

Lehigh Wheelmen Association

Monthly Meeting Minutes

April 22, 2020

In Attendance:

(Bolded people were in attendance)

Board members: **Roberta Kates** (President/Race Director), **Kathy Crampton** (VP Touring), **Christine Penn** (Secretary), **Dave Sheffield** (Treasurer), **Richard Baldock** (Membership Administrator), Rob Smith (Assistant Membership Administrator), **Dave Drummer** (Website Manager), **Bert Mukkulainen** (Board Member), **Dick McCreight** (Board Member), **Rich Ferrera** (Board Member), **Bruce Kantor** (Board Member)

Also present: Carl Zvanut, Mark and Tammy Doran, Shane Killeen, Greg Schnabel, Kim Geist, Jack Helffrich, Mike Matts, Ken and Peter Glogivsky, Tim Foley, Kathie Zapotocki, Jennifer Rhoads, Callin User2

1. 7:07 pm Meeting started.
Roberta shared picture of Trophy and gave some details about the application. Highlighted License members, officials. Read letter to members.
Roberta then Introduce Kim Geist.
2. Kim Geist
Modifying Sport & Fitness Goals, Exercise and Nutrition during COVID-19
You still have goals, you just may not realize.
 - Change focus to future events (ones that are not cancelled)
 - To help with anxiety, train like you are going (whether it happens or not)
 - Maintain fitness
 - Take a short breakModifying Exercise – On Bike
 - Maintaining health can help with immune system
 - High Intensity work can reduce immunity temporarily. So may want to reduce intensity.
 - Change workout types and duration.
 - Add activities on schedule...so you make sure you do it.
 - Schedule activities with others – helps with motivation and scheduleModifying Exercise – Off Bike
 - Try to find a playground. Perform workout you would normally do in gym there.
 - Use other objects for resistance. (Not everyone has dumbbells at home.)
 - MoveRight (in Bethlehem) has expanded their online options
 - Look for credentials in your coach. CSC is gold standard.Nutrition
 - Focus on the basics. Vitamins, minerals, etc.
 - Not are great time to diet. (Reduces immunity)

Supplements not regulated by FDA.
Higher Carbs for Higher Intensity workouts
More Protein after the High Intensity workouts, and for the short/low intensity

workouts

Questions:

Bert – what are you doing currently?

No longer racing, so focusing on fitness. Biking is part of life.

Dave – What do your vitals look like?

Was working on Zones today?

Christine- How does the Facebook live work?

Trainer would give you heart rates, cadence and power values to hit/maintain,

etc.

Roberta – Explain what you do on Wednesday Nights

Beginner, Advanced, and Race Class. Beginner is low key, low stress. Safe track riding. Advanced is getting ready for a race with some basic tactics. Race is focused to be on-site and through the whole process of what is in race.

Dave – How about age related.

Be careful of what your ability is. Find out what the max levels are.

Christine – Why hire a coach? With age in mind

Up to your goals. If involved in racing likely need a coach. Someone to be accountable too. Wanting to do things correctly and effective in what you are doing. (Avoid wasting time.)

Roberta – Have you ever ridden in the Donut Derby?

Nope. May have to add it. 9/7/20

Tammy – What is a good go to Carbohydrate?

For high intensity – Something Complex but quickly absorbed – not high fiber, no fruit. Bread product would be good. Meal 3-4 hours before, snack 1-2 hours. Brown Banana, oatmeal porridge.

Jack – thoughts about nutrition on a long ride

Studies exist where you can train your body to tap into fat storage. Only works for long and steady. Need those Carbs for more intensity.

3. **Meeting Minutes** – Christine Penn

March were previously sent out.

Dave S motioned to approve, Roberta seconded.

4. **REPORTS:**

Treasurer: Dave Sheffield ...

Covered March financials:

Will send out April report in couple of days Spending very low.

Some Concern about whether we have Donut Derby. That will change costs...

