed and the songs of warblers, and wrens waft wistfully.
This writer finds inspiration in the elaborately embellished or exhaustively expounded stories shared on enumerative topics. What a great group!!

Sayings:
- Geezer stop & Geezered
- Wilde party of ten
- Trylobites descending (Or was it ascending) Devonian to Paleocene eras found at the fossil quarry
- Bike bumper sticker "my car is a piece of sh!t", my bike is worth more than my car
- Dum_ _uck
- Mootsie pie (formerly known as whoopee pie)
- Cycologist
- Free choice chickens, pro-choice chickens
- Big Gass truck . . . No, It's a diesel
- 2/3rds of a PUn
- Two shades of brown plaid
- This is not the way to the Kentucky horse park - Go Back!!
- Pastor Janet Joyce Christ is risen
Juniata Ride Weekend
Hosted by leader Ron Helmuth
by Jean Black continued

All about the bike, at Zimmerman's bike shop, an expansive selection of Specialized and Fuji - sized up from training wheels - include wheels with nubby, fat, and tubeless. The conversation gravitates to titanium joints in appreciation of an inventory (both physical and knowledge based,) that supersedes multiple Lehigh Valley shops combined.

Unique to the Juniata farmlands are Belgian quarter horse teams pulling plows - one furrow for each four horse team - four thousand pounds of force. Or, six-in-hand masterfully manned by strong handed drivers like Lloyd Martin who, year after hardened year, choose flesh and flank over man-made-motorization. We see Guernsey, Angus, bison, White swans and geese.
Juniata Ride Weekend
Hosted by leader Ron Helmuth
by Jean Black continued

Around the evening campfire, blackened skies and billowing silver storm clouds cross quickly. Whipped wildly by swirling winds, the sparks scatter round the ring of riders.

Cabin Rules:
• Sleep in, Take long walks
• Relax, Have campfires
• Count the stars
• Gather with family
• Slow down
• Play games
• Read a book
• Hibernate
• Make memories
• Eat S’mores
• Snuggle
• And, breath
• It’s always 4-o’clock
• Ask forgiveness not permission

Gradually, expectations for immediate news and weather updates are equalized by the cabin rules and the Juniata way. Local roadside knowledge, gleaned from casual conversations with Amish and Mennonite who plainly eschew electro-tech, breaks grid dependency and incapacitates cellular communication reliance in favor of a grounded faith and traditions. If you can’t be alone with your own thoughts, you’re in trouble.
LWA Membership report
May / June
Richard Baldock, rv314159@rcn.com
Rob Smith, rbsmith@ptd.net

New or Returning Member(s)
Michael Palazzo Family
James Feldman
John Niedzwski
Ken Moyer
Kittie Reese
Mike Stigers
Martha Miller
Keith Adams
Munroe Sollog
Avery Daniels
John Perez
Liz Palais
Aaron Bailey
Matthew Prosseda
Agnes Rayome
Don Walrod
Tina Vu
Catherine Pleickhardt
Gregg Roberts Family
Eilie Saba
Glenn Noack
Richard Baucom
Bert Mukkalainen
Enman Family:
  James, Amy, Gary, Neil & Andrew
Jim Cain
Dave Przekurat
Stephen Mertz
Dent Family: Pete & Kathleen
David High
Matthew Lieb
Shalou Li Family
Eric Carpio
Erin Curzi
Adonis Cannon
Ron Kanarr

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!

Statistics Summary
Units 292 (-29)
Individual 224 (-20)
Family 68 (-9)
Minimum Total 360 (-38)

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.
Member Pic’s
Ride Leader Report
Dick McCreight

The LWA is in peak ride season with 44 rides and 404 participating riders reported to date for June. Ride leaders posting the most rides year-to-date are:

- 1st Place: Richard Baldock, (34)
- 2nd Place Tie: Jim Fullerton, (14)
  Donalee Frary (14)
- 3rd Place: Bruce Kantor (13)
- 4th Place Tie: Rich Ferrera, (11)
  Tom Donnelly (11)
  Dave Sheffield (11)

Ride leaders with the most riders participating are #1 Rich Ferrera (166), #2 Bruce Kantor (164), #3 Jim Fullerton (161), #4 Mike Solliday (149) and #5 Dave Sheffield (134).

Thanks to all our ride leaders for providing a variety of scenic routes for all abilities.

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.
c) Mail them to Dick McCreight, 1256 Divot Drive, Allentown, PA 18106.
LWA volunteers
Member Pic’s
Member Pic’s
Member Pic’s
Member Pic’s
Member Pic’s
Member Pic’s
Classified Ads

Item for sale

We are selling our tandem bicycle. It is a Medium/Small Cannondale with disc brakes. Two wheel bags and a pump are included.

We are asking $1100.00.

Any questions on the bike phone 484-894-0152

Jane and Bill Derby
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
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

SUPPORT YOUR LOCAL BIKE SHOP