President's Message

Mid Winter...Phil says springs a coming...my question is how soon? Honestly, for me, its way too cold to ride outside, I prefer a feel good ride temperature around 68 on a spin bike during the winter months. Although many LWA Members have been hard-core peddlers throughout the winter months, check Bert Mukkulainen's ride leader reports for the stats. If you decide to ride on the road, be safe and be prepared.

February is heart month for the club...our friend and fellow member, Earl Ostrander of CPR Road Tour will be joining the LWA club meeting, February 27th. Earl will review the current CPR trends and first aid. On March 28th, Salene Yeager, Bicycling Magazine's "Fit Chick" will be the speaker and in April, eBikes with Trek of Allentown.

Carl Zvanut, Clyde Odom and many others are close to getting the VVV Ride finalized. May 26th, I have high hopes for LWA Members to show up in high numbers for this high elevation event. LWA members can volunteer, register for the ride or be a ride leader. Check out the event info in this newsletter and contact Carl or Clyde to volunteer.

Velo Shop/LWA Racing will hold the March RACING Series, Sunday’s in March. Club members are needed to help Marshal the corners. Weekly updates due to weather related cancellations will be posted on Facebook.

I saved the best for last, the LWA Ride leaders meeting, hosted by Jim Fullerton is on the schedule in March. Jim has some great ideas and experience to share with the club, if you are a ride leader, a future ride leader or a club member wanting to just listen, please plan to attend.

Again, if you are out for a ride during the winter months, please prepare and be well seen while riding!

Roberta Kates
V.P. of Racing – vacant office

With Glenn Davis stepping down, Roberta Kates has taken over as acting VP of Racing. Roberta has also asked a former Race Director Chip Berezny, with the T-Town Masters Bike club to help the club through the 2019 season.

Roberta is reaching out to all members, to volunteer as course marshals to help direct traffic and keep the ride safe. Prior to the race, a group of individuals are needed to prepare the course, to sweep/shovel and keep the course clear of debris.

Please sign up on Meetup if you wish to volunteer or email if you have any questions: lwaracing.info@gmail.com

We look forward to warm and sunny Sundays in March and hope to get all five races in this season! GOOD LUCK TO ALL RACERS!

The March series is held in the William Penn Business Center, behind Yocco’s off Route 100.
LWA Spring Training Series
USAC Permit # 2019-487
March 3, 10, 17, 24, & 31, 2019

Location: William Penn Business Center, 7277 William Avenue, Allentown, PA 18106

Directions: Interstate 78 to 100 South, Exit 49A, turn left at first light

Course: 1 Km loop with a slight hill and a 90-degree turn, good road surface, runs clockwise

Registration: opens at 11:15am * CLOSES AT 1:30pm
First race begins at 12:00 – Each race begins immediately after the prior one finished.

<table>
<thead>
<tr>
<th>Race</th>
<th>March 3rd</th>
<th>March 10th</th>
<th>March 17th</th>
<th>March 24th</th>
<th>March 31st</th>
<th>Fee/Places/Field</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jrs 14/under &amp; Women 15-18</td>
<td>12 laps, 4 Sprints</td>
<td>12 laps, 4 sprints</td>
<td>12 laps, 4 Sprints</td>
<td>12 laps, 4 Sprints</td>
<td>12 laps, 4 sprints</td>
<td>$12, 3 places/Trophies Limit - 35</td>
</tr>
<tr>
<td>“B” Race – No Cat 5</td>
<td>25 laps, 5 sprints</td>
<td>25 laps, 5 sprints</td>
<td>30 laps, 6 sprints</td>
<td>30 laps, 6 sprints</td>
<td>30 laps, 6 sprints</td>
<td>$17, 3 places/Gift Cards Limit - 85</td>
</tr>
<tr>
<td>Men Cat5/ Wm4&amp;5/ Jr15-18</td>
<td>15 laps, 3 Sprints</td>
<td>15 laps, 3 Sprints</td>
<td>15 laps, 3 Sprints</td>
<td>15 laps, 3 sprints</td>
<td>15 laps, 3 sprints</td>
<td>$12, 3 places/Trophies Limit - 50</td>
</tr>
<tr>
<td>“A” Race – No Cat 5</td>
<td>35 laps, 7 sprints</td>
<td>35 laps, 7 sprints</td>
<td>40 laps, 8 sprints</td>
<td>40 laps, 8 sprints</td>
<td>40 laps, 8 sprints</td>
<td>$17, 3 places/Gift Cards Limit - 85</td>
</tr>
</tbody>
</table>

