



April 2026

Lancaster, Pennsylvania

Spring 2026

HELFRICH BICYCLES UPDATES

Happy Spring, everyone! This year's repair season started a little early, with clients pulling bikes out of garages and sheds, even in the cold, to get ready for the warmer weather ahead.



Thank you, as always, for your continued business and support. I truly appreciate the opportunity to help keep your bikes rolling, and I always enjoy the conversations when I visit. Special thanks to new clients Jason, Virginia, Charles, Jeff, Michael, Jen, Devon, and Bob for the early season support!

SPRING BIKE WAKE-UP CHECKLIST

Before you head out for your first ride of the season, take a few minutes to make sure your bike is safe, comfortable, and ready to roll. A bike that has been sitting in a garage, shed, or basement all winter may need a little attention before it is truly road or trail-ready.

- **Tires:** Inflate to the recommended pressure and check for cracks, dry rot, or worn tread.
- **Brakes:** Squeeze both levers to make sure they feel firm and responsive.
- **Chain:** If it looks dry, wipe it down and apply bicycle chain lube. Replace badly rusted ones.
- **Gears:** Shift through the gears to check for hesitation, skipping, or excessive noise.
- **Bolts and fit:** Make sure the seat and handlebars are fully secure, the wheels are seated properly, and nothing feels loose.
- **Accessories:** Check lights, bells, racks, and other accessories to be sure they are secure and working properly.
- **Test ride:** Take a short ride and listen for odd noises while checking braking, shifting, and overall comfort.

If something does not feel right, it is better to address it now before it becomes a bigger problem later.

BIKE REFRESH SPOTLIGHT



This pretty Schwinn was happy to leave porch duty behind and get back to rolling again.

WHAT YOUR TIRES ARE TRYING TO TELL YOU

I have seen several bikes recently with tires that were cracked, cut, badly worn, or beginning to fail, even though they may have looked “good enough” at first glance. Before your first rides of the season, take a moment to inspect your tires closely.



This Giant wanted a little more flair, and the new pink handlebar tape understood the assignment.



Look for cracked rubber, cuts in the tread or sidewall, frayed casing, worn-down tread, bulges, or debris stuck in the tire. These are all signs that a tire may no longer be safe or dependable.



This Trek got a fresh set of shoes and a tune-up, and it was ready to roll again.



Good tires do more than help prevent flats. They also improve comfort, boost confidence, and enhance safety every time you ride, whether around town or on the trail.

BEYOND LANCASTER: GREAT REGIONAL BIKE TRAILS

Looking to venture a little beyond Lancaster County this spring? South Central Pennsylvania and the surrounding region offer several scenic trail options that are well worth the drive, whether you are planning a casual afternoon ride or a longer day trip. Here are a few regional bike trails to consider for your next outing.



York County Heritage Rail Trail

The Heritage Rail Trail offers a scenic ride of about 27 miles through York County, beginning near the Maryland line and continuing north through several small communities into the City of York. Built along a former rail corridor, the trail blends local history with a peaceful riding experience and even connects with Maryland's Torrey C. Brown Rail Trail for those looking to extend the ride.

York Heritage Trailhead Parking:

- John Rudy Park: 400 Mundis Race Rd, York, PA 17406
- York City (by York College of PA): 620 Kings Mill Rd, York, PA 17403
- Brillhart Station: 2409 Brillhart Stations Rd., York, PA 17404
- Glatfelters Station: 6429 Glatfelters Station Rd, Seven Valleys, PA 17360

Cumberland Valley Rail Trail

If you are looking for a scenic ride beyond Lancaster County, the Cumberland Valley Rail Trail is worth a look. The trail includes nearly 13 miles from Shippensburg to past Newville, plus additional sections near Greason and Carlisle, offering a peaceful ride with attractive views and several convenient trailheads.

Cumberland Valley Trailhead Parking:

- Newville: 23 McFarland St, Newville, PA 17241
- Oakville: 401 Oakville Road, Shippensburg, PA, 17257
- Shippensburg Township Park: 304 Britton Road Shippensburg, PA, 17257
- Shippensburg Station: 51 E Fort Street, Shippensburg, PA, 17257

Union Canal Towpath Trail

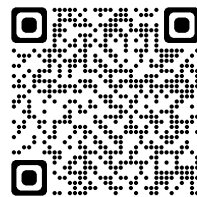
The Union Canal Towpath Trail in Berks County offers a scenic 4.5-mile crushed stone ride along Tulpehocken Creek, with connections to several county parks along the way. Riders can also link up with the Schuylkill River Trail and, by connector trail, the Blue Marsh Lake trail system, making it a nice option for a relaxing ride with a little regional variety.

Union Canal Towpath Trailhead Parking:

- Berks Leisure Area: 1803 Tulpehocken Rd, Wyomissing, PA 19610
- Gring's Mill Recreation Area: 2083 Tulpehocken Rd, Reading, PA 19610
- Swiftwater Access Area: Swiftwater Ln, Leesport, PA 19533

Need Service? Schedule with Me

Simply schedule using the QR code below or go to helfrichbicycles.com and click on "Schedule a Bike Repair." Referrals are greatly appreciated!





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