HOLIDAY GIFTING 2014

This year, the LWA is once again collecting donations for people in need and for those less fortunate than ourselves in the Lehigh Valley Area. We have once again partnered with three local organizations - Community Bike Works, The Sixth Street Shelter, and Turning Point of the Lehigh Valley - to identify areas of need. The following link will direct you to our page at SignUpGenius.com where you can sign up for contributions.

Donations will be collected at the LWA’s annual holiday party on December 7, or you can contact me or any LWA board member or officer to arrange for a drop-off before the party. Alternatively, if you are donating a pre-paid gift card, it can be mailed to: LEHIGH WHEELMEN ASSOCIATION, P.O. BOX 40, TRELERTOWN, PA 18087-0140.

The gift wishlist includes:
From The Sixth Street Shelter---Five individuals (ages 6-46), each with five requests.
From Community Bike Works---Eight types of gifts that the kids would like (ages 9-13)
Turning Point of the Lehigh Valley---A need for gift cards to department stores & pharmacies, gas cards, bus passes.
HOLIDAY GIFTING, continued from p.1

http://www.signupgenius.com/go/10c0e4ea4a72fabf85-2014

"What we spend, we lose. What we keep will be left for others. What we give away will be ours forever." David McGee

"We make a living by what we get. We make a life by what we give." Winston S. Churchill

"You can give without loving, but you cannot love without giving." Amy Carmichael

"For it is in giving that we receive." Francis of Assisi

"Love only grows by sharing. You can only have more for yourself by giving it away to others." Brian Tracy

Thanks in advance for your generosity.

Jack Helffrich    LWA President 2012-2014

THE PREZ SAYS---ONE FINAL THING

One final thing.

This is my last 'editorial' as president of the Lehigh Wheelmen Association. Yes, it's a lame duck time. I would really love to pull an FDR and hang around until death do us part, but there's that pesky language in our club's Constitution and By-laws. Three and out.

So its "adios muchachos, sayonara, TTFN, au revoir, hasta la vista baby, catch you later, ciao, auf wiedersehen", etc. Not that I am actually going anywhere.

Looking back over the past three years, its apparent that one of the things that makes the LWA a really great club - and that has made being president so enjoyable - is the number of individuals who volunteer and get involved with our activities. A lot of people dedicate a lot of hours to this, and it is appreciated by our membership.

At the risk of overlooking someone, let me say THANK YOU! to a few of our members.

Paul Smith - A superb Vice President of Touring. Paul organized some great out of bounds rides, led many local rides, revamped the Gap Gallop, and tabulated ride data. He's the best.

Torie Loven and Mo Porter - A doctor and a nurse by day, they are also dedicated and efficient secretaries who were faithful to attend meetings and record the minutes.

Dave Sheffield - The best treasurer money can buy, and we don't even pay him.

Terry Terfinko - For managing our website, keeping it current and effective, and for helping to develop a budget.

George Mack - For taking the Quick Release to a new level. Enjoyable reading.

Richard Baldock and Rob Smith - For keeping our membership records up to date and accurate.

Lenni Maguire - For auditing our financial records.

Carl Zvanut - For having the good sense to agree with Lenni during the audits.

Ron Helmuth - For organizing rides in Juniata County and NYC. Now that's diversity.

Debby Terfinko - For organizing the Grill and Chill's and the annual holiday party.

Mike Solliday - For serving as the unofficial 'Minister of Happiness' and keeping me sane(ish).

Lenni Maguire - For volunteering (yes, actually raising her hand) to proof read the proposed revisions to our Constitution and By-Laws.

Fritz Walker, Dean Hower, Mike Solliday - For organizing the annual club picnic and rides.

Dick McCreight - For publicizing our events and proposing the Buffalo Bike donations.

Jane Derby - For selling 130 pairs of socks in less time than it took to type this.

Matt Molchan - For providing unsolicited culinary treats.

Brian Cincera, Keith Gourley, Brian Wacik - For taking the Donut Derby to new heights.

Keith Gourley - For updating our sign-in/waiver, and then explaining it to us.

Mike Solliday, Mo Porter, Dean Hower - For serving on the nominating committee.

Nancy Sheffield - Thanks for coordinating our participation in Bike Virginia.

Speakers - Thank to everyone who has make a presentation at a club meeting.

Faithful followers - Thanks to all who have attended and participated in club meetings.

Ride leaders - Thanks to each. This is the core of the club.

Board Members - Thank you for serving.

Holiday gift givers - Thanks to all who donated.

Volunteers - Thanks to everyone who helped in any way.

That list represents the dedication of many hours of work to keep the club functioning efficiently. In 2015, make it your goal to thank those who are responsible for helping you to enjoy your time on the bike, and to volunteer to make the LWA even better.

Jack Helffrich    LWA President 2012-2014
BUFFALO BIKE UPDATE

In September the LWA board voted to fund three Buffalo Bikes to provide transportation to students, aid workers, and businessmen in Africa. We’re pleased to announce that four more bikes have been donated to World Bicycle Relief by LWA members bringing our 2014 total to seven bikes! Do you struggle to find that perfect gift for a parent or other relative during the holiday season? Consider giving a $134 Buffalo Bike in their honor and help significantly change the life of a person in Africa.

Visit [www.worldbicyclerelief.org/mobilizeme2013](http://www.worldbicyclerelief.org/mobilizeme2013) to see how Buffalo Bikes impact lives in Africa.

To donate go to [www.worldbicyclerelief.org/donate](http://www.worldbicyclerelief.org/donate).

Donations are tax-deductible. If you make a donation, drop a note to dickmcc@ptd.net so that we may track the total LWA donations to World Bicycle Relief.

Thanks, LWA, for sharing our love of bikes beyond our borders and making a difference in our world.

Dick McCreight   LWA Boardmember

LWA HOLIDAY PARTY REMINDER
DECEMBER 7, 2014

The Lehigh Wheelmen will celebrate the Holiday Season with a dinner dance on Sunday, December 7, at Green Pond Country Club, Bethlehem. Festivities will commence with a cocktail party & cash bar at 5:30pm followed by a sit-down dinner at 6:30pm. After dinner fellow cyclist, Eric Rigler, will provide us with music for dancing!

Debby Terfinko

LWA ELECTIONS 2014

The annual election of officers and board members of the Lehigh Wheelmen Association will be held on December 7, 2014, at 7:00 PM at the LWA Holiday Party at the Green Pond Country Club, 3504 Farmersville Rd., Bethlehem, PA, 18020. As established in the LWA Constitution & By-laws, the election will be held at the last monthly membership meeting of the year. This meeting follows dinner at the annual holiday party, and all LWA members in good standing are encouraged to attend. You do not have to sign up for the dinner in order to vote.

The following individuals have been nominated by the nominating committee:

President.........................David Sheffield
Vice President of Touring.......Paul Smith (incumbent)
Vice President of Racing........Sallie Urffer (incumbent)
Secