

**Lehigh Wheelmen Association  
Monthly Meeting Minutes  
March 27, 2019**

**In Attendance:** Board members: R. Kates, K. Crampton, D. Sheffield, J. Fullerton, D. McCreight, B. Mukkulainen. Thirty-one additional members and guests.

**Guest speaker:** Selene Yeager ~ Fit Chick/Bicycling Magazine

Selene discussed "Healthy Cycling. How to make it happen". Some pointers:

- 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!

LWA made a \$100 donation to Selene's upcoming charity ride, the Pennsylvania Perimeter Ride Against Cancer (PPRAC).

Meeting called to order at 8:27 p.m.

February meeting minutes motion to approve Clyde O./ 2nd Craig L./motion passed.

Prior to Selene's talk, Carl Zvanut discussed the upcoming Velo Valley Vista event on May 26. Reminding that this is a charity ride but also a ride to show the beautiful scenery here in the Lehigh Valley. Looking for more volunteers. There may also be a gathering the night before for the riders visiting from out-of-town.

**REPORTS:**

**Treasurer:** Dave Sheffield

- End of March. Touring combined checking & savings approx. \$11,000. Racing at \$4,400. Most recent expense was insurance premium at ~ \$2,000.
- Velodrome contract payment of \$3500 is next upcoming expense. It's the 3rd installment to current 3-yr contract allowing 1) use of barns, 2) advertising on backboard at the Velo, and 3) use of facilities for VVV and Donut Derby, and Grill n Chill.

**Touring:** Jim Fullerton

- 10 group rides went out in Feb.
- Ride Leaders meeting had 45 attendees. Now 62 total on list, but how to keep this list current? As Jim is VP, he will devise guidelines.

**Membership:** Richard Baldock not present

**Webmaster:** Dave Drummer not present

**Promotions:** Dick McCreight:

- VVV is now on Bike Reg/Meetup/ Facebook. Not a lot of sign-ups yet.
- VVV is a weekend event, so Ride Leaders should post rides for out-of-towners on the other days.
- “Try the Track” is \$50 at the Velodrome, Sat. May 25. You get to ride a track bike and receive pro coaching
- Claire Aylward suggested adding a link to Mayfair, as it’s same weekend.
- Kittie Reese asked if LWA clothing store would be open soon. She would like a jersey to wear for VVV. Roberta will talk to Sally Wright.

**Newsletter:** Jean Black: not present; please continue to submit material.

**Racing:** Roberta Kates

- March saw two races. Mar. 3 had 50 racers, Mar. 17 had 73. Held at Rodale Fitness Park. Clyde Odum asked for clarification of Penn Center no longer being the race site. Roberta said the property owners said that too much traffic, as well as racer’s mentality while racing to not see the traffic, led to changes. Extra expense for switch was minimal.
- June 2 is Master Elite Race, at Rodale Fitness.

## **OLD BUSINESS**

**VVV May 26/** Carl Zvanut

(In addition to above)

- New this year, team challenge. With winners for most miles, most funds raised, etc.
- Kathy C. offered to collect baked goods.

**Donut Derby Sept 2, Labor Day /**Bert Mukkulainen

- Insurance certificate is completed.
- T-shirt planning underway. Price depends on amount requested.
- Chip timers will be an option for riders
- Jack Helffrich will again manage the Munchkin Mile.

## **NEW BUSINESS:**

1. Geoff Brunner spoke to the group. He is doing Race Across America June 11-23. He has done this 3 times, completed 2, wishes to get that 3rd finish. It’s approx 260 miles/day, X 12 days, 14,000 climb avg per day. He keeps a crew of 7, looking for 2-3 new crew persons who would handle either nutrition, mechanics, or drive.

2. Safe Sport Training / Roberta:
  - a. All Clubs are encouraged to complete USA Cycling Safe Sport if youth athletes participate in club cycling. Involves video modules, etc. State Certification/ background checks are required.
  - b. Added bonus: Might also help decrease our USA Cycling fees.
  - c. Claire A. : Backgrounds are close to no-cost to obtain. CBW offers a waiver if someone has been a volunteer and lived in PA for > 10yrs.
  - d. Kittie R. reminded of others who already have certification: some health care workers, ski instructors, and teachers. The class is on-line.
  
3. Bert M. asked for sponsorship clarification, so that DD and VVV do not call upon the same sponsors. Q: Can we have a committee for this? Clyde O. added that some of same are hit up for food donations. Looking for a new committee to oversee this...
  
4. Bike VA coming up. Dave asked that participants send email and phone numbers to Nancy Sheffield.
  
5. Eastern Shore, MD : Many different rides over the 3 days. Some LWA members will again do the annual ride from Bethlehem to Maryland prior to the weekend event.

**OTHER KEY DATES:**

- April 22, first Grill 'n' Chill
- April 24, Meeting is at Trek Bike Store, on Tilghman, in Allentown. Try an e-bike.
- May 15, Jim Fullerton speaker/ Touring
- June 19 Meet the Pros / New Zealand team (new date)
- August 3 Club Picnic - Lone Lane Park
- Sept 2 Donut Derby

Meeting adjourned at 9:15 p.m.

Minutes submitted by Kathy Crampton, April 9, 2019