

Lehigh Wheelmen Association

Monthly Meeting Minutes

May 26, 2021

In Attendance:

(Bolded people were in attendance)

Board members: **Rich Ferrera** (President), **Roberta Kates** (Vice President Racing), **Kathy Crampton** (Vice President 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), Larry Pickens (Board Member), **Bruce Kantor** (Board Member), Janna Baum (Event Coordinator)

Also present: Karl Imdorf, **Carl Zvanut**, **Jack Helffrich**, **Clyde Odom**, Paul Smith, Miranda Alarez, Dean Hower, **Ken Glogovsky**, Timothy Foley, Claire Alyward, Marty Katz, Glenn Noack, **Mark & Tammy Doran**, Arun Sharma, **Steve Crampton**, Lynn D, **Kathie Z**, Catherine, Kemo, Ross Kohler, Steve Banko, Neil Dicker, Greg Schnabel, Kittie Reese, **Jim Saake**, **Tim Salkauskis**, **Bob Evatt**

(Online Meeting)

1. Call to Order:

Rich started the meeting at 7:05 pm
Reviewed Officer List, Speaker List,
No Speakers yet for July and beyond. If anyone has any suggestions.
Reviewed Agenda

2. Speaker:

Tim Salkauskis and **Dave Drummer**

Rich introduced Tim, as a physician with Coordinated Health. From Canada, and always helpful not only with people but also with biking.

Dave D – introduced why having Tim is important. Discussion about (a lack of) injuries, and as gotten older have more little issues. Some just never seem to go away. Tingling in left arm, lead to pain, to a long outstanding problem. Cycling contributed to the problems.

Tim focuses on Sports Medicine and is also a LWA Member. Team physician for Lehigh University.

Tim

Neck Pain – all of us have likely had to deal with.

Dave's issue has heard of frequently. Important to get evaluated by doctor/specialized.

Started as localized pain, which progressed to arthritis, and then into nerve problems. Signs of compression in neck and wrists; which is common in cyclists. (Ulnar Nerve) (Numbness in hand during riding.)

Compression of nerves in neck where root cause to all the other issues. Did physical therapy and chiropractor treatments. Anti-inflammatory medications, nerve pain meds (gabapentin), to severe (opiates). Dave was on drugs for a while but has now weened himself off.

Main treatment is physical therapy. Most issues can be resolved in 8-12 weeks.

Severe cases could involve surgery.

Weakness is a sign that nerve is being affected and needs immediate attention. May not be always resolvable/recoverable.

Other joints in neck called facets. Are subject to arthritis and can also be a source of pain.

Important – don't put these things off! Early treatments = better outcomes.

Dave S asked about Tight Shoulders? Dave D offered - Improving posture can help, cycling doesn't help with posture; other factors as well. Physical therapy can help with these things.

Tim – can be muscular, bike fit, change in components, change in intensity, etc. Had a similar case with a muscle not releasing.

When do you recommend to have things checked out? After major fall, something out of the ordinary, going on for a while, noticeably different.

(12 years of competitive mountain biking – led to injuries.)

Kathy C – are there things we can do? Bike fit is likely most important. Really can aggravate an issue or cause one. If occurring while on bike – change position. Get out of drops, move to hoods, stand up out of saddle.

Jack H – How about off the bike? Range of motion focused exercises. Biking does not support all ranges. Focus on fitness of the entire body. Shoulders, neck, core, etc.

Bruce K – numbness in fingers/hand. What point should a cyclist be concerned? Very common, could be carpal tunnel. Ulnar nerve typically manifests in 3rd and 4th fingers due to pressure on palm. Adding padded gloves can help, or handle bar gel pads, thicker padded bar tape, or try a different handle bar; one with flares to assist with palm. Focus on Bike fit. Possibly raise stem.

Dave D offered – replaced flared bars with ergo bars with a gel pad resolved issues for him.

Saddle height can affect knees and ankles.

Avoid further injury!

Dave is feeling pretty good, but not feeling very fit. Wished that he could have made changes earlier, particularly to improve posture.

Tim – some notes on MRI – results do not always correlate to pain or cause of pain. Does not always equate to symptoms.

3. Officer/Committee Reports:

Secretary – Christine Penn

Motion was raised to accept last month's meeting notes:
 Dave Sheffield first, Dave Drummer 2nd – motion to approve.

Treasurer: Dave Sheffield

Financial Report for April sent out
 Minimal changes, tracking to budget. Couple of items tracking out of budget will raise to board.

Payments made to insurance for Donut Derby,
 Membership is up.

Ashbury is starting to open up. Currently limited to Church only activities. Will get back on update later.

LWA Financial Summary April YTD 2021 - Actuals

	<u>Touring</u>	<u>Racing</u>	<u>Elim.</u>	<u>Total</u>
Income				
DD (Participant Dues + Donations)				-
Holiday Party				-
Membership Dues	1,269			1,269
Other	-	-		-
Total	1,269	-		1,269
Expense				
Major Events (DD, Eastern Shore, Etc.)	10			10
Insurance (Includes Special Events - DD)	2,000			2,000
VPCC		-		-
Holiday Party				-
Charitable Donations (DD - CBW & AFB)		-		-
Clothing & Equipment for Resale				-
Recognition Awards/Speaker Fees				-
Affiliation Dues				-
Web, RidewithGPS, Meetup & Postage	457			
Ride Leader Awards, G&C, Picnic, Other	1,761	-		1,761
Total	4,227	-		4,227
Net Operating Income/Loss	-\$2,958	\$0		-\$2,958
Assets				
Checking (a)	\$4,340	\$3,969		\$8,309
Savings	\$5,079	\$0		\$5,079
Total	\$9,419	\$3,969		\$13,388

(a) Includes Restricted Funds of \$271 for Bike Aid Station.

Membership / Grill-n-Chill: Richard Baldock/Rob Smith

No updates on Grill-n-Chill.

Membership Report:

Total Members ~ 366 (-4)

Units ~ 295 (-1) [still down 33 from peak membership prior to March 2020 shutdown]; 300 units will mark the mid-point from the low last month and the peak 14 months ago!

Individual ~ 222 (+2)

Family 71 (3)

Emeritus ~ 2 (0)

NewBicycle ~ 0 (0)

Annualized Revenue Projection ~ \$5105 (-\$45)

Trending slightly downward.

NEW & RETURNING MEMBERS (April/May 2021)

Jack Holt

Mike Tarvin

Michele Lindsey

Allison Rost

Jennifer Greenberg

Sheri Miltenberger

Steve Wiener

Touring: Kathy Crampton

Blessing of the bikes

Eastern Shore.

Lifting of Ride Limits? Have received mixed feelings. Maybe ride leader should control, could be a good compromise.

Jack - Due to minimal risk to transfer virus out-doors. Comfort level of managing larger groups, safety of larger groups, and splitting up/sharing upon multiple leaders.

Dick (and others) Suggestion to recommendation for a maximum of 12 per ride leader.

Group leader discretion.

Tim – benefit of social

Rich will help Kathy write up changes. Following governor's recommendation.

Kathy Z – ask for volunteer for Sweeping.

Tim – Contact Tracing? Nothing formal, but did trace person who came down with and those who they rode with were notified.

Racing: Roberta Kates

Velodrome racing has started.

Thursday Night Crit – thinking of starting up in July.

Working with Joan for a Speaker for June.

Activities: Janna Baum (not present)

Rich F – Has some thoughts of a replacement for Grill-N-Chill

Donut Derby: Bert Mukkulainen (not present)

Rich F –

Dave S – Bert has done work on Insurance and filing for permit. Dick has BikeReg ready to go. Must check box for USACycling Insurance. Likely a price increase to \$40. Profit prediction between \$2-4000. Has committed with Timing Chip company.

Dick – earlier start at 9:15 AM and a delayed start (with timing chip), plan to use older traditional course

Promotions: Dick McCreight

Launch Donut Derby, waiting on Insurance.

Photo contest – due date end of June. Matching

Webmaster: Dave Drummer

No updates

4. Old Business:

(Unfinished Business)

Bike Repair Stand: Jack Helffrich

Finished. Rich showed picture.

Tool for special nuts – to be placed in Barn.

Have some replacement parts for pump, will also place in Barn.

Looking into Dedication plans and plaque.

Dave D – are there any instructions? How to mount bike on stand? There a QR Code to scan that will take to site with instructions.

Dave S have 2-300 in restricted account for plaque.

Magnet for Stand? Several volunteered they have some to be put on.

Dick will post advertisement for stand on Facebook.

Should consider linking Facebook Page to Instagram (currently have none). We need a presence there as it is more popular to a younger audience.

Membership Drive: Rich Ferrera

Events - Bike Stand dedication event use to promote membership

Advertising – In the Velo Barn, Bob Rodale Park Bulletin Board, Bike Shops

Target Marketing – LWA Meetup members not members

Update of Release/Sign In: Rich, Dave, Roberta

Working on it, some open issues like legal review. More to come...
Would like a volunteer if someone knows any attorney's

Bike Virginia: Dave Sheffield

About ready to mail out information
Bike VA was canceled, but hosting our own.
18-61 miles 2 a day
Must be paid up LWA Member.
No SAG Support, bring your own repair kit.
27 members signed up right now. If anyone can't go please rescind.
Bring your own "stuff" for social hours.

Leadership Planning Meetings: Rich Ferrera

Rich thanked all those who participated.

5. New Business:

Blessing of the bike racks – Jack Helfrich

Suggestion besides doing Blessing of the Bikes. (Lost one the way to Virginia 😊)

Velodrome – Roberta

Bike Deck reservation – July would be better.
Carl Z - Could combine with another event to help promotion
Roberta will come back with what dates are available.

Rich suggested we were complete after no new business was mentioned.
Roberta Kates raised motion to adjourn at @8:44 PM, Jack Helfich seconded

Minutes submitted by Secretary Christine Penn, May 26th, 2021

<https://lehighwheelmen.org/>



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Association**