



QUICK RELEASE

newsletter of the
LEHIGH WHEELMEN ASSOCIATION Inc.

Volume 35, Issue 5

May 2008

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ghoover@ptd.net	610-216-1484
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Did You Ride Today?

Jack Helffrich, President

T. S. Eliot wrote: "April is the cruelest month..." Well, maybe most years, but not in 2008. We have been having some awesome cycling weather recently, and I hope you have been out enjoying it. Personally, I am very willing to water the garden occasionally if it means nicer weather for riding. And if the grass does not grow at all, I will not be upset.

We have had some great club rides going out on many weekdays, weeknights and weekends. We are offering more C and D paced rides for those just getting into the sport, returning to it, or just coming out of hibernation. We try to keep these rides shorter and flatter, although the flatter part can be difficult to accomplish in the Lehigh Valley.

Check the website for information about the Ride of Silence in May, the Veloce in June and a ride to the Reading Pagoda in July.

I want to offer special thanks to Neil and Linda Dicker for planning and hosting an excellent ride-leaders party at their house in April. About forty members and friends attended, and we were able to fill out much of the calendar, at least through June. Plus, we had a marvelous time.

Thanks also to Karen Nestor for making an excellent presentation on cycling apparel at the club's monthly meeting. Karen also generously provided \$10 gift certificates for Nestor's store to many of those in attendance.

Dave Drummer has been working diligently maintaining the membership information, and also posting club rides. Please consider sharing a favorite course of yours by volunteering to lead a ride. Just go to the website, select a date, click on 'Add' and enter the requested information.

Also, Please encourage your friends and family Cyclists to join the Lehigh Wheelmen Association. When you sign in for a club ride check the list to determine if anyone already signed in has written the dreaded letter "N" indicating that they are not a member. Then encourage them to join. By my quick calculation, I pay about \$8 PER DAY for my cell phones, land line, DSL internet connection and HDTV service. It makes the \$12/individual and \$20/couple (kids ride free) annual membership quite a bargain.

Finally, our club is in the process of purchasing an Automated External Defibrillator (AED) with donations received in memory of Rudy Dippl. Rudy died after the Turkey Time Trial last November, and the family requested that donations be made to the club for the expressed purpose of buying this piece of equipment. Thanks to the Dippl family for remembering Rudy this manner. Thanks also to all the club members who contributed and who had input into this purchase. The AED will be brought to major club events and will also be available for at club rides. Naturally, we hope never to have the necessity to use it, but it's great to have it if we ever do.

Well, tomorrow looks like it is going to be another great day. It's time to get the cycling gear ready for the commute to work!

Regards,

Jack Helffrich

Visit the Lehigh Wheelmen homepage at <http://www.LehighWheelmen.org>.

Due date for *Quick Release* articles is the 10th of every month.

Business and Pleasure

Treasurer's Report

Jane Derby, Treasurer

Statement of Cash Flow 03/14/08 to 04/14/08

Income:

Bike Case Rental	\$	50.00
A.E.D.		500.00
Membership Dues		<u>1,136.00</u>
	\$	<u>1,686.00</u>

Expenses:

Rental of Storage Area	\$	(98.58)
Meeting Costs		(23.92)
Membership Costs		(28.03)
Ride Leader Party		(36.82)
Quick Release		<u>(80.00)</u>
	\$	<u>(107.35)</u>

Change in Cash \$ 1,578.65

Bal. Wachovia 3/14/08 \$ 2,529.49

Change in Cash \$ 1,587.65

Bal. Wachovia 04/14/08 \$ 4,108.14
 (\$975 is AED money)
 (\$3133.14 club general money)

Bal. Susquehanna MM 03/14/08 \$ 16,506.55

Interest For March \$ 14.85

Bal. Susquehanna MM 04/14/08 \$ 16,506.55

Membership Report

Dave Drummer

No report this month.

LWA Meeting

Scheduled Meeting

Tuesday May 20 2008

5:30 PM Dinner-Red Robin's

7:00 PM Speaker: TBA

8:00-9:00 PM Business Meeting

Directions to the Education Center

It is located at 250 Cetronia Rd. Which is behind the Tilghman Square Shopping Center.

Classified Ads

ARTICLES FOR SALE
Hard bicycle travel case. Hardly used and in excellent condition. \$200.00 Contact Tom at: 717-332-3552 or tombenn24@yahoo.com
COMPLETE THULE ROOF RACK SYSTEM –very good condition- \$250.00 Includes: 2 load bars, 2 lockable fork attachment bike racks, 4 rack locks, 4foot packs, 1 wind fairing. Suggested retail: \$550.00 Thule Kayack Stacker: \$60.00; \$50.00 if purchased with above rack. Contact: kestrel4@ptd.net
Specialized Hard Rock TRX 20" BMX style bike Good condition: asking \$75.00 Specialized Rockhopper mountain bike. 21" frame, Deore components; good condition with new tires asking \$250.00 Call: Dave 610-377-0814 or Dmatsinko@yahoo.com
2005 Trek 1500 WSD 54cm. Shimano Ultegra Rear, Shimano 105 front. In excellent condition-just too small for me. \$450.00 OBO Contact either Dave or Kathy Moser: dmoser@cyoptics.com or Kathleen.Moser@LVH.com
The following are from Brian Kerecz and he can be reached at: briankerecz@gmail.com
2 Brand new Yakima Raptor Bike Racks. Used on car for about two weeks. I am changing to rear mount to accommodate kayaks on roof. MSRP=\$99.00 ea. Asking \$65.00 ea
2 Sets of Universal Mighty Mounts-brand new. MSRP: \$45.00 ea Asking: \$29.00 each set.
Yakima SKS Lock Set (4 locks) MSRP=45.00 Asking: \$28.00
Ritchey Excavader Mountain Bike Tire (26x 1.9) Never Used originally \$32.00 Asking: \$8.00
Kenda Mountain Bike Tire (26x 1.95) Brand New never used. Originally \$22.00 Asking \$8.00
BRAND NEW Exustar Mens Road Shoes. Still in box and never used. Sz 10.5 Originally: \$90.00 asking \$30.00
Pearl Izumi Womens Vortex Mountain Biking Shoes Sz 9.5. Brand New-never used-still in box. Originally: \$110.00 asking \$35.00
FOR RENT
2 HARD-SIDED BICYCLE TRAVEL CASES, Club owned, for rent to members for up to 4 weeks. \$25 for 1 or 2 weeks, \$50 for 3 or 4 weeks. Plus \$25 security deposit required for any rental. Contact Bill Derby 610-395-2546 or Bderby@PTD.net .
WANTED
FREE ADS FOR MEMBERS

