President’s Message
Happy Fall LWA

The weather has finally caught up with the season: the leaves are starting to change colors. This is a beautiful time of the year - although the weather hasn’t been kind to many LWA cyclists. Frequently, I’ve seen the "Rain Cancels" pop up. With the wet leaves, the streets can be tricky, please be ready to ride in cold damp weather and be safe!

LWA Guest speaker at our November 28th, 7pm Membership meeting will be, Dr. Stephen Olenchock Jr. - the Chief of Cardiovascular Surgery for St. Luke’s Health Network. Dr. Olenchock also rides competitively as a Masters racer! Please be sure to post questions for the doctor using the comments section of this event on Meetup. We will print comments aka "your questions" and Dr. Olenchock will address them starting at 7pm. Many thanks to Tammy Doran for her eagerness to book this Cardiovascular Surgeon speaker.

I'm looking forward to the LWA Holiday Party on December 1st at Bear Creek Lodge. Dave Sheffield and his team of volunteers, are working to bring a festive night to all LWA Members. Please be sure to log into BIKEREG.com to confirm your registration for the Holiday Party. At the Holiday Party, Election of the LWA Directors and Officers for 2019 will be held. Volunteer Officers Glenn Davis, VP of Racing and Frieder de Biaisi, VP of Touring are completing their terms and will step down. In this Quick Release, see Jim Fullerton’s candidate declaration for VP of Touring. The club is still looking for a VP of Racing, if interested, please contact Mike Solliday or me.

Thanks to all the volunteers throughout the year. You all make the club wheels turn. Without you, we wouldn't be the best bike club in the Lehigh Valley! Thank you, thank you, thank you!

See you on the roads,
Roberta Kates, Pres.
Candidate for Vice President of Touring

Jim Fullerton

From the 60’s Schwinn Heavy Dutti paperboy bike to the 70’s muscle bikes, Jim Fullerton has had a bicycle consistently by his side over the many decades. As an adult, he has enjoyed the solitude of full pannier road touring along the TransAmerica Bicycle Route, and then most recently, adventure bike touring - routing multi day touring on roadways and gravel trails. And while Jim feels comfortable both as an active roadie and a gravel grinder, he also enjoys sharing his knowledge of cycling with others.

As a League Cycling Instructor #3619 for the League of American Bicyclists for the past 6-years, he has consistently shared his passion for cycling as a ride leader for Genesis Bicycles in Easton, PA, the Lehigh Wheelmen Association (LWA), and recently Adventure Bike Touring in Emmaus. Pittsburgh to Washington, D.C. - 360 miles, Miami to Key West - 16 miles, Montreal to Quebec City, 260 miles, are a few multi day adventure bike group tours completed as a ride leader this past year, along with three-years of weekly B Pace day rides for the LWA. He also writes articles on cycling and produces a weekly podcast on the Adventure Bike Touring website, adventurebiketouring.com, called “Why I Bike” where he interviews people from around the world about their passion for extended and endurance bicycle touring and traveling lasting months or years.

Furthermore, he has been trained through the American Bicycling Education Association’s mindful bicycling course, "CyclingSavvy” and holds a Park Tool School Advanced Mechanics Certificate. Although, he considers himself a tinkerer of bicycles, rather than a mechanic.

As an active member of the Coalition for Appropriate Transportation (CAT), the non profit organization in Bethlehem, PA, he has taught bicycle safety skills to elementary aged school children as an instructor for Bike Smart Easton and assists in weekly bicycle repairs at their location.

Continuing his passion for non profit organizations, Jim is the founding member of Cavaedium, Inc., a 501(c)(3) startup educational organization. Its mission is to cultivate the character trait “grit”, targeting inner city teenage boys from severely disadvantaged backgrounds, by taking them on challenging bikepacking expeditions on the 165-miles of D&L Trail, in a project called Urbanboys.

As a LWA Member, he will continue to make a difference in people’s lives by empowering them through education to use the bicycle anywhere, anyplace, and anytime they choose, in a safe and confident manner.
This is an excerpt from a NY Times staff article 10/9/18 – contributed by Clyde Odom

This simple change in the way you get out of your car can save lives — of cyclists, drivers and passengers. Here’s how to do it, and why it’s so effective.

