President's Message

Are you proud to be an LWA Member?
I certainly am. I saw a great works from our membership in April: When we found out that our fellow member, friend, and riding buddy Ron Helmuth became seriously ill while visiting family in Florida, and was in need of a medical transport to PA, the LWA came through. It was simply amazing how, in less than 24 hours, the funds for transport were raised. There were many LWA members listed who contributed, in addition to Rotary members, Ron’s fellow ski patrollers, friends and family. Thank you to all members and friends who helped to bring Ron home. We unfortunately lost our friend, Ron Helmuth soon after he returned home.

VVV is our charity ride which helps support both Community Bike Works and World Cycling Relief.

LWA members can show "LWA Proud" by volunteering your time, baking or making a donation. As part of the VVV weekend, there will be some group rides on Friday, try the Track on Saturday, followed by the VVV on Sunday.

I’m proud of The Velo Valley Vista (VVV) team who have been working for months on the VVV ride, which is set for May 26th.

--Roberta’s message continues on page 2.

Roberta Kates
President’s Message
continued

How about those Grill n Chill Masters? Thanks to Rob and Sue Smith, Richard and Valerie Baldock, Dave Drummer and Liz Soliday. These volunteers devote both time and energy to assure that enough food is ready for members as we return from our Monday night rides. Salads and baked goods shared by LWA Members fill the tables. Just another event which makes me “LWA Proud.” Thank you Masters.

We’ve seen awesome Quick Release Newsletters for the past three years. Jean Black, aka "ed i tor" makes me "LWA Proud". Jean has been doing a fantastic job on the QR, however Jean would like another club member to take over the editor position in the coming months. If you are creative and have some time, (about 4-hours every six weeks,) please reach out to either Jean or myself. Jean, thank you for the QR leadership, if there was a Bike Club Membership Newsletter Award, you would win, hands down. Thanks again for presenting the club news for the past three years, adding awesome color, photos and graphics to share with LWA membership.

As the weather warms and more rides are posted, please be safe, bright and obey the traffic laws. Let's all be "LWA Proud".

Robert Kates

Our recent club meeting was held at the TREK, Allentown location. Over half the members present took an eBike excursion. Are eBikes our future? Trek offers LWA members a 10% discount on any sales made at the Allentown location. Thank you Matt for showing your Trek hospitality to the LWA membership.

Paul Smith recently hosted the Eastern Shore ride in Maryland. This was the first time I participated, and I would highly recommend members to venture on roads not previously explored and join LWA members on the 2020 ride. It was great to not only ride with fellow members but to personally meet fellow members post-rides (without their kits and helmets). Yet another "LWA Proud" event.
Your Registration will Benefit Community Bike Works and World Bicycle Relief!

Memorial Day Weekend, May 24th - May 27th

The Main Event - Sunday, May 26th

Routes and Start Times:
Click here for Sunday, May 26th Route Details. (Finalized routes will be available in May).

- 7:00 am - 104 Mile
- 8:00 am - 62 Mile (Metric Century)
- 9:00 am - 40 Mile
- 10:00 am – 20 Mile Family Friendly

New this year: Lehigh Wheelmen Volunteers (look for the yellow vests) will be on the ride if you prefer riding with someone familiar with the routes.

Main Event Details:
The Lehigh Wheelmen Association is honored to present our third annual Velo-Valley Vistas Charity Ride on May 26, 2019. 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 a family-friendly flat 20 to a challenging 104 miles. For the ultimate challenge, conquer the optional climb up Hawk Mountain and receive a prize along with bragging rights. Themed rest stops will include Wanamakers General Store (LWA’s 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 followed by a light lunch!

**Where:**
Valley Preferred Cycling Center
1151 Mosser Road
Breinigsville, PA 18031
[Directions](#)

**Registration Fees:**
Register for the Sunday, May 26th ride at [BikeReg](#)

- **Registration prior to May 19, 2019 (by 11:59 pm):**
  - Adults (16 years and over): $45.00
  - Children & Youth (Under 16 years): $20.00
- **Registration May 20-24, 2019 (by 11:59 pm):**
  - Adults (16 years and over): $55.00
  - Children & Youth (Under 16 years): $30.00
- **Day of Event Registration:**
  - Adults (16 years and over): $60.00
  - Children & Youth (Under 16 years): $35.00

Your fee includes well stocked rest stops every 20 miles, SAG support, mechanic tents and self-supported themed club routes, GPS routes for event and a complimentary light lunch and beverages following the ride.