Ads must be private (non-commercial) buy/sell/wanted/etc. having to do with bicycling and/or other sports. **Ads must be submitted by the 10th of the month to appear in the following month's newsletter.** Send ads to Glenn at: Phlsphyguy@yahoo.com



Bike Line/LWA Racing Team



Team News

Pete Siegfried, VP Racing

The Speed Racer Report

Well, we are now into the Thursday Night Criterium races. They are taking off with huge turn outs and great weather. No problems either so far, just fast racing! One night when I remembered to zero out my speedometer, we had an average of 27.4 mph. The fast guys had it all strung out in a pace line for the whole race. I'll either have to get in better shape or hope it slows down a bit.

The first week Chip gave out some free Crank'd with each sign up. I think that went over pretty well.

From the park you can see that the Velodrome is being worked on. I guess they will have it ready to go soon. I can't wait to get out on the track to race those Saturday and Tuesday races.

Don't forget that the next Bikeline Races are in Bethlehem and at the Fitness Park May 10th and 11th. If you think you want to help sit on a corner and watch please contact me at 610-285-4006 or at srcracer866@aol.com. I have been hoping to get some outside help but it seems to be elusive so far.

Race report of the month.

The weather was perfect for the 21st Annual Daniel Harwi Memorial Crit, Lower Providence, Pa. Cat 4 men's race, about 70 degrees with a stiff headwind straight down the home stretch. This was my first event of the year and I was pretty sure I didn't have the legs for doing too many pulls or chases so I decided early on to stay tucked in the upper third of the field of about 60 for at least the first 15 of the 20 laps. The course is flat, smooth and wide with four 90 degree turns, perfect for crits. Early on a break of 2 or 3 riders made a go of it but were caught in a few laps without anyone doing too much work. At around lap 10 another break developed, this time with 4 guys who looked strong for a lap or two, and I briefly thought it might be time to try bridging but another lap went by and it was clear they too would be caught. Nothing too exciting in the field most of the race, a few hairy corners and someone touched wheels once, but no crashes. Averaging about 25 mph, 30+ on the downwind leg. With two or three to go, guys started working for position and the pace was picking up. I kept in the top 15-20 for the first half of the last lap, lots of quick accelerations and moving around required. On the last downwind leg with 2 corners to go we went into corner 3 at 30+, I took the turn wide to carry more speed and passed a few, planned to take the final corner to the outside also, both to carry speed and to be a little more sheltered from the headwind. Came around fine, passed a few more, with lots of legs left and a solid top ten finish 200 meters up the road. Then two guys up front touched and went down, sliding off to my right, but they also took out a third guy 20 feet in front of me. Lots of hard breaking all around and I ended up going over guy #3's rear wheel, almost went down myself but my left pedal caught the curb and kept me up. By then my speed was gone and a good portion of the field blew by. Didn't stick around for results, but probably about 30th. Bummer. No serious injuries to the three guys down.

~Andy Kraynak

Stay upright and happy,

Pete Siegfried

VP of Racing

Junior Team Notes

Gwen Hoover, Junior Coordinator

Clean out your Garage and help support our youth cyclists.

The LWA Future Champions are having their semi-annual fundraiser at the Velodrome Flea Market, THIS SATURDAY, May 3. We keep 20% as our fee and use the money to purchase loaner equipment, put on races and clinics for kids .

If you want us to sell your stuff on consignment, you must do the following....

1. bring your stuff to booth 111 on May 3rd. (the flea market is open from 8:30am-2pm)
2. MARK your items with your name, cell phone number and a price. (let us know if it is negotiable)
3. PICK UP your ITEMS or your CASH by 2pm (SAME DAY). If you do not, we will consider it a donation.

We are happy to take donated items, if you just drop something off and you don't want the cash or the item back let us know sometimes we save these things to give to kids who need certain items. We are planning a family ride to Topton after the flea market. App. 2:30 PM About 20 miles with a stop at the half way point. Contact Gwen **610-216-1484** if you are interested and this is your first time riding with us.

Junior News and Notes

Several of our kids are participating in the Can-Am Junior Challenge May 17-18 in Augusta , NJ . You can register on Bikereg.com by May 14th (no day of registration).

"The Can-Am offers the excitement of large age-grouped fields and the safety of closed courses for bike racers from ages 10 to 18. We take pride in our high level of support and encouragement for junior racers of all abilities. We strive for a friendly, low-key environment, and hope the primary goals for every participant in the Can-Am U19 Challenge will be to have fun and gain racing experience."