The maneuver is called the “Dutch Reach,” and it works like this: When you are about to exit the car, you reach across your body for the door handle with your far or opposite hand. This action forces you to turn toward the side view mirror, out and then back over your shoulder to be sure a bicyclist is not coming from behind. Only then do you slowly open the door.

“Dodging open car doors is a daily risk” for urban cyclists, said Dr. Michael Charney, a retired physician and dedicated cyclist.

Dr. Charney created the Dutch Reach Project in 2016 after a 27-year-old nursing student rode into an open car door and died five blocks from his home in Cambridge, Mass. Her death followed several other recent cyclist fatalities in the area.

He said the Dutch Reach is taught in some bike safety classes and professional fleet trainings, and now two states — Massachusetts and Illinois — include it in their official driver’s manuals. Even so, the method is not widely known or used in the United States.

Dr. Charney acknowledges that it is difficult to change behavior and learn new habits. He suggests putting a ribbon on your car door latch as a visual reminder that you’re supposed to use your far hand to open the door instead of just instinctually opening the door as you always have.

There is no name in Dutch for this technique — it’s just second nature to Dutch drivers, and has been for years. It has been deeply ingrained in the country’s culture.

It’s just what Dutch people do, and all Dutch are taught it. It’s part of their regular driver education.

The robust bike safety culture that exists in the Netherlands today was not always the case. Serious injury and death were once more prevalent. But they just did not accept it and systematically and proactively went about changing their safety systems. They tried big things and small things to see what will work. They just take safety really, really seriously.

Even if we don’t have the same cycling culture as the Netherlands, or even the same number of cyclists we can all apply some other tactics to help improve our safety.

TEACH BICYCLE SAFETY EARLY
Dutch schoolchildren starting at about 10 to 12 years old learn about road safety for roughly one hour a week for 40 weeks. Schoolchildren learn how to ride bikes safely and afterward are tested on their bikes in traffic. They learn the importance of shared roadways to make sure that both drivers and cyclists are aware of each other and know each other’s rules, he said.

KEEP BIKE RUNNING LIGHTS ON, DAY AND NIGHT
In a recent Danish study keeping your bicycle lights on all the time reduced the chances of a collision by nearly 50 percent

CONSIDER PROFESSIONAL DRIVER DRIVER TRAINING
Driver training is, in general, more rigorous and more costly in the Netherlands than in the United States. In the Netherlands, parents are not allowed to teach their children, and they have formal driver education schools. The far hand method of opening the door is included in drivers’ training and the exam that candidates take before getting licensed.
New Safety Focus Takes Aim at Traffic Deaths, Injuries

Every year more than 50 people are killed in traffic accidents in the Lehigh Valley and another 150 are seriously injured, but regional leaders are now increasing efforts to bring both of those numbers down.

Some of that new safety push will involve state-of-the-art designs to make the road, trail and transit infrastructure safer, but the biggest impact can be made by changing dangerous behaviors that leave drivers, pedestrians, cyclists and children at risk.

That was the message from traffic safety experts in Lehigh and Northampton counties last week during the LVPC’s Multimodal Working Group meeting.

“Transportation safety is an enormous issue in the Lehigh Valley,” said LVPC Executive Director Becky Bradley. “When people think about traffic, they think of only cars, but pedestrians and cyclists are part of traffic, so if we’re going to tackle this issue, we need to consider safety globally.”

Pennsylvania Department of Transportation statistics over the past decade show that an average of 58 people are killed in Lehigh Valley crashes each year, and another 150 are seriously injured.

Reducing those numbers in the longer term can be done with universal design that reimagines the transportation infrastructure with vehicles, bikers and all types of pedestrians in mind, but in the shorter term both counties are already increasing their efforts at enforcement and education.