LWA Financial Summary March YTD 2020 - Actuals

	<u>Touring</u>	<u>Racing</u>	<u>Elim.</u>	<u>Total</u>
Income				
DD				-
Holiday Party				-
Membership Dues	1,236			1,236
Other	430	-		430
Total	1,666	-		1,666
Expense				
Major Events (DD, Eastern Shore, Etc.)	100			100
Insurance (Includes Special Events - DD)	2,990			2,990
VPCC	2,250	-		2,250
Holiday Party	100			100
Race Expense		-		-
Charitable Donations (VVV)	-			-
Recognition Awards/Speaker Fees				-
Affiliation Dues	200			
Web, RidewithGPS & Meetup Expenses	201			
Ride Leader Awards, G&C, Picnic Web, Other	125	-		125
Total	5,966	-		5,966
Net Operating Income/Loss				
	-\$4,300	\$0		-\$4,300
Assets				
Checking	\$4,656	\$3,969		\$8,625
Savings	\$5,078	\$0		\$5,078
Total	\$9,734	\$3,969		\$13,703

Bylaws. Revised based on recent comments.

Main change is the handling of temporary members

Review requirements Present (now), vote on next week.

Updated address, addition of member classes with definition, electronic membership cards and some grammar changes.

Christine – Motion to put up for vote and next meeting, seconded by ?

Roberta mentioned will be mailed out for general membership to see and review.

Touring: Kathy Crampton ...

Not much to report, not group rides. Keep up solo rides!

Membership: Richard Baldock

(From Richard's email)

Membership dropping due to reduced activities.

Decreased significantly (assumption: due to coronavirus) compared to March 2020 telephone meeting.

There have been 28 renewals since the March meeting, despite the fact that the LWA is basically shutdown.

There have been 22 expirations since the March meeting with another 2 due to expire today.

A snapshot of the retention rate for the past 4 weeks is slightly above 1/2 versus the typical 2/3.

Total Units ~ 302 (-21)

Individual ~ 227 units (-15)

Family ~ 75 units (-6)

Total Members = (2+ x 75) + 227 = 377+ (-27)

Revenue Projection Snapshot = \$5265 (-\$375)

Comparisons relative to March 2020.

NEW & RETURNING MEMBERS (since March LWA meeting ~ none since 3/15/20)

NONE

Order ~ Most recent first.

Returning ~ Membership lapsed for 6+ months.

Apologies in advance for any redundancy, errors or omissions...

Webmaster: Dave Drummer ...

Not much going on?

Roberta suggests we send anything we are doing to Dave... Post "interesting" pictures for blog or "videos"

Racing: Roberta Kates ...

No updates.

Would have lost money if March series was held, as it would have gotten canceled. (May not have been reimbursed by County, plus fees for porta potties and Velodrome would not have been returned.) So it's a good thing we did not host.

Rodale Park is now closed.

Donut Derby – Bert Mukkulainen

Showed BikeReg. Only 20 registered. Issues with current situation...no one is registering for anything waiting to see if event won't be canceled..

Is there a date in regards to a go/no-go? Will need to have a group discussion later if necessary.

Limited fixed costs, nothing has been bought yet. Reservations are mostly refundable at this point.

OLD BUSINESS:

New York Ride – (Jack) Ron’s ride is canceled, not one wants to go to New York.

Eastern Shore –Paul Smith (not present) Canceled

VVV – Carl – Nothing happening. Might be good way to open up the club.

Bike Repair Stand – Jack - on hold

5. NEW BUSINESS:

Jack suggested giving Kathy the ***Stephanie Grisham Award*** – VP of Touring with no rides.

Face Masks – Expensive, masks from Primal. Something to think about.

Maintain Virtual Meetings –

Next Meeting Speaker – Mike Matts - Ride Across America

June – Pro riders Roberta working with Velodrome.

Velodrome closed till June 1rst. UCI racing kicks off first. June 15h VeloDeck Event.

March meeting adjourned at 7:52 p.m.

Minutes submitted by Secretary Christine Penn, May 9, 2020

<https://lehighwheelmen.org/>