President's Message

It’s unbelievable how quickly time races by. Here we are in June – with bright, sunny, warm days and nights. Hooray, Summer is nearly here! Longer rides, Grill n Chills, more rides and yes, the sun...bring it on!

The South Africa Track team will be joining us on June 19th at our club meeting. Come out to this Q&A session and hear how these athletes rose through the South African cycling ranks to earn their way to The Valley Preferred Cycling Center races - amongst many elite athletes from all over the world. Joining us will be Victoria Bester, Josh vanWyk, Steven van Heerden, Claudia Gnudi, Dani van Niekerk and Jean Spies. This team is sponsored by Bob Biese, an USA Cycling coach and racer.

The VPCC Deck is open to all LWA Club Members on June 21st, come bang the boards, make some noise and let others in the LV know, "WE ARE LWA." This is a free event for all members, please sign up on Meetup if you wish to attend.

If you own a business you will want to support the Donut Derby by setting up a vendor table at the event. Bert Mukkulainen is our DD Chairperson this year, please reach out to Bert if you wish to be a vendor or have time on September 2nd to volunteer for this fun donut eating event.

Ride Leaders are awesome individuals, it takes time to plan a route, to keep riders together and to be safe. Thank you all ride leaders for your volunteering to lead our members on these awesome routes, in the valley.

Being safe on the roads is so very important. We are finding, roads are busy and its important that we follow the road rules. Jim Fullerton our VP of Touring is actively joining rides of all levels A+ to D. Jim is a savvy cyclist and is very knowledgeable - as a roadie he has seen it all. Again, safety is our #1 concern while riding. Ride safe for yourself and for your fellow members.

Hope to see you all soon at the next club meeting, at VPCC and/or on the roads!

Roberta Kates
President’s Message
continued

As we celebrate the Spring and Summer, I’d like to remember two club members who we lost in the past two months. Ron Helmuth and Lew Fischman. I thank all LWA members who attended the services held for our two LWA members. I am LWA Proud to see the outpouring of love and support. Both Ron and Lew were active in the club and will be missed.

Roberta Kates

On May 19th, Lew Fischman, a Lehigh Wheelmen Association Member (LWA) since 2016, was riding with a private road cycling group in the Easton area, (not affiliated with LWA). During a descent Lew apparently lost control and went down. His sustained injuries were severe enough to warrant the use of life support.

Lew was a regular on my LWA Midweek Ride for years. And even though his LWA MeetUp attendance only recorded that he rode less than a dozen times, everyone knew Lew would be pulling up late and unannounced for the ride. That’s just the way he was - usually riding, quiet, with a dry sense of humor. It feels odd to use the past tense when talking about Lew.

Lew Fischman died on Wednesday, May 22, from complications of injuries. He never regained consciousness. Please know that his loving family surrounded Lew when he passed. Also know that many other cycling friends, in the Lehigh Valley area, went to see Lew’s immediate family these past two days to express both our sadness and love for our fellow cyclist.

Lew’s funeral service will be this coming Sunday, May 26, 12:30PM, at Bruce C. Van Arsdale Funeral Home, 111 N. Gaston Ave., Somerville, NJ 08876. Interment will follow at Mount Lebanon Cemetery, 189 Gill Lane, Iselin, NJ 08830.

The family will be sitting Shiva on Sunday from 7-9PM, and on Monday and Tuesday from 2-4PM and 7-9PM at the Fischman home located at 458 Mahnken Drive, Bridgewater, NJ.

Donations in memory of Lew may be made to Community Bike Works, 235 N. Madison Street, Allentown, PA 18102.

Jim Fullerton
Ron Helmuth
Mootsie

aka - Levi
Ron Helmuth
Ron Helmuth
Dear Lehigh Wheelmen Association members,

The weather has finally improved and we hope all of you have had a chance to get out on the roads for a few miles by now.

Many of you have registered and will be joining us this coming weekend for one or more of the various events surrounding the first of two fun rides organized by our Club each year, the 2019 Velo-Valley Vistas Charity Ride. We look forward to seeing you!

The planning efforts for the second fun ride of the year, the 2019 Donut Derby, is well underway and your organizing committee is looking forward to yet another sell-out event. Registrations are already coming in so please do not wait too long to register if you want to take part of the fun.

This year, we are also pleased to let you all know that we are introducing a new Donut Derby Sponsorship Program that we hope some of you may be interested in. We are sharing this with you, our members, before we make this public as we only have a limited number of sponsor slots available.


If you are interested in any of these opportunities, or have any questions, please contact Bert Mukkulainen at bmukku@ptd.net or 484-375-5605 (call or text) at your earliest convenience. First come, first served!
Thank you to all the LWA members, volunteers, and riders who made the VVV a great success. VVV had 165 riders, 103 riders were crowned Kings and Queens of Hawk Mountain. That is an amazing number of riders to conquer the mountain, we heard a lot of good feedback and will only seek to improve the riding experience next year.

Roberta Kates, LWA President
Velo Valley Vistas – Hawk Mountain climbers (Worthy Jerseys)
Velo Valley Vistas
Velo Valley Vistas
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)
Lehigh Wheelmen Association – April 2019 Ride Leader Report

Here is the April 2019 and Year-To-Date (Dec-Apr) ride figures:

<table>
<thead>
<tr>
<th>Ride Leader</th>
<th>April 2019 Rides</th>
<th>April 2019 Riders</th>
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<td><strong>YTD TOTAL</strong></td>
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<td><strong>580</strong></td>
<td><strong>143</strong></td>
<td><strong>1104</strong></td>
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* Led first ride this month

A total of 26 ride leaders (12 of them leading their first ride of the year) led a total of 69 rides with 580 riders participating during the month of April.

Find your next ride at www.meetup.com/Lehigh-Wheelmen-Association/events/calendar/

Enjoy the road, trail or path and be safe!

Bert Mukkulainen | bmukku@ptd.net
The Places we GO!!! The People we see . . .
Member Pic’s
Member Pic’s
Great Group Pic’s
More Member Pic’s
Brigitte’s famous cookies

the recipe Brigitte uses to bake the short bread cookies supplied at various LWA events (it is a "Barefoot Contessa recipe.)

Ingredients:
- 3/4 pound unsalted butter, at room temperature
- 1 cup sugar (plus extra for sprinkling)
- 1 teaspoon pure vanilla extract
- 3 1/2 cups all-purpose flour
- 1/4 teaspoon salt

Preheat the oven to 350 degrees.

In the bowl of an electric mixer fitted with a paddle attachment, mix together the butter and 1 cup of sugar until they are just combined. Add the vanilla. In a medium bowl, sift together the flour and salt, then add them to the butter-and-sugar mixture.

Mix on low speed until the dough starts to come together.

Dump onto a surface dusted with flour and shape into a flat disk. Wrap in plastic and chill for 30 minutes.

Roll the dough 1/2-inch thick and cut with a 3-inch heart-shaped cutter. Place the hearts on an ungreased baking sheet and sprinkle with sugar.

Bake for 20 to 25 minutes, until the edges begin to brown. Allow to cool to room temperature.

**Cook’s Note**

If the dough is too crumbly and doesn’t hold together, add 1 tablespoon of water to the mixture and combine. For taping, Ina placed the cut out cookie dough hearts on parchment paper before baking. For taping, Ina drizzled each cookie with Vanilla Glaze (see below) and allowed the glaze to dry for 1 hour.
**LWA Discount Sponsors**

**Action Wheels**  
530 W. Broad St. #1  
Bethlehem, PA 18018  
610-866-1113  
[www.action-wheels.com](http://www.action-wheels.com)

**Cutters Bike Shop**  
418 E. 3rd St.  
Bethlehem, PA 18015  
610-419-4207  
[www.cuttersbikeshop.com](http://www.cuttersbikeshop.com)

**Fitness Central Bike Shop**  
4337 Route 309  
Schnellsville, PA 18078  
610-769-7300  
[www.fitnesscentralinc.com](http://www.fitnesscentralinc.com)

**Keswick Cycle Co.**  
408 N. Easton Road  
Glenside, PA 19038  
215-885-7433  
[www.keswickcycle.com](http://www.keswickcycle.com)

**Saucon Valley Bikes**  
824 Main St.  
Hellertown, PA 18055  
610-838-1500  
[www.sauconvalleybikes.com](http://www.sauconvalleybikes.com)

**South Mountain Cycles & Coffee Bar**  
337 Chestnut Street  
Emmaus, PA 18049  
610-967-4490  
[smcycles@ptd.net](mailto:smcycles@ptd.net)

**Spokes Bike Shop**  
16590 Route 61  
Hamburg, PA 19526  
610-562-8900  
[www.spokesbikeshop.com](http://www.spokesbikeshop.com)

**The Velo Shop**  
6465 Village Lane, Suite 8,  
Macungie, PA 18062  
267-374-3915  
[www.theveloshop.net](http://www.theveloshop.net)  
[info@theveloshop.net](mailto:info@theveloshop.net)

**Village Bicycle Shop**  
7 South Village Circle  
Reinholds, PA 17569  
610-742-4786  
[gs391@verizon.net](mailto:gs391@verizon.net)

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

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**SUPPORT YOUR LOCAL BIKE SHOP**