The LVPC and the Multimodal Working Group have launched a yearlong effort to draft a walking and biking masterplan designed to develop a safer, more connected and more accessible road, trail, sidewalk and transit network. It could lead to closing trail gaps, getting people safer access to transit stops and improving pedestrian and bicycle safety across the region. It’ll take years, but the goal is to address some of those infrastructure issues. For example, closing the right trail gap might open a commuting corridor that reduces road traffic, bike lanes could improve safety on some roads and intersection “bumpout” could make pedestrians more visible on busy urban streets.

Changing behavior is another issue entirely.
New Safety Focus Takes Aim at Traffic Deaths, Injuries

“How do we get people and drivers to follow the laws that are already in place,” said Scott Slingerland, Executive Director of the Coalition for Appropriate Transportation. “We need some creative ways to engage the public.”

Some of that’s already happening – whether people like it or not – and it’s going to happen a lot more in the future.

The Bethlehem Health Bureau has been conducting education programs and traffic safety stings at problem intersections for years, but that program is being expanded to go countywide. In addition to mature driver and bicycle safety education, and car seat and seatbelt safety programs, the bureau conducts enforcement projects at busy crosswalks to determine whether motorists follow state laws that require drivers to stop for any pedestrian that shows an “intent” to move through a crosswalk.

It found that, during its enforcement stings, 53% of all drivers did not stop for pedestrians in the crosswalk. Some simply didn’t know the law, while others were too distracted to notice.

“We’re seeing a lot of people on their phones,” said Sherri Penchishen, Bureau Director of Injury and Disease Prevention, Public Health Emergency Preparedness and Health Education programs. “They just don’t have their heads up.”

Highway Safety Network, a New Tripoli non-profit, is conducting a similar “Community Traffic Safety Project” in Lehigh County.

“The program is designed to reduce crashes, injuries and deaths – at a local level,” said Chris Lengle, Traffic Safety Coordinator for Highway Safety Network. The program focuses on aggressive driving, distracted driving, impaired drivers, drivers older than 65 and younger than 18, commercial vehicles, pedestrians and bicycles, Lengle said.

But Lengle and Penchishen agreed that, much like improving infrastructure, improving behavior won’t happen overnight.

After Bethlehem conducted its intersection enforcements, officers returned a month later to find that the number of drivers who didn’t stop for pedestrians at crosswalks had dropped to 47%.

“We’re slowly making a difference,” Penchishen said. “But it takes a really long time to change people’s habits.”

Anyone interested in getting involved or knowing more can visit http://www.lvpc.org/walkbikelv.html. The webpage includes an interactive map that enables users to log their suggestions and experiences – good and bad – on the region’s road, sidewalk and trail network. They can also attend the next Multimodal Working Group meeting at 3 p.m. November 28 at Northampton Community College’s Fowler Family Southside Center, or attend the WalkBikeLV open house in the same room at 6 p.m. that day.
Member Contributor Column

The Lehigh Valley Planning Commission’s involvement with overall traffic safety is ongoing and includes walk/bikeLV:  http://www.lvpc.org/walkbikelv.html

I would encourage the ride leaders and LWA Members to engage with the interactive map - as this is a very engaging survey for cyclists.

This initiative is definitely in the "Wheelmen’s Wheelhouse." As an FYI, I came into contact with this via my work at Lehigh County.

Some members might want to consider attending a Multimodal Working Group meeting at 3 PM, November 28 at Northampton Community College, Fowler Family Southside Center.
I will probably go to the WalkBike LV open house at 6 PM the same day

Karl Imdorf, contributor
Holiday Gift Giving *It is better to give than receive. Just sayin'*

It is once again that time of year to reflect on our many blessings, give thanks for what we have, and share with those in our community who are less fortunate and in need. We have again joined with Community Bike Works (CBW), the Sixth Street Shelter (SSS) and Turning Point of the Lehigh Valley (TPLV) as an means of assisting others during the holiday season. You are invited to select a family or individual at the SSS or choose one or more of the gifts at TPLV as shown on the following list.

CBW has indicated that bicycle lights are great gifts for kids in the 'Earn-a-Bike' program, so there is a link to a favored model on Amazon for $12.

SSS has requested that five (5) gifts be donated per individual so that all of the recipients are treated equally. PLEASE feel free to substitute another age-appropriate item for the item listed. Crayons, coloring books, board games, small toys are all welcome gifts. Gifts should be wrapped and DON'T FORGET TO INDICATE THE PERSON'S NAME ON THE GIFT!