Races will be run in a points race format. Sprints are scored 5,3,2,1 - 20pts to lap the field.
Races may be shortened or canceled due to weather conditions – check our FB page @LWA Racing
NO FREE LAP – out of contention riders may be pulled before last sprint.
Prizes will be awarded weekly at registration.

Additional fees: One-day license is $10 available for Cat 5 riders only
$5 per additional race

<<<<< $5.00 ONE TIME NUMBER CHARGE >>>>
THE SAME RACE NUMBER MUST BE USED EACH WEEK. $5 REPLACEMENT CHARGE

Sponsored By:

E-MAIL – lwaracing.info@gmail.com

Revised 01/03/19
The 2019 Ride Leaders meeting will be held on Saturday, March 9, from 10:00 AM to noon, at the Asbury United Methodist Church, room 217 (1533 Springhouse Road, Allentown). A pizza luncheon follows the meeting.

Ride Leaders who led LWA rides previously, and other LWA members interested in leading rides are encouraged to participate in the Ride Leaders Meeting.

A key goal is ride safety, several topics will address safety concerns. Traffic has increased significantly on some of the roads we ride, these roads can therefore be dangerous for group rides. Your input regarding what roads and intersections to avoid will be welcome.

The preliminary meeting agenda includes:
- Safety / accident avoidance
- Handling a ride accident
- Ride leader guidelines
- Ride rating system
- Ride with GPS ("Ride with GPS master" Paul Smith)
- LWA insurance policy (Dave Sheffield)

RSVP on MeetUp - I look forward to seeing present and future ride leaders on March 9.
LWA Membership report
January 2019

Richard Baldock, rv314159@rcn.com
Rob Smith, rbsmith@ptd.net

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

MELISSA BOTTIGER
MARK NEELY
JAY ESTY
TIFFANY HOSHINO
JOAN HANSCOM
PAUL WRIGHT
BARD HERNDON

The "huge" cost of renewing early [assume earning 1/2 % (big whoop!) interest on your checking account]. Lost interest (taxable income, so the loss is actually lower, depending upon your marginal tax bracket).

Family ~ $25 dues ===> 1 year (< 13 cents), 90 days (3 cents), 60 days (2 cents), 30 days (one penny), 15 days (half a cent).

Individual ~ $15 dues ===> 1 year (< 8 cents), 90 days (< 2 cents), 60 days (> one penny), 30 days (.6 of a penny), 15 days (.3 of a penny).

Advantages of renewing membership early:
Negligible cost, No lapse in Membership, including insurance coverage.

Statistics Summaries (January 2019)
(Compared to November 2018 Membership Report)

Units 314 (+4)
Individual 241 (+3)
Family 73 (+1)
Minimum Total (Assumes 2/Family) 387 (+5)
Ride Leader Report
Bert Mukkulainen

Effective December 1st, Bert Mukkulainen will be doing our LWA Ride Leader Reports.

Ride Leader Reporting Procedure
The Lehigh Wheelmen ride-year runs from December 1st to November 30th.

After a ride, Ride Leaders need to report their rides by completing these two steps:

1. Report number of rides and riders as current as possible (so that we may acknowledge our top ride leaders each month and report year-to-date progress).
   - When you, as a ride leader, complete a ride, simply tell us your name, the date of your ride and the number of riders (including yourself) on your ride.
     a) email your ride sheets to bmukku@ptd.net;
     b) mail them to Bert Mukkulainen, 5255 High Vista Dr., Orefield PA 18069;
     c) or put them in the door at the velo barn.

1. We are required by our insurance company to keep copies of the ride leader sheets. These sheets are the property of LWA and must be turned in. You have three ways to submit your ride leader sheets.

