President's Message
On Saturday, October 12th, my husband and I set out on a quest, the quest was to Hunt a Wild Utopia.

We started our ride to our Hunt to Utopia in our hometown of Emmaus, aka Upper Milford Township. We rode from country to city through the Lehigh Parkway, onto basin street, over the bridge and finally to the canal path which took us from Allentown over to Bethlehem.

What a beautiful ride, it was a bright and sunny day, not too cool just like I love!

My husband was lagging behind, so I slowed down and road aside of him, I asked him, why are you riding so slow? He said, we are ahead of schedule, and I didn't expect you to be riding so fast! Well, I too sir was on a quest, for one, I was riding with my husband, he likes to keep things moving, and two, Utopia awaits.

As we pedaled the D&L towpath from Allentown to Bethlehem, all I could think about was this Utopia. My thoughts of what this play was? How can we be the audience on bikes? (continued on page 2.)
Membership Report

LWA WELCOMES "NEW & RETURNING MEMBERS

JAMES TEUFEL
JEROME CZAJKOWSKI
ARUN SHARMA & TAMMY HOFFMAN
RON KLINE

Statistics Summary for SEPTEMBER 2019
UNITS ~ 320 (+2 ***)
INDIVIDUALS ~ 238 (+2 ***)
FAMILY ~ 82 (NO CHANGE ***)
TOTAL, ~ 402 (+2 ***) ~
Assumes 2 per Family

*** ~ Compared to September 30, 2019 Report

President’s Message (continued)
What will they expect me to do? Must I participate? And what is this Utopia thing all about? As we came up to the Ice House in Bethlehem, we pedaled down the path a bit farther before turning and coming back. On the way back, I saw the bike props...I said to my husband, we get to ride horses in the Hunt a Wild Utopia. In my head, do I ride my bike? what do I do with my bike if I ride their bike? Yes, I would chose to ride a horse!

As we rode up to the registration table, we met up with LWA member Hansel de Sousa who also rode nearly eight miles in his quest to Hunt for this Wild Utopia. We mounted our horses, aka bikes and pedaled our 2.5 mile course through Historic Bethlehem following the performers to each scene, as we pedaled down a ways, we'd run into the actors and meet new characters along the route, all in this Hunt for Wild Utopia.

Throughout our ride, the question was asked, Have you seen Utopia? Actors all had different visions on what this Utopia thing was and how we were to find Utopia. By the end of the 80 minutes of riding our 2.5 mile course, we came to find that Utopia is all what you make of it.

husband, "health and happiness" and for me, I stumbled, because its nothing specific, Utopia is Life! As my husband and I rode back home, we chatted about the play, it was certainly a different type of play then what we are use to seeing, yet a fun experience. My husband was glad he experienced this Utopia adventure with me and it was another great cycling adventure in Life. So what is your Utopia?

www.agilerascaltheatre.com
and to the festival unbound page:
http://festivalunbound.com/agile-rascal-bicycle-touring-theatre/
and our personal page:
www.agilerascaltheatre.com/bethlehem

December 8th is the LWA Holiday party. After dinner, we'll have a brief club meeting with the 2020 Election of Officers and the Ride Leader awards will be presented.

Again, thank you to all ride leaders who have led rides this summer and continue to lead rides into the Fall months. Please be safe and smart on the roads.

President, Roberta Kates
Getting Lost
Peter Glogovsky October 29, 2019

Earlier this year, I got a small pocket sized compass. [1 Suunto Clipper L/B NH Compass https://www.suunto.com/Products/Compasses/Suunto-Clipper/Suunto-Clipper-LB-NH-Compass/]

It fits well in the back pocket of my jersey or fixed to the handle bar. It is about time I finally got a compass, after all, I have been lost on plenty of rides... sometimes on purpose. Sure, with today’s head units and phones that come with GPS, navigation is something we take for granted. We hardly have any concern about getting lost on our rides, but is there something we are missing out on when we always know exactly where we are all the time?