TPLV requests that their gifts NOT be wrapped, and all items must be brand new. Please indicate the value on any gift cards. Gifts will be collected at the LWA Holiday Party on December 1, or can be dropped off with Jack Helffrich at 136 Cottonwood Circle, or contact any club officer or board member to make arrangements for collection.

*Contributed by Jack Helffrich, event organizer*
UPCOMING EVENT:
The January 23\textsuperscript{rd} meeting will feature Jerry Mc Award – who just started the \textit{Lehighton Outdoor Center} where he sells trail bikes and Specialized e-bikes, as well as kayaks and canoes. The store is right on the D&L trail and is now home to his Jim Thorpe rafting company. They also have a small café. Their Facebook page: \url{https://www.facebook.com/THELOCPA/}

He will share a really interesting video on surviving in very cold water. He’s great to talk to and will talk for quite a while. I think the club will enjoy it.

\textit{Contributed by Carl Zvanut}
LWA Membership report
October November 2018
Richard Baldock, rv314159@rcn.com
Rob Smith, rbsmith@ptd.net

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

PAUL CARPENTER
NOELLE SCHWARTZ
KEN JOHNSON
DANIEL JAMES

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.

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Statistics Summaries
(Compared to September 2018 Membership Report)

Units 305 (+5)
Individual 235 (+5)
Family 70 (0)
Minimum Total 375 (+5)
LWA Membership report
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 Individual
Lester Bahr Individual
Trey Barrett Individual
Cynthia Bartus Family
Chip Berezny Individual
Steve Beville Individual
Rick Burger Family
Tara Burkus Individual
SCOTT BUTLER Family
Mark Butsavage Family
Ricardo Castilla Family
Erin chapman Individual
Pat Corpora Individual
Michelle Costantini Individual
Kevin Crowley Individual
Daniel Cruttenden Individual
Zack Decker Individual
Michael Derewicz Individual
Bob Docherty Individual
Ray Dominguez Individual
John Dzubinski Individual
Peggy Faust Family
Matt Feichtel Individual
Ross Futerfas Individual
Rick Garcia Family
Dave Gatewood Individual
Bryan George Individual
Keith Gourley Individual
Jeff Heiserman Family
Dennis Heller Individual
Andres Hernandez Individual
Frank Hoffman Individual
Paul Huffman Family
Charlie Horner Individual
Thomas Houtz Individual
Bill Hunter Individual
Alan Kirby Individual
Shannon Leight Family
Jordan Lenchitz Individual
Alisa Levin Individual
Joe Li Causi Family
Steve Lidie Individual
Kathy Marcus Individual
Sue Melchiore Individual
Barry Mertz Family
Nick Miller Family
Scott Mulvaney Individual
Maria Nagle Individual
Karen Nestor Family
Al Ottinger Individual
Justin Pattishall Family
Albert Peters Individual
Patricia Peters Family
Rebecca Petri Individual
Kimberley Poley Individual
David Rehnert Individual
Aaron Rigsbee Individual
Ramon Roldan Individual
Rebecca Romano Family
Mary Rooney Family

Carla Rossi Individual
Kim Schaffer Individual
Jack Schwab Individual
Curtis Schwartz Individual
John Scully Individual
Cheryl Settle Individual
Travis Shoemaker Individual
Greg Skinner Individual
Deanna Smickley Individual
Laura Stearns Individual
Rick Theiner Individual
Doug Thomas Individual
Dan Twaddell Individual
Sallie Urfer Individual
Dave Wiegand Individual
Greg Wolf Individual
Earl Wuchter Individual
Darlene Ziegler Individual

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.
As we approach the end of our ride-year (Dec 2017-Nov 2018), we have 15 riders who’ve joined the “100 Club” with one hundred or more riders participating in their rides.

We’re also pleased to have 20 leaders who led 10 or more rides to date.

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.
Classified Ads


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
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.sauconvalleynbikes.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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**SUPPORT YOUR LOCAL BIKE SHOP**