Wow...how can August be here already? We have plenty of rides, a few more grill n chills and other LWA events scheduled to complete the outdoor riding season.

Ride leaders have all been busy posting routes which are bicycle friendly. Thank you ride leaders for devoting your time, knowledge and skills to LWA.

LWA officers and board members discussed at our last membership meeting how can we remind MeetUp members that "being a member of MeetUp does not automatically make you a LWA club member." All MeetUp members should have received an email notice from the MeetUp site explaining MeetUp and have been given links to LWA website to sign up. We have also renamed the MeetUp site as LWA Ride Calendar. Thanks to the membership committee for this update and for the reminders which will be sent periodically from MeetUp.

Our next club event LWA Club picnic August 3rd at Lone Lane Park. There are beautiful LV routes posted. Be sure to confirm your attendance on Meetup.

September 2nd is the Donut Derby. In this issue see where to sign up to ride or if not riding, volunteers are always welcome.

Again, safety ... Safety ... safety. Please wear a bright kit, use lights and ride safe.

Hope to see you all soon on the roads!

Roberta Kates
Dear Lehigh Wheelmen Association members,

The planning efforts for LWA’s fun, fundraising 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 in the fun.

This year, we are also pleased to let you all know that we are introducing a new Donut Derby Sponsorship Program.


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!
June Membership Report

LWA WELCOMES NEW and/or RETURNING MEMBER(S) ~
(most recent order)

EVELYN COSTELLOE
BARB DEANE
TOM BENN
MICHAEL LONG
MARK SZUPACS
JOSEPHINR PEARTREE
MARY ANNE & DALE WINTERHOFF
RON EVANS
ASHLEY LORAH
PAULA FROKE & TIMOTHY MCCARTHY
MERVYN PETERS
DENISE TEELING & PAUL WHITE
SCOTT SUPPAN
ROBERT SCHAEFFER
MEGAN MILLS
CHRIS HOFFMAN & MARY ROONEY
PAUL & LISA PENKALA
LARRY PICKENS
SHERRY ZENGULIS
KATHLEEN PRINDIBLE
DAVID, ANGIE, DREW & CALEB JOHNS
MARIA NAGLE
JENNIFER, PRESTON, GAVIN & SCOTT SAYLOR
CHIP BEREZNY
LOU FERRANDINO
KAREN & KILEY KRASLEY

Statistics Summary for June 19 2019
LWA Meeting

Units ~ 304 (-13)
Individual ~ 226 (-14)
Family/Household ~ 78 (+1)
Total Members (assuming 2 per Household membership) ~ 382 (+12)

(Compared to April 24 2019 Meeting Membership Report)

South African Racing Team Athletes at club meeting in June
July Membership Report

LWA WELCOMES NEW and/or RETURNING MEMBER(S) ~ (most recently joined order)

BRYAN STAHLLEY
ELIZABETH GADEA
GLENN KASTEN
IAN GODDARD
WENDY MAILMAN
STEPHEN KUCHERA
EVAN WINICK
ANDREW HANNA
RICHARD & DIANE GARCIA
RODNEY JONES
DIANE ZINN
JOHN SHARPE
JOE CHECK
BILL WALTHER
BILL & GAIL KESSLER
PAUL SMITH ***
LARRY PICKENS

*** Another PAUL SMITH (NOT the former LWA V.P. of Touring)

Statistics Summary for July 24 2019 LWA Meeting

Units ~ 309 (+5)
Individual ~ 233 (+7)
Family/Household ~ 76 (-2)
Total Members (assuming 2 per Household membership) ~ 385 (+3)

(Compared to June 19 2019 Meeting Membership Report)
Motivational points taken from LWA Club meeting minutes of Guest speaker: Selene Yeager’s “Healthy Cycling. How to make it happen”

- Aim high, but set your bar low. It’s a step-by-step to success.
- For races/big rides, know what you’ll be facing, e.g. hills or wind, and prepare.
- Fuel! Eat! Discover what food works for YOU.
- Do your training before your day gets busy. A.M is best for her.
- Ride when you don’t want to. i.e in the rain. You’ll learn what gear works.
- Stay strong -- add strength training/weights to your routine, 2X/week is enough.
  Leads to efficient nerve fibers, responsive muscles.
- Have respect for recovery days.
- Have fun. Smile!

Janna Baum shared this:

“Listen to your body. Ride and then ride some more. This will be my 11th PPRAC ride. That’s 22 years of my life dedicated to planning, organizing, fundraising and, of course, riding the PPRAC Ride. It’s been a huge part of my life...riders and the Freed family have become like family to me.

A great cause, A great group to ride with

Lori Izzo shared her ReLive links:
The Places we GO!!! The People we see . . .
The Places we GO!!! The People we see . . .
The Places we GO!!! The People we see . . .
Member Pic's
Grill – N - Chill
Member Pic’s

Jane and Bill –
doing what they love. It’s the real thing!

Wild Cat,
Wild Shoes
Wild Life
Great Group Pic’s
Great Group Pic’s
Great Group 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

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

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