There is a thrill when getting lost, I won't lie. There is a moment of panic, fear and uncertainty to contend with. Call me crazy, but becoming comfortable with that sensation is just part of the thrill of cycling. Rides without getting lost would be... well, just plain boring.

You could characterize me as an explorer, as far as cycling and other interests go. A few years ago I wrote in the Quick Release on various motivations for why people ride and how to attract new riders. [2 “Attracting New Riders” http://lehigwheelmen.org/files/newsletters/2017-02-03.pdf]

Explorer’s, like myself enjoy silly and trivial things when out on the road, including the thrill of simply getting lost or seeking out a great view. Heading out to find a new road is often enough to make the ride worthwhile. I also enjoy pushing my limits and seeing improvements in cycling performance over the course of each season.

When it comes to exploring, however, I tend to get into trouble. Often, my rides evolve into unplanned long distance rambles into new uncharted places. One time I rode to the north side of Hawk Mountain and continued beyond the mountains northwest of Orwigsburg, without GPS or compass. Now having neglected to look at a map beforehand, I soon realized that I was somewhere... headed in some direction... surrounded by rippled ridges that all looked the same... and without a clue as to where the hell I actually was!! I was around 35 miles into the ride and knew I would have a few ridges to climb on my way back south. Usually I find it enough to simply back track on the roads that I rode out on, doing the route in the reverse. But that is boring and so I continued to get lost that day.

As a side note, riding in a region with steep hills, ridges and otherwise mountainous geography can be scenic on a planned route but also intimidating. It means you will encounter a few climbs, great over looks and flying descents. But that tumbling geography also means that it is quite easy to become disoriented. Roads in flat regions can cut across the landscape, but in hilly terrain they end up winding around, up and down, they zig and zag and make otherwise odd angles. There are no long horizontal sight lines even in the valleys. As far as ridges making for good landmarks, sometimes the ridges and hills end up looking all the same. In addition, another challenge of uneven terrain is that our sense of distance becomes compromised. In other words, the steep terrain makes it easy to get lost. That is why I have the pocket compass next time I head north. Riding through flat terrain can also cause disorientation if you have no landmarks to rely on. I’ve been turned around when riding through Lancaster County more times than I care to admit.
Of course, getting lost can be dangerous and situations can spiral out of control quite fast. The summer thunderstorm erupts in the sky during the late afternoon, a small road turns into a highway (it’s happened to me before), and dehydration mixed with extreme heat can completely ruin the day. But planning to some extent can mitigate these dangers. Taking simple steps of proper training, good nutrition, general plan of the ride route and mileage, and expecting to encounter bad seasonal weather help. The most important piece of advice is of course is to listen to your body and know your limits. Pushing beyond our limits of fitness is part of any endurance activity and makes one stronger when purposefully training. But when it comes to getting lost, always have extra gas in the tank to get back home. It is a simple rule to remember. You can flirt with your body’s limit, but don’t go over when out exploring. Sometimes I break this rule myself… it happens to all of us.

The worst thing when exploring a new region is running low on water and low on food, especially during the summer months. As a general rule I always carry two full bottles and extra food along with me. I never really know if the day will be an exploring day or not. In addition, if I am riding with someone else, when they run low on energy I can help them out. But on a sixty mile plus ride, food and water inevitably run low and the search for a gas station commences. I have hit the wall plenty of times on these rides and have gone several miles riding on empty before finding a place to refuel and rest. I am sure that next year, I will find myself in similar situations. But, getting lost and hitting the wall are risks I am willing to take, if the route promises a new sight or interesting landscape.

Usually my unplanned exploring rides happen by my simply deciding on a direction and heading further out than I have previously been before. North, South, East or West, Connecting old routes together, I make my way out to a town or ridge that I have not been to before. When headed north, I know that the route will consist of climbing over the Blue Mountains and that there will be few gas stations. The problem with heading west, where I live currently is well, the Susquehanna River. There are only a few bridges to cross over at. But going east or south are perfectly acceptable directions that I can ride out to. Once I decide on a direction, I ride out, I ride further, and then when I have successfully become lost, I turn around and figure my way back home. Usually I make it.