Regular smoothie rides scheduled to begin on May 10. please check on-line calendar for times. All kids ages 9+ are invited (road bikes required for children) Parents encouraged to participate. 20 miles, stop in Topton at 1/2 way point. Sometimes the older kids ride during the break. If your child or someone you know is interested in Youth Cycling, please check our web page at www.lehighwheelmen.org (then click on JUNIORS). There is lots of information on the site for kids who are just getting started. We have loaner bikes (road and track) for most sized kids (down to 7 or 8 years old). Feel free to contact Gwen Hoover (the junior development coordinator) at ghoover@ptd.net.

Thursday night training criteriums have started at Rodale Park . see www.lehighwheelmen.org (Race flyers) for more details.

Next big team events are June 6 Manyunk Amateur Hill Climb and June 7th Tri State Velo Junior Time Trial (8mile). Both are in Philly. Oley Valley Road Race on July 13, then we put on the Nicole Reinhart Memorial Tour de FCCC on July 19 and 20th. We hope to sponsor a week of junior cycle events, (races, clinics and social) between the Oley Valley and Tour de FCCC events.

~Gwen

Racing Results

Pete Siegfried

Bike Line Criterium Training Series

3-2-08	Chip Berenzy	A	11 th
	Bryan Barrett	A	FIF
3-9-08	Chip Berenzy	A	FIF
	Scott Farmer	A	FIF
	Scott Farmer	B	FIF
3-16-08	Chip Berenzy	A	4 th
	Bryan Barrett	A	9 th
	Paul Aemesegbe	5	2 nd
3-23-08	Chip Berenzy	A	1 st
	Bryan Barrett	A	4 ^t
3-30-08	Chip Berenzy	A	FIF
	Bryan Barrett	A	FIF

Strasburg Road Race

3-15-08	Chip Berenzy	50+	3rd
	Bryan Barrett	50+	2nd

Kirkwood Road Race

3-29-08	Bryan Barrett	50+	3rd
	Chip Berenzy	50+	1st
	Greg Ratzell	13-14 b	2nd

Recreational Riding Schedule

Dave Drummer, VP Touring

Except where noted, non-members are welcome to participate in LWA rides. Riders under 18 must be accompanied by an adult. You must have a bicycle in good working order, carry a spare tube and know how to change it, obey all traffic rules, ride single file where necessary, and sign in at the ride start, giving your name and an emergency phone number. Please carry identification and the name of an emergency contact.

HELMETS ARE REQUIRED ON ALL RIDES !

Most club rides take place on the road, but there are also some off-road rides scheduled. For road rides, most riders use road bikes having narrow, high pressure tires. Wide, low pressure tires will make it harder to keep up with the group.

If you haven't ridden with a group before, or are not sure that you can keep up with a group, try one of the rides listed as a "Social Pace" or new member ride. No one gets dropped on rides advertised as such. Actually, ride leaders try not to drop anyone on any ride, but one person's "moderate" pace can be another person's "impossible" pace.

REMEMBER: Ride leaders should download a ride sign-in sheet, have all riders sign it, then return it to Lehigh Wheelmen Assoc., PO Box 140 Trexlertown, PA 18087

Check the LWA Member's Website at <http://lwa.pryzm.net> for last-minute changes, cancellations, and additions.

If you are interested in a ride, please make an effort to contact the Ride Leader, so you can be "in the loop", should a last minute change or cancellation occur.

Thursday, May 1, 2008

Women on Wheels



C F / 30 mi 5:15PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355

donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847

nancy@sheffieldfamily.info

- Rain Cancels

- Bring food

- Bring water

- Will wait for slow riders

- Will regroup often

Posted: 3/30/2008 1:27:32 PM by Donalee Frary

Friday, May 2, 2008

Pedaling for Pizza



C R / 21 mi 5:30PM Coopersburg Giant

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supremely Intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Karen O'Brien Winkler

Leader: KO 610-317-9611 yptouring@yhoo.com

- Rain Cancels

- Rest stop(s) along the way

- Rest rooms available

- Bring food

- Bring water

- Will wait for slow riders

- Will regroup often

Posted: 4/13/2008 1:45:47 PM by Karen Winkler

Saturday, May 3, 2008

VELODROME SWAP MEET



8:30AM VELODROME

\$5.00 ADMISSION FEE. THIS IS FYI ONLY, NOT AN LWA

EVENT

Directions: SEE WEBSITE

Event Organizer: LVV

Posted: 4/10/2008 7:12:43 PM by Jack Helffrich

Sunday, May 4, 2008

Blue Mountain Madness



B H / 40 mi 10:00AM Bicentennial Park

We will work our way up through the hills to the Blue Mountain ridge where the terrain flattens out then long slightly down grades and rolling hills back to the park. A beautiful route and an excellent work out!! This ride is typically more of a B+ level, but we will alter the speed per the group's capability.

Directions: East park entrance on the Airport Rd. side.

Directions to the park on the website.

