President's Message

Spring has sprung…I am overly excited to “bring it on” as I’ve been waiting all winter – our club has a lot going on this Spring. Ride leaders have completed their rider leader training, thanks to Jim Fullerton. Ride Leaders are now prepared to face the spring winds, fluctuating weather and Monday night roll outs.

April also starts our Grill n Chills, check out Meet Up and be sure to RSVP, this way Rob & Sue are able to plan on preparing just the right amount of meats.

As Carl Zvanut mentioned at our Club Meeting this month, “Your Help is Needed” – sign up to ride to VVV, volunteer to be a LWA Club member rider or rest stop volunteer. Profits of the VVV are donated to CBW and World Bicycle Relief. For more info, contact Carl and please read the info enclosed in this QR issue.

And talk about an awesome club meeting, Selene Yeager “Fit Chick” was our speaker at the March club meeting – she was just awesome, educational and her excited personality is addictive. As a thank you gift, the club donated $ 100.00 to Selene’s PA Perimeter Ride Against Cancer (PPRAC) – lets practice what Selene preaches, eat right, stretch, and prepare before we ride. We wish Selene the very best, in her 2019 Pro Mountain Bike events.

Enjoy the Spring weather and I hope to see you all on the roads.

Roberta Kates
President’s Message

VELO SHOP / LWA Spring Racing Series had some setbacks, however we came through it, and made a little money.

This year’s March Spring Racing Series had its twists and turns, no pun intended. Our regular venue, the William Penn Business Center property owners decided not to allow the race using any part of their properties due to the increased number of trucks coming through the area which created an increased hazard.

The search was on to find a new spot. We resorted to the Rodale Fitness Park, owned by Lehigh County. The county allowed the club to have two dates March 3rd & 17th with the 10th & 24th as weather back up dates. On 3/3, we had 50 racers and 3/17 we had 73.

Thank you to all LWA Club members who ventured out to help clean and shovel some areas of the course to make it safe and hold the races.

Also, thanks go out to Chip Berezny and his T-TOWN Master team for helping out at the registration table, and The VELO Shop for providing 1st place gift cards. I appreciate everyone’s help.

As this being my first, LWA Race Director duty, it was certainly a learning process which I hope to gain experience for a successful future of LWA Racing.

Race on!

April Membership meeting will be held at Trek, Allentown. Watch Meet-Up for Trek eBike night announcement and please RSVP.

Recently, we learned of LWA member, Ron Helmuth while traveling in Florida was taken ill. Many thanks to donors whose contributions assured Ron’s return Home.

Carl Zvanut shares: Ron’s rides are always interesting and often end up with him eating some really strange foods. Even fried cheesecake at Musikfest!

Until Ron is stronger, I ask each member to raise Ron’s spirits by sending him a card, or two or three. Elena asks that we do not call, but rather flood Ron with cards. Current mailing address is:

Ron Helmuth
522 Ninth Ave.
Bethlehem, PA 18018

We send Ron happy thoughts and well wishes.

Enjoy the Spring weather and I hope to see you all on the roads. Please prepare and be well seen while riding!

Roberta Kates
Top Tips for Staying Visible

Cycling is a healthy and environmentally friendly way to get from point A to B. While there are endless benefits to choosing to cycle over driving, it’s always important to stay visible when riding alongside traffic. If your commute includes cars, here are some top ways to make sure everyone on the road sees you.

**Use Hand Signals**

Hand signals are one of the best ways to indicate intent to turn. Just remember that most motorists won’t know “traditional” hand signals, such as making a fist to stop. It’s usually a good idea to simply point in the direction you intend to turn.

**Dress Appropriately**

While you shouldn’t have to attach strobe lights to your bicycle, keeping daylight in mind makes a big difference when it comes to motorists seeing you. What you need to wear totally depends on the time of day.