So you might be wondering, ‘Pete the younger’ any words of wisdom? Well, not really. The next time you find yourself getting lost, just embrace it. It is increasingly hard to be lost these days with smart phones and GPS on our head units. I just turn off the GPS function and don’t use it. One of the attractions of cycling for me, is the discovery of a small corner of the world that few have slowed down to enjoy. The surprise of finding those places by accident adds to the experience. I would just add, do this kind of riding safely and know your abilities and limits. Exploring does not require a 60 mile plus ride, you can do it just riding around the block. I started out by just riding local distances of five miles. Or you can drive out to a new area to begin a ride while still enjoying the thrill of finding new roads and thus save your energy on getting there. Knowing the route you are riding ahead of time is reassuring and brings a level of comfort with it but sometimes riding a well-trodden route that you have done a hundred times or more, is just deadening to the soul. When the road ahead is closed, go in a different direction that you have never been before. When the pavement ends, continue onward and just enjoy it.
LEHIGH WHEELMEN ASSOCIATION - RIDER RESPONSIBILITIES

BEFORE
DO - RSVP on MeetUp so the leader will know how many to expect.
DO - Check the MeetUp page for any last minute revisions or cancellation.
DO - Arrive early enough to get your bike set up and ready to depart on time.
DO - Have your bike in good working order.
DO - Wear your helmet.
DO - Sign the LWA waiver.
DO - Join the LWA if you are not a member.
DO - Select a ride that is suited to your abilities.
DO - Pay attention to pre-ride announcements.
DO - Record the ride leaders’ mobile phone number in case of emergency.

DURING
DO - Stay with the leader and ride at the announced pace.
DO - Advise the leader if you will be departing the ride early.
DO - Ride safely.
DO - Use lights and a mirror.
DO - Call out road obstacles and traffic.
DO - Be self-sufficient: water, food, tubes, pump, lights, meds., etc.
DO NOT - Call our "CLEAR" at intersections.

AFTER
DO - Thank the leader for organizing the ride.
DO - Leave feedback on MeetUp.
Kudos to Craig Lambert for running a bicycle skills course for LWA members. The course was attended by twenty riders with a range of experience levels. The demos, skill tests and games let everyone understand their riding ability while enjoying the day. It was said several times that if you get just one good tip out of the day, it’s worth it.

There was talk of doing this again in the spring. All members are encouraged to attend – it’s well worth a morning of your time.

1. Incidents
   - Trusting other riders
   - Should be steering the bike with hip lean
   - Beginners overcontrol with handlebar steering
   - Smooth handling
   - No hands forces these skills

2. Bike geometries
   - No toe overlap

3. Drills
   - Smallest circles as slow as possible
   - Both directions
   - Standing
   - Track stand no forward movement
   - Use a little incline until you get better
   - I.E.longest lap track race
   - Grass braking slide down hill with controlled skid

4. Shifting
   - Know where you are in your gearing
   - Anticipate what hear is needed and how many clicks to get there
   - Maintain cadence
   - Shift up first, then shift down
   - Transition smoothly
   - Don’t panic - don’t drop the bottle - Practice drinking

5. Practice braking with front brake only

6. Dogs and other animals
   - Spray with water
   - Deer runs in front

7. Wheel rub
   - Steer into the wheel in front
   - Overlap can happen quickly if someone brakes ahead of you
   - Nudging, rubbing

8. Rider off road
   - Instinct to get back causes overreact
   - Ride it out along the edge
   - To near slow/stop
   - Bunny hop back . . . ha!
   - Others need to clear

9. Gaps in groups
   - Slinky phenomenon
   - Use metered braking to keep the group together

10. Looking behind
    - Tuck chin into shoulder
    - Look under armpit
    - Look through legs
    - Let go of handlebars
    - Mirror

11. GCN tutorial videos
    - Build core strength

12. Getting out of the saddle
    - Pull up forward causes bike to go backwards
    - Push up over the top
    - Push the bike forward

13. Counter steering

14. Flipping steering (Don't try this)
Elections
By Mike Soliday

I served as the nominating committee and along with Jack Helffrich, came up with the slate of Officers and Directors.