Yes, it’s February which means we are one month closer to riding in Spring!

Meetup posts continue through the winter - including skiing, spinning, road rides, skating and trips. Our LWA community stays motivated and gets out to exercise - helping those winter blues go away. It might be cold outside, but the LWA keeps on spinning!!

https://www.meetup.com/Lehigh-Wheelmen-Association/events/calendar/

Be safe!

<table>
<thead>
<tr>
<th>Ride Leader</th>
<th>Jan ’19 Rides</th>
<th>Jan ’19 Riders</th>
<th>YTD Rides</th>
<th>YTD Riders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lenni Maguire</td>
<td>5</td>
<td>33</td>
<td>7</td>
<td>45</td>
</tr>
<tr>
<td>Frieder de Biasi</td>
<td>2</td>
<td>4</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Jack Helffrich</td>
<td>1</td>
<td>26</td>
<td>1</td>
<td>26</td>
</tr>
<tr>
<td>Tom Donnelly</td>
<td>1</td>
<td>16</td>
<td>6</td>
<td>60</td>
</tr>
<tr>
<td>Rich Ferrera</td>
<td>1</td>
<td>11</td>
<td>4</td>
<td>33</td>
</tr>
<tr>
<td>Dave Sprigle</td>
<td>1</td>
<td>4</td>
<td>4</td>
<td>12</td>
</tr>
<tr>
<td>Dick McCreight</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>JAN TOTAL</td>
<td>12</td>
<td>98</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Paul Fisher</td>
<td></td>
<td></td>
<td>4</td>
<td>26</td>
</tr>
<tr>
<td>YTD TOTAL</td>
<td></td>
<td></td>
<td>30</td>
<td>212</td>
</tr>
</tbody>
</table>
Charitable Giving: Sixth Street Shelter and Turning Point

Thanks to all of our LWA members who generously donated holiday gifts to families at the Sixth Street Shelter and Turning Point of the Lehigh Valley in 2018. Because of you, many local families were able to enjoy the holiday season.

Again this year, our cars were filled with presents that were purchased and nicely gift wrapped by our members.

Special thanks to our gift delivery team
The LWA really is an extraordinary group

Thanks for caring.    Jack Helffrich

From Rosalyn Kuba
at the Sixth Street Shelter
December 11, 2018

Jack Helfrich, Dave Sheffield & Friends
Lehigh Wheelmen Association
PO Box 140
Trexlertown, PA 18087

Dear Jack, Dave, and Friends from Lehigh Wheelmen,

Thank you for your recent donation of gift cards, hats, blankets, bed spreads, toys, etc. to Turning Point of Lehigh Valley, Inc. Men, women, and children requiring safe shelter can often only bring a few, if any, personal belongings. We try to provide them with the necessities they need during their stay, and also provide items to those who are moving forward with their lives and starting new households free from violence. In addition, Turning Point strives to make its shelter as warm and welcoming as possible. Your donation helps us to accomplish all of this.

Thank you again for taking the time and making the effort to help us as we continue with our mission to:

Eliminate domestic violence in the Lehigh Valley through empowerment, education, and engagement.

With warm regards,

Lori Sywensky
Executive Director

Turning Point of Lehigh Valley, Inc. is a 501(c)(3) organization. Your donation is tax deductible as no goods or services were exchanged. The official registration and financial information of Turning Point of Lehigh Valley, Inc. may be obtained from the PA Department of State by calling toll free, within PA, 1 (800) 732-0999. Registration does not imply endorsement.
I always wanted a bike. I earned my first bike at Community Bike Works when I was 10 or 11. Earn a Bike is a free bike, but it is also a present to yourself - an accomplishment. Having my own bike makes me feel more active, more accomplished, and more helpful.

I am at Bike Works every day. I love being here. It's also my job. I get paid to make sure that kids learn how to fix their bikes and are ready to ride. I learn while I teach them.

Happy Holidays

Eric and your friends at Community Bike Works
Charitable Giving
Member Pic’s - Wintery Weather Wheelmen Wandering
Great Group Pic’s
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: qs391@verizon.net

SUPPORT YOUR LOCAL BIKE SHOP