**Our Charities:**
100% of net proceeds from the 2019 Velo-Valley Vistas Charity Ride will go to two of our favorite bicycling charities: Community Bike Works and World Bicycle Relief.

**Team Competition:**
Be sure to include your team (bike club, business coworkers, civic organization, church, etc.) when you register. Teams will be recognized for:

- Most charity dollars raised for CBW and WBR
- Most participants
- Most cumulative miles ridden by your team
**Make it a Destination Weekend**

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 Try the Track class complete with track bikes and professional instruction on Saturday, May 25th from 3:00 to 6:00 pm.

Visit [Discover Lehigh Valley](#) for some great suggestions of things to do and see.

*Ride a few of Our Favorite LWA Lehigh Valley Rides:*

We invite you to explore the Lehigh Valley on a self-supported ride using these GPS routes of some of our [Favorite LWA Rides](#) on Friday, May 24th, Saturday, May 25th and Monday, Memorial Day, May 27th.

Or, if you prefer a ride led by a Lehigh Wheelmen Ride Leader, visit our [LWA Meetup Calendar](#) and join the club on a LWA club ride.
LWA Kits

The LWA Clothing Team Store will be open from April 28th to May 12th. 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!
The Places we GO – Eastern Shore, hosted by Paul Smith
The Places we GO –
Eastern Shore Recap
The Places we GO – Eastern Shore Recap
Member Pic’s - PA to Easton MD +

[Images of cyclists and riders in various settings, including group photos and individual shots, taken during a cycling event from Pennsylvania to Easton, Maryland.]
The Places we GO!!!
Member Pic’s - Grill and Chill, Masters and Minions
Great Group Pic’s
More Member Pic’s
Membership Report

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

ROY DERR
VISHRUT GARG
TIMOTHY CAMPBELL
GEORGE HARRIOTT
HELENE RUTLEDGE
ANDREW BOLLINGER
TIM FITZGERALD
KATY THOMAS
ERIK MERTZ
JILL CROSSON
PETER VAN WALLENDAEL
DANIEL CRUTTENDEN
NANCY HOLIHAN
GREGPT HAWK
KEN KILARESKI

Statistics Summary for April 24 2019
LWA Meeting

Units ~ 317 (+8)
Individual ~ 240 (+2)
Family/Household ~ 77 (+6)

Total Members (assuming 2 per Household membership) ~ 394 (+14)
(Compared to February 2019 Meeting Membership Report)
Good afternoon, my name is **Geoff Brunner**: Husband, Dad, Son, Brother, Insurance Marketing Rep, Lehigh Wheelmen member, and when I’m motivated - Long Distance Bike Racer. On June 11th, I’ll be competing in the Race Across America, established in 1982, seeking my third finish in what has been cited as the toughest bike race in the world. I don’t know about that, but it’s pretty tough.

http://www.raceacrossamerica.org/results.html

At this time, there are 45 solo racers representing 20 countries registered for this year’s race. With history as a guide, less than half of us will finish the 3,067 mile race in the required 12 days. Although I’m a solo racer, I’m not alone. I have a support team (crew) of 6-8 dedicated individuals who keep me moving across the continent. We compete against the other racers and crews from around the world. We compete against the clock that doesn’t stop. I sleep less than 3 hours a day, so you can imagine what it takes logistically to keep the show going in order to finish in time. Only one other American has finished the RAAM three times in less than the required 12 days since the route moved in 2003 to the northern Appalachian, climbing-ridden finish stretch. I’d like to be the second.

The Core of my support team is back for the 2019 edition. Between them, they’ve got a total of 8 RAAM finishes with me. We’ve got experience, we’ve got a good plan, and frankly, they’re rock-solid individuals and every bit as gutsy as their rider. **We’re looking for two, possibly three, more members who are able and interested in going for the full two-week experience to join our team and be part of this truly international event.**

If you or someone you know fits the description of the attached, please contact me for more information using this email address. Commitment dates are June 9-23. There may be opportunities for participating in either the first week (6/9-6/16) or the second week (6/15-6/23), but there is an immense amount of satisfaction in completing the cross-country journey in its entirety, so those individuals get preference. Thanks for your time taken in reading this.