Leader: Doug Leavitt 610-730-6573

dogleavitt@netzero.net

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring water
- Cue sheets will be provided
- Will wait for slow riders

- **No minors, please.**

Posted: 4/4/2008 2:50:45 PM by Doug Leavitt

Updated: 4/20/2008 6:56:28 AM by Doug Leavitt

Monday, May 5, 2008

The Monday Night Ride



C R / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and volunteers will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/24/2008 7:04:27 PM by Robert Erbeau

Wednesday, May 7, 2008

WNR



B R / 25-30 mi 5:30PM Velodrome

The Wednesday Night Ride- for those who don't get out on Monday, or who just don't get enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Bring food
- Bring water

Posted: 4/18/2008 6:40:41 AM by Robert Erbeau

Thursday, May 8, 2008

Women on Wheels



C F / 30 mi 5:15PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355

donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847

nancy@sheffieldfamily.info

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/30/2008 1:28:14 PM by Donalee Frary

Friday, May 9, 2008

Pedaling for Pizza



C R / 21 mi 5:30PM Coopersburg Giant

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supremely Intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Karen O'Brien Winkler

Leader: KO 610-317-9611 vptouring@yhoo.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/13/2008 1:46:13 PM by Karen Winkler

Saturday, May 10, 2008

Quad County Metric



8:00AM Green Lane Park, Green Lane PA
spring ride, now in its sixth year. It begins at beautiful Green Lane Park in Upper Montgomery County and continues through Berks, Lehigh, and Bucks Counties before returning to the park.

Directions: Green Lane Park is located just south of Green Lane PA off RT 29. Directions can be found on the Web at <http://www.bikereg.com/events/register.asp?EventID=5852>
Event Organizer: Suburban Cyclists Unlimited (SCU)
Posted: 4/18/2008 2:19:47 PM by Robert Erbeau

Cabela Ride



B R / 59 mi 9:00AM Velodrome

We will head North West along the Blue Mountains to historic Hamburg. Our rest stop will be at a convenience store next to Cabela's. We will loop around Cabela's and return through west Hamburg and the famous village of Windsor Castle.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Leader: Terry Terfinko 484-707-2866 terfintt@verizon.net

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/13/2008 6:12:46 PM by Terry Terfinko

Monday, May 12, 2008

The Monday Night Ride



C R / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and volunteers will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/24/2008 7:05:37 PM by Robert Erbeau

Wednesday, May 14, 2008

WNR



B R / 25-30 mi 5:30PM Velodrome

The Wednesday Night Ride- for those who don't get out on Monday, or who just don't get enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Bring food
- Bring water

Posted: 4/21/2008 11:56:54 AM by Robert Erbeau

Thursday, May 15, 2008

Women on Wheels



C F / 30 mi 5:15PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355

donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847

nancy@sheffieldfamily.info

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/30/2008 1:29:08 PM by Donalee Frary

Friday, May 16, 2008

Pedaling for Pizza



C R / 21 mi 5:30PM Coopersburg Giant

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supremely Intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Karen O'Brien Winkler

Leader: KO 610-317-9611 vptouring@yhoo.com

- Rain Cancels
- Rest stop(s) along the way
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- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/13/2008 1:46:41 PM by Karen Winkler

Saturday, May 17, 2008

Introduction to Group Road Riding



D F / 10 mi 10:00AM Rodale Park

May is National Bicycle Month. I have led over 100 rides for the LWA, and group riding is one of my favorite pass times. Come out and find out how much fun group riding can be. Beginners welcome. A road bike is recommended but not required.

Directions: Map on Web Site.

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/24/2008 7:33:55 PM by Robert Erbeau

Updated: 3/24/2008 7:34:55 PM by Robert Erbeau

Sunday, May 18, 2008

Blue Mountain Madness



B H / 40 mi 10:00AM Bicentennial Park

We will work our way up through the hills to the Blue Mountain ridge where the terrain flattens out then long slightly down grades and rolling hills back to the park. A beautiful route and an excellent work out!! This ride is typically more of a B+ level, but we will alter the speed per the group's capability.

Directions: East park entrance on the Airport Rd. side.

Directions to the park on the website.

Leader: Doug Leavitt 610-730-6573

dougleavitt@netzero.net

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- **No minors, please.**

Posted: 4/20/2008 6:54:26 AM by Doug Leavitt

Updated: 4/20/2008 6:55:20 AM by Doug Leavitt

Monday, May 19, 2008

The Monday Night Ride



C R / 25-30 mi 5:45PM Velodrome

The Monday Night Ride is a weekly ride. We will break into two or three groups (A,B,C) depending on the group. I will lead the C group, and volunteers will lead the other group(s). All are welcome. Beginners to advanced. Please try to arrive at least 15 minutes prior to our departure time. We will leave on time.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/24/2008 7:06:34 PM by Robert Erbeau

Wednesday, May 21, 2008

The Ride of Silence



D F / 4 mi 6:45PM Allentown Fairgrounds, 19th & Chew

The "Ride of Silence" is a world-wide event held the 3rd Wednesday in May at 7 PM local time. It is a ride to honor those cyclists either killed or injured in car/bicycle accidents. Riders pedal in complete silence at a pace of no more than 12 MPH for one hour. This is a solemn event, and riders should act accordingly. Black armbands are encouraged. Our goal is to raise awareness in the community regarding cyclists in the roadways. I am hoping to get over 100 riders to participate. We will obey all PA traffic laws and in no way impede or block traffic. The route will be a circumnavigation of downtown Allentown.

Directions: We will be leaving from the Allentown Fairgrounds.

The Fairgrounds are located in between 17th and 19th and Chew and Liberty in Allentown. Look for the sign-in near the 19th Street entrance off Chew.