All candidates agreed to serve (but that doesn't mean they are just "elected for next year"; there might be a member looking to serve as well, all slots are open). All terms begin January 2020.

Elections will be held at the LWA Holiday Party 12/08/19

Lehigh Wheelmen Association
2020 Officer & Board Nominations

Officers:
• President: Roberta Kates, 3rd term
• VP Touring: Jim Fullerton, 2nd term
• VP Racing: Vacant Office
• Secretary: Kathy Crampton, 3rd term
• Treasurer: Dave Sheffield, 3rd term

Board Members - Directors
• Bert Mukkulainen 2019 - 2020
• Dick McCreight 2019 - 2020
• Rich Ferrera 2020 – 2021 2nd 2-yr. term
• Bruce Kantor 2020 - 2021 2nd 2-yr. term

Bylaws pertaining to officers.
Article IV - Government

Section 3
The Officers of the Club, who shall be elected annually for one year terms, shall be the following:
  • The President;
  • The Vice President of Touring;
  • The Vice President of Racing;
  • The Secretary;
  • The Treasurer

The President shall be limited to three consecutive terms, but shall continue to serve as an ex officio member of the Board of Directors (as Past President) for one year following the end of their last year as President.

The Editor of the Club Newsletter, the Website Manager and the Membership Administrator, designated by the President, shall be ex officio members of the Board of Directors.

Section 4
The Officers and Directors shall be elected at the last meeting of the year. A nominating committee may be established prior to the election to propose candidates and secure their consent to serve. At the time of the election, the floor will be open for additional nominations. If only one candidate is nominated for an office, the nominee may be considered to be elected by acclamation. If there is more than one candidate for an office, the election must be conducted by secret ballot.
We’ve all been there:
Potential Project: Repair kiosks similar to that found along the Perkiomen Trail – at a parking area and rest facility near Ott’s Greenhouse in Schwenksville. You can see most of the tools. The pump is internal to the stand and operates by a foot pedal.

Request for help with the purchase and installation: Your contribution to the success of this project is appreciated. We need help coordinating vendor selection, spec's, contracted installation . . . that sort of thing. Contact Roberta Kates
Come join your LWA cycling friends at our LWA 2019 Holiday Party on 8 December at Bear Creek Mountain Resort. All LWA members and guests are welcome!

The cost will be:

$20 for LWA Members (this means you have paid your $15 annual dues)
$40 for LWA Guests.

This will be a buffet dinner with 3 entrees. However, we will have a vegetarian option upon request (vegetarian lasagna). If you prefer a vegetarian meal, please send your request to Dave Sheffield at dave@sheffieldfamily.info by 28 November.

The event will start at 6 pm with hors d’oeuvres. Adult beverages will be available for purchase. Dinner will start around 7 pm.

Come help us close out 2019 with all of your cycling friends. There will be plenty of pictures, stories, LWA Officer elections and much more.

Please pre-register and pay via Bikereg @ https://www.bikereg.com/lwa-seasonal-party

Registration closes on 28 November:
Thank You
to our
**Donut Derby**
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[Logo of Donegal Insurance Group]

[Image of two women eating donuts at an event]

**Donut Derby**  
*September 2nd 2019*
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www.action-wheels.com

**Cutters Bike Shop**
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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

**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**
Address: 5412 Shimerville Rd, Emmaus, PA 18049
Phone: (610) 966-3846
www.theveloshop.net
info@theveloshop.net

**Saucon Valley Bikes**
824 Main St.
Hellertown, PA 18055
610-838-1500
www.sauconvalleybikes.com

**Village Bicycle Shop**
7 South Village Circle
Reinholds, PA 17569
610-742-4786
email: qs391@verizon.net

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