Regards,

**Geoff**
Race Across America

Taken from the RAAM website:

Desirable Traits
» Eager and adventurous
» Able to rough it.
» Team Player
» Ability to get dirty and keep smiling.
» Sense of humor.
» Thoughtful towards others.
» Ability to avoid arguments.
» Smart and inventive.
» Ability to maintain some semblance of hygiene even during long stretches without breaks.
» Total commitment to the team even if the rider does not perform to their own personal expectations.
» Ability to take short naps and still remain alert.
» Ability to drive safely and tactically.
» Not too verbose (silence is often golden in the support vehicles).

Undesirable Traits
» Egocentric
» Poor Hygiene
» Unorganized.
» Lazy.
» Poor attitude.
» Lacking enthusiasm because rider is doing poorly in the race.
» Wants to be in the limelight.
» Moody, sarcastic, nude, lewd, and crude.
» Talks too much.

Geoff’s thoughts - Those who might make a good crew member:
✓ A bike racer who’s interested in doing long distance racing
✓ Someone who might be interested in being part of a 2, 4 or 8 person team in RAAM
✓ A potential crew chief for another racer in RAAM or a long distance cycling event
✓ A college junior or senior with an interest in business, sports nutrition, sports psychology, marketing, management or nursing.
✓ An Ironman triathlete looking for the next challenge
✓ An adventure race competitor
✓ A hiker/camper
✓ Someone who’s never seen Southern California, the Sonoran desert, Flagstaff, Monument Valley, southern Colorado and the plains.

If you or someone you know fits the description of the attached, please contact me for more information using this email address. Commitment dates are June 9-23. There may be opportunities for participating in either the first week (6/9-6/16) or the second week (6/15-6/23), but there is an immense amount of satisfaction in completing the cross-country journey in it’s entirety, so those individuals get preference. Thanks for your time taken in reading this.

Regards,
Geoff
Hello LWA Racing!

I am writing to let you know that a great new race **GFNY Santa Fe is coming to New Mexico June 23**. We would like to offer you a free entry for every 5 riders from your club to register, just make sure riders sign up with your club name.

Mike McCalla,  
Director of GFNY Santa Fe

More Details:  
The global cycling marathon series GFNY is coming to New Mexico! Santa Fe will host 2019 GFNY North American Championship on Sunday, June 23, 2019. Come test yourself against riders from around the country and the world on a challenging and rewarding course in the turquoise skies of the southwest.

**COURSE:**
Ride and race GFNY Santa Fe in spectacular and diverse terrain.

Both GFNY Santa Fe routes start in the heart of the historic Santa Fe. Riders will speed through woodlands and grasslands of the high desert, before returning to the city at the foot of the Southern Rocky Mountains.

**Long distance:** 81 miles with 7500 ft of climbing

The long route will culminate in a beautiful 14.7 mile climb with 3,300 feet of elevation gain to finish in the tall forest at 10,250 at Ski Santa Fe.

**Medium distance (timed but non-competitive):**  
55 miles with 3300 ft of climbing

The medium route features fast roads with rolling hills and gradual climbs and will travel a slightly shorter loop to finish near the start.

**THE JERSEY**
All riders receive the official GFNY Santa Fe race jersey which is mandatory attire at the race. The jersey is designed in NYC and Made in Italy.

**FINISHER MEDAL**
Every GFNY Santa Fe finisher receives a medal. All finishers also earn a "Finish" towards their 3x2019 GFNY medal or the 10x medal. You can find more information on GFNY’s multi-finisher medals here.

**GFNY WORLD**
The top 10% of riders in all age groups riding the long course qualify for a front corral start at the 2020 Campagnolo GFNY World Championship in NYC.

**CONTACT & MORE INFORMATION**
gfnysantafe.com // info@gfnysantafe.com
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
info@theveloshop.net

**Village Bicycle Shop**
7 South Village Circle
Reinholds, PA 17569
610-742-4786
e-mail: gs391@verizon.net

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