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

Leader 2: Brad Yeakel

- Bring water
- Cue sheets will be provided
- Will wait for slow riders
- Will regroup often

Posted: 1/16/2008 1:34:00 PM by Robert Erbeau

Updated: 3/18/2008 7:52:40 AM by Robert Erbeau

Thursday, May 22, 2008

Women on Wheels



C F / 30 mi 5:15PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355

donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847

nancy@sheffieldfamily.info

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/30/2008 1:29:53 PM by Donalee Frary

Friday, May 23, 2008

Pedaling for Pizza



C R / 21 mi 5:30PM Coopersburg Giant

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be supremely intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Karen O'Brien Winkler

Leader: KO 610-317-9611 yptouring@yhoo.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/13/2008 1:47:10 PM by Karen Winkler

Saturday, May 24, 2008

3 Trails Ride



D F / 8-24 mi 1:00PM Slatington parking lot by the bridge over to Wallnutport

There are 3 trails that can be accessed from where we park-the Slate trail, the D&L (Delaware and Lehigh trail and the Walnutport Canal. Please check back at this posting for updates because there may be construction on a bridge on Main St. Slatington that may affect how you get to the parking area and how we access the slate trail. All three trail are out and back and end in or near the parking lot so you can do as little as 8 miles or as much as about 24 miles. Email or call with any questions. Hope to see you and ride with you on the trails.

Directions: Meet and park on the stone parking lot across from

Sal's Pizza 102 Main St. Slatington (by the bridge over to Walnutport).

Event Organizer: Dean Hower

Leader: Dean Hower 610-462-0617

dean_the_bikeman@hotmail.com

- Rain Cancels
- Rest stop(s) along the way
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/19/2008 5:47:34 AM by Dean Hower

Updated: 4/19/2008 5:53:26 AM by Dean Hower

Wednesday, May 28, 2008

WNR



B R / 25-30 mi 5:30PM Velodrome

The Wednesday Night Ride- for those who don't get out on Monday, or who just don't get enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Bring food
- Bring water

Posted: 4/21/2008 11:57:24 AM by Robert Erbeau

Thursday, May 29, 2008

Women on Wheels



C F / 30 mi 5:15PM Velodrome

Come out to join other like-minded women who love to ride or are learning to ride. This ride builds endurance and road riding skills.

Directions: Parking lot by the barn at the Velodrome

Event Organizer: Donalee Frary

Leader: Donalee Frary 610-587-2355

donaleefrary@verizon.net

Leader 2: Nancy Sheffield 610-462-0847

nancy@sheffieldfamily.info

- Rain Cancels
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 3/30/2008 1:30:33 PM by Donalee Frary

Friday, May 30, 2008

Pedaling for Pizza



C R / 21 mi 5:30PM Coopersburg Giant

This ride is optimized for people born when Harry Truman or FDR was president. People born when Eisenhower was president will have to hold back a little bit, and anyone younger than THAT will find bungee cords attached to their rear racks. People who were bike racers back in the wool-and-

Cinelli era can re-learn wheel sucking, but this time it'll be at a sedate pace not to exceed 15 mph, and usually a lot less than that. We will leave from the Coopersburg Giant at 5:30 every Friday when the weather is decent, go for a ride of, oh, 20 miles or so, and then return to Coopersburg, make a group decision about which pizza joint to invade, and then eat 3X as many calories as we burned on the bike ride. Conversation will be Supremely Intellectual, reflecting the maturity and status of our mature group. Minors will be permitted, provided that their SAT scores are high enough.

Directions: Map on Website [view "Maps of Start Locations" page](#)

Event Organizer: Karen O'Brien Winkler

Leader: KO 610-317-9611 vptouring@yahoo.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders
- Will regroup often

Posted: 4/13/2008 1:47:44 PM by Karen Winkler

Saturday, May 31, 2008

Schuylkill Trail Ride 9



B F / 50 mi 9:30AM Oaks, PA

The ride on the scenic Schuylkill River Trail is something that is worth the drive. This ride is best enjoyed on a road bike. We will follow the Schuylkill Trail from Lower Perkiomen Valley Park in Oaks, Montgomery County (just west of Valley Forge) to the Philly Art Museum and return. We will stop in Manayunk for lunch at Le Bus. We should be back to Oaks by about 2 PM.

Directions: Allow about 1 hour from the Valley. Take PA 100 S to US 422 East. Go 15 miles east to the Oaks/Audubon Exit. Bear right on ramp onto Egypt Rd. towards Audubon/Norristown. Cross under 422 and turn right at first road, New Mill Road (less than 1/4 mile). Parking lot is on left (this lot is usually pretty busy, so park legally wherever you can).

Event Organizer: Rob Erbeau

Leader: Rob Erbeau 610-965-4562 info@nncs.com

- Rain Cancels
- Rest stop(s) along the way
- Rest rooms available
- Bring food
- Bring water
- Will wait for slow riders

Posted: 4/21/2008 12:02:10 PM by Robert Erbeau

The Saddlebag

By: Glenn R. Toth, QR Editor

I have a friend who once asked his wife about her saddlebags: A car, house, alimony and a few lawyers later he regretted making that comment. So, this monthly, bi-monthly or whenever-I-get-the-spirit-to-write-it article will be about your bike's saddlebag and what you can carry in it to make the mechanics of your ride more enjoyable. I am going to discuss wrenching techniques, quick repairs and overall bike maintenance for the seasoned cyclist or the AWP (Allen Wrench Phobic).

Most of us are not afforded the luxury of having the team car or Mavic Neutral

Support following close at hand ready to hand us water bottles, fix our derailleur while moving, replace our tubulars (what are those?) and wheels or tighten a loose spoke. While on the road, we have to rely on what we carry in our saddlebag. What is there can make a ride enjoyable or cause us to coerce our neighbor, spouse or significant other from getting off of his or her lawn mower or put down the fruity boat drink and rise from the chase lounge by the pool to come and get us.

This first article will be about what to carry. Subsequent articles will be about how to use what we carry without breaking, lacerating or doing anything that requires a trip to the emergency room or having to take your steed to the LBS in the heat of the season when you want to be riding and not calling the shop everyday to see if your bike is ready, then, only to find out it will be three weeks to get the parts and that century you have been training for will have to pass without your participation.

There are some definite things you want to carry and I don't rank them in order of necessity because they all work as one cohesive unit. Also, there are some things, room permitting, that I have known some to carry: Lipstick, mascara, brushes, toothpaste, toothbrush and towel or washcloth. I won't discuss these things but only say that a famous Frenchman in the Tour de France used to carry a comb and cologne in his jersey so he always looked and smelled fresh on the podium-give a Frenchman a bar of soap and he will be able to bathe for a lifetime, as long as he has enough cologne.

I would have to say that the number one reason for carrying a saddlebag is to carry the items necessary for fixing a flat. You cannot replace a flat and be hammering down the road if you do not have a spare inner tube or tubular tire to replace the punctured one. Stay away from the ultra light tubes, as they are thinner and prone to puncture more easily. On the Montauk Century in May of 2007, I replaced three tubes in one day and I was using the ultralight weight weenie favorite. You can get away with carrying a few generic tubes and paying for the higher priced brand tubes is not necessary because they are probably all made in the same Chinese factory. My mother is a seamstress and taught me how to sew when I was five years old. I really don't want to have to put that skill to test alongside the road repairing then sewing up a tubular tire, so as far as carrying a spare tubular, carry a used one because it will be easier to stretch on your wheel. Better still, carry two just in case..

The second item(s) would be a set of tire levers, or if you are a total weight weenie-a single tire lever (honestly, that is all you really need to get a clincher off of the rim). A two-dollar pair will suffice and it is up to you if you wish to add some bling to them IE: gold coating and diamond studding.

Who says a dollar bill can't buy anything anymore? It can buy you a trip home should you slice your tire bad enough that it would blow the new spare you just installed. A dollar bill has fabric in it and makes a great boot for the inside of your tire. Install it where the cut is and inflate the spare. It is your choice if you feel the need to carry a \$20, \$50 or \$100 bill.

If you are flat prone (as some of us are) and you run out of spare tubes, then get a patch kit to patch one of your punctured tubes. Parktool makes a great kit called "Superpatch" and it consists of peel-off adhesive patches that you simply apply to the inner tube: Presto! You are back on the road in no time.

I remember Rob Erbeau telling me a story (Rob is always good for a story) about a guy who broke his chain thirty-five miles out on a ride. He would walk up the hills, then coast down as far as he could. I believe he is still coasting back to the Velo.... You can fix that chain by carrying a spare Hyperglide pin and a multitool that has a chain cutter and pin insertion tool.

Now that I have mentioned multitools, get one of those as well. You don't need one that has every widget, hootus framus gadget that is known to man, just get one that has a few allen wrenches, a chain cutter and pin insertion tool. I like the Hexus 16 by Topeak.

A few other items that might be good would be some duct tape, a few plastic wire ties and for those who wish to be prepared, a spare derailleur cable and/or brake cable. OH! About my friend who didn't like his wife's saddlebags, he bought a custom Serotta completely quilt free and he didn't have to lie and tell his wife he spent significantly less than he did...

~Glenn R. Toth

Announcements, Tidbits and Other Really Great Rides.

LiveStrong Challenge

Please mark August 24, 2008 on your calendars. That is the date for this year's LiveStrong Challenge. I invite you to join our team for this memorable event. Last year, the LSC raised over \$2.25 million in a single day. Over 3000 riders participated. Our team raised thousands of dollars, and all team members had an incredible day. The ride is one of the most professionally supported rides you will ever encounter. Completely first class all the way. The community welcomes the riders as we roll through the countryside, cheering us on because of the gravity of our cause.

I urge you to join our team or to make a donation in support of one of our team members. You can learn more about the LiveStrong Challenge by visiting the Lance Armstrong Foundation Web site at www.livestrong.org. Click on links to the LiveStrong Challenge Philly, then find our team, The Wheelman Warriors.

See you on the road!

Rob Erbeau- Chief Warrior

VeloSwap

Flea Market at the Velodrome-a feeding frenzy of buying activity. Come prepared with a wad of cash to get unbelievable deals from socks to cycles. With all the great deals available, fistfights may occur-well, not really, but it is a frenzied rush to get the best deals. Most of the time, no good offer is refused!

Come out and also support our junior racers. Anyone willing to donate some baked goods, help out at the stand or want the juniors to sell some of your gear collecting dust (yes, there IS a market for 9spd Campy gear, older or newer gear of any make) for a small 20% fee, then contact Gwen Hoover at: Ghoover@ptd.net Come early to reserve your spot in line!



2008 Commerce Bank TRIPLE CROWN OF CYCLING

GEAR UP FOR VOLUNTEER SPOTS

Planning is well underway for the 2008 Commerce Bank Triple Crown of Cycling events, and now you have the opportunity to become a part of this world-class professional cycling series.

The public is invited to experience the excitement of professional cycling first-hand by volunteering with Pro Cycling Tour, the organizers of the Commerce Bank Triple Crown of Cycling. The dates and locations for the races are as follows:

Commerce Bank Lehigh Valley Classic – Tuesday, June 3, 2008

Commerce Bank Reading Classic – Thursday, June 5, 2008

Commerce Bank Philadelphia International Championship & Liberty Classic – Sunday, June 8, 2008

The series features the nation's biggest professional road cycling races with international athletes, live television coverage and community festival events.

"We always have room for helping hands and smiling faces," says Jerry Casale, chief operating officer of Pro Cycling Tour. "Whether you're a

die-hard cycling fan or just a fan of the outdoors, you are welcome to join us for what promises to be an incredible experience for the athletes, the fans and the cities of Reading, Allentown and Philadelphia. Show off your community pride and help us host safe and memorable race days for everyone!"

Hundreds of volunteers will be needed in the following areas: course marshals, stage crew, foreign language interpreters, hospitality, marketing and public relations, and driver support.

For more information about volunteer opportunities, requirements and sign-up procedures, go to www.procyclingtour.com or click on VOLUNTEER SIGN UP . You can also call 610-676-0390 ext. 106.

SCU Quad County Metric, Green Lane, PA

Saturday May 10, SCU Quad County Metric, Green Lane, PA

New for 2008: Register for the combo - Quad County Metric and Lake Nockamixon Century - and save \$5! Save time and money - register for both events for only \$45 with one convenient transaction. Receive two T-shirts (one long-sleeve Quad County Metric shirt on May 10 and one short-sleeve Lake Nockamixon Century shirt on August 24) if you register by April 27!

On Saturday, May 10, start from scenic Green Lane Park, Deep Creek and Snyder Roads, Green Lane, PA 18054, and ride 21, 31, 45, 53, 68, or 76 miles at your own pace on low-traffic back roads. The 21-mile route avoids the longest climb and is suitable for casual riders. The longer routes are on rolling to hilly terrain. The 53- and 76-mile routes include the 8-mile "Intensive Climbing Unit" extra-hilly segment with 1,200 ft additional climbing. A flat 10-mile ride on the unpaved Perkiomen Trail is also available.

Registration includes marked route, cue sheet, SAG support, rest stops, and a post-ride meal with vegetarian option. Rest stops have a large assortment of home-baked snacks.

Camping is available at the start location. Suburban Cyclists Unlimited <http://www.suburbancyclists.org/>

Phone 215-234-0170

centuries@suburbancyclists.org

Bike Freedom Valley June 15, 2008!

Benefits the Bicycle Coalition of Greater Philadelphia:

Registration: 7AM 1 Boathouse Row: Kelly Dr. @ Sedgely Dr

Mass Start: 7:45 AM

Routes: 8 mile River Drives path flat loop

22 mile Schuylkill River Trail, flat

44 mile Schuylkill River Trail into Valley Forge, flat

35, 50 & 68 mile loops with hills, which return on the trail;

Information and Registration:

<http://bikefreedomvalley.blogspot.com/>

or registration at: <http://www.bicyclecoalition.org/>

Questions: jill@bicyclecoalition.org or 215 BICYCLE

Great Green America Fest Metric Century Bike Tour

Sunday, May 4th. Part of the Great Green America Fest being held on the grounds of the Mount Hope Estate and Winery. Tour passes through scenic Northwestern Lancaster, Lower Dauphin and Lebanon counties with courses of 30 and 62 miles. All cyclists will receive a water bottle, lunch voucher (value \$8), and free admission into the festival. Register online at bikereg.com or the day of the event. The entry fee is \$30 for adults and \$15 for riders under 18 accompanied by a paying adult. \$10 of the registration fee will be donated to Ducks Unlimited to benefit their wetland and water fowl conservation programs. For more information: WWW.greatgreenamericafest.com See Flyer as well.

2008 Doylestown Kids Triathlon

Fanny Chapman Pool, Doylestown, PA, Sunday, June 1. A fun time for kids and adults! www.cyclesports.com for more information.

French Creek IRON TOUR: Cycling For Open Space.

Sunday June 22...Come ride the Iron Furnace country---have a blast! The French & Pickering Creeks Conservation Trust preserves land where iron blast furnaces and forges served as cornerstones of industry in colonial Pennsylvania. When you ride the Iron Tour, you'll agree that the ironmasters couldn't have chosen a more beautiful area.

Since 1967, The French & Pickering Creeks Conservation Trust has protected more than 8500 acres of open space in Chester County. Last year alone. Over 400 acres were preserved. Your participation in the Iron Tour helps us to continue these efforts.

Ride features

Rides for all levels, from beginners to accomplished cyclists

20, 50, 68, 100 mile course options

Well marked courses and cue sheets

SAG support

3 covered bridges on all routes

Quiet, lightly traveled roads and scenic countryside.

Amenities

LWA Quick Release

Fully Stocked rest stops with restrooms

FREE T-shirt if registered by June 8

After the ride enjoy:

Free lunch

FREE musical entertainment

Great picnic spot and playground for families

Professional massage (\$10 gratuity)

Register online at: www.irontour.org

For questions call: 610-469-0150 or office@frenchandpickering.org

Celebrating Women Conference

Friday, June 6 at the Holiday Inn Conference Center, Fogelsville.

Featuring the 2008 Athena Awards and the new Athena Young Professional Awards.

7:30 AM Registration, 8:30 AM-3 PM Conference. Includes Professional Development Workshops.

Keynote Speaker: Linda Armstrong Kelly- Mother of 7 time "TOUR de LANCE" winner and cycling champion, Lance Armstrong. Passionate activist, author and motivational speaker.

You can get the Chamber Discount by mentioning Lori Reinert.

For more information:

Contact Marta Anglade at Martaa@lehighvalleychamber.org or

610-841-5863 www.lehighvalleychamber.org

The Muhlenberg Bicycle Lending Program

This program (planned to kick off this Spring) will enable interested students to borrow a bicycle on a short term basis. This initiative is a joint effort of students, faculty and staff.






