In daylight, fluorescent clothing is most important. It’s nearly impossible to see anything at night, so try to wear something that’s reflective so you’ll be illuminated by a passing car’s headlights. A simple fluorescent/reflective vest can knock out two birds with one stone.
Top Tips for Staying Visible continued

Take Up Space

While bicycle lanes are great in theory, and we’re always told to ride to the right, it’s not always advisable to ride on the far right of the lane. It’s not safe to pass a cyclist on most one-lane roads, but if you stay to the right you’ll give the impression that there’s enough space to do so.

When you take up the center of the lane you’ll also make it impossible to “get doored,” which is one of the most harrowing experiences for any cyclist. The average car door is 5’ long, so if you ride 4’ away from a line of parked cars you should be fine. A good rule of thumb is if you can reach out and touch a car’s mirror, you’re too close.

Don’t Pass on the Right

Speaking of riding on the right—it’s always a bad idea to pass cars on the right, even if you’re approaching a row of cars idling at a stop light. Passing on the right sets you up for the “right hook,” which occurs when a motorists makes a right-hand turn directly into a cyclist.

It’s also harder for oncoming traffic to see cyclists on the right because they’re blocked by passing traffic. By sticking to the center of the lane you’ll ensure cars in both directions see you coming.

These are just a few of many tips you can utilize on your next ride—what are some of your favorite ways to stay seen?
Great Group Pic’s
Ride Leader Report  

*Bert Mukkulainen*

Below are the March 2019 and 2019 Year-To-Date ride figures:

<table>
<thead>
<tr>
<th>Ride Leader</th>
<th>Mar '19 Rides</th>
<th>Mar '19 Riders</th>
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<th>YTD Riders</th>
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<tr>
<td>Dave Sprigle</td>
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<td>27</td>
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<td>Frieder de Biasi</td>
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<td><strong>FEB TOTAL</strong></td>
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<td><strong>YTD TOTAL</strong></td>
<td></td>
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<td><strong>73</strong></td>
<td><strong>518</strong></td>
</tr>
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</table>

* First ride this month

Spring is here and we had a total of 13 ride leaders, leading 33 rides with 237 total participants during the month of March.

Find your next ride at [www.meetup.com/Lehigh-Wheelmen-Association/events/calendar/](http://www.meetup.com/Lehigh-Wheelmen-Association/events/calendar/)

Enjoy the road, trail or path and be safe!

Bert Mukkulainen  
bmukku@ptd.net
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.
The Bicycle Club of Philadelphia

Spring-n2-Cycling Weekend
Friday, May 3 - Sunday, May 5, 2019

In Pennsylvania’s green, scenic Susquehanna Valley

All-inclusive, 3-day tour package in quaint Danville, PA along the Susquehanna River. Danville lies between the charming college towns of Bloomsburg and Lewisburg. Cycle along the peaceful countryside with green landscapes and covered bridges. There is mostly rolling terrain with some challenging climbs as well as flat roads along the river. We offer a wide variety of riding distances from 15 to 65+ miles.

Fares as low as $180/person
visit: http://phillybikeclub.org or bcpweekends.org

LIFE, LIBERTY & THE PURSUIT OF THE RIDE

The Bicycle Club of Philadelphia

Spring-n2-Cycling Weekend

Our Tour Package includes:
Friday & Saturday nights at the Danville Quality Inn. All rooms non-smoking.
Friday evening Welcome Reception & Hot Dinner Buffet.
Complete buffet-style breakfasts Saturday & Sunday (hot dishes included).
Tour packets prepared for each guest, with cue sheets, maps, brochures, etc.
Featured Group Rides with Leaders on Saturday & Sunday.
A BOUNTY of “portable” cycling snacks to take along on rides.
Saturday afternoon Post-Ride Party.
Massage therapist on Saturday afternoon for post-ride massages.
For cyclists with non-cyclist partners, an ABUNDANCE of fun, non-biking activities.
Saturday dinner at the The Hotel Edison in Sunbury.
Round-trip bus transportation to Saturday dinner.
Sunday afternoon “Wrap-Up & Leftovers” Party.
Music, party games, and raffle prizes

Visit us at http://phillybikeclub.org or bcpweekends.org for info or to register.
Questions? LindaBCPEvents@yahoo.com - 267-251-7862
The Places we GO!!!
**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
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**