They currently have three bicycles to get the program started...but they would like a few more. That's where you come in-we are looking for hybrid style bicycles in good working order. If you have a used bicycle in good condition that you would be willing to donate, please contact miles at: md232620@muhlenberg.edu

The Ride of Silence

May 21st

6:45 PM at the Allentown Fairgrounds 19th & Chew Sts.

The "Ride of Silence" is a world-wide event held the 3rd Wednesday in May at 7 PM local time. It is a ride to honor those cyclists either killed or injured in car/bicycle accidents. Riders pedal in complete silence at a pace of no more than 12 MPH for one hour. This is a solemn event, and riders should act accordingly. Black armbands are encouraged. Our goal is to raise awareness in the community regarding cyclists in the roadways. I am hoping to get over 100 riders to participate. We will obey all PA traffic laws and in no way impede or block traffic. The route will be a circumnavigation of downtown Allentown.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 Apr	28 Apr	29 Apr	30 Apr	1  CF Women on Wheels, Velodrome 5:15PM	2  CR Pedaling for Pizza , Coopersburg Giant 5:30PM	3  VELODROME SWAP MEET, VELODROME 8:30AM
4  BH Blue Mountain Madness, Bicentennial Park 10:00AM	5  CR The Monday Night Ride, Velodrome 5:45PM	6	7  BR WNR, Velodrome 5:30PM	8  CF Women on Wheels, Velodrome 5:15PM	9  CR Pedaling for Pizza , Coopersburg Giant 5:30PM	10  Quad County Metric, Green Lane Park, Green Lane PA 8:00AM  BR Cabela Ride, Velodrome 9:00AM
11 Mother's Day 	12  CR The Monday Night Ride, Velodrome 5:45PM	13	14  BR WNR, Velodrome 5:30PM	15  CF Women on Wheels, Velodrome 5:15PM	16  CR Pedaling for Pizza , Coopersburg Giant 5:30PM	17   DF Introduction to Group Road Riding, Rodale Park 10:00AM
18  BH Blue Mountain Madness, Bicentennial Park 10:00AM	19  CR The Monday Night Ride, Velodrome 5:45PM	20	21   DF The Ride of Silence, Allentown Fairgrounds, 19th & Chew 6:45PM	22  CF Women on Wheels, Velodrome 5:15PM	23  CR Pedaling for Pizza , Coopersburg Giant 5:30PM	24  DF 3 Trails Ride, Slatington parking lot by the bridge over to Wallnutport 1:00PM
25	26 Memorial Day 	27	28  BR WNR, Velodrome 5:30PM	29  CF Women on Wheels, Velodrome 5:15PM	30  CR Pedaling for Pizza , Coopersburg Giant 5:30PM	31  BF Schuylkill Trail Ride 9, Oaks, PA 9:30AM

LEHIGH WHEELMEN ASSOCIATION, INC
PO BOX 140
Trexlerstown, PA 18087

May 08

LWA Discount Sponsors

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

Accents "from head to toe"

Nail and Hair Salon
742 Linden Street
Bethlehem, PA 18018
610-867-5116

Aardvark Sports Shop

571 Main St Commons
Bethlehem, PA 18018
610-866-8300

Action Wheels

531 W. Broad St.
Bethlehem, PA 18018
610 866 1113
(discount excludes service)

Alburtis Neuromuscular Inst.

202 N. Main Street
Alburtis, PA 18011
610-967-3117

Bennigans Grill & Tavern °

Schoenersville & Stoke Park Rd
Bethlehem, PA18018
610-625-4700

Bike Line Allentown *

1728 Tilghman St.
Allentown, PA 18104
610-437-6100

Bike Line Bethlehem *

2112 Schoenersville Rd.
Bethlehem, PA 18018
610-691-0943

Bone Appetit Bakery

Healthy Treats for Pets
591 Main Street Commons
Bethlehem, PA 18018
610-332-2663

Cycledrome

8150 Hamilton Boulevard
Trexlerstown, PA 18087
(610) 398 6631
(parts & accessories only)

Finish Line Running Store

17 S. 12th Street
Allentown, PA 18102
610-432-9939

Fitness Plaza

(disc. on 6 mo membership)
1124 Glenlivet Drive
Allentown, PA 18106
610-481-0100

Grille 3501

3501 Broadway near
Cedar Crest Blvd in Allentown
(15% off lunches)
www.grille3501.com

Keswick Cycle Co *

408 N. Easton Road
Glenside, PA 19038
215-885-7433

Longswamp Bed & Breakfast

1605 State Street
Mertztown PA 19539
610- 682-6197

Perkins Restaurant °

2100 W Union Blvd
Bethlehem, PA 18018
610-974-9900

Red Robin Allentown °

Tilghman Square Mall
Allentown, PA 18104
610-366-1776

Red Robin Bethlehem °

1875 Airport Road
Bethlehem, PA 18017
610-266-1776

Red Robin Easton °

3716 Easton-Nazareth Hywy
Easton, PA 18042
610-515-1111

Saucon Valley Bikes *

648 Main St.
Hellertown, PA
610-838-1500
www.sauconvalleybikes.com

South Mountain Cycles And Coffee Bar *

303 Main St., Lower Level
Emmaus, PA 18049
610-967-4490

Spokes Bike Shop

16590 Route 61
Hamburg, PA 19526
610-562-8900

Southwest Trekking

Professional Guide Services
www.swtrekking.com
Tucson, AZ

Therapeutic & Sports Massage

1744 Elmwood Drive
Whitehall, PA 18052
610-774-0426

* discount on labor and accessories only

° please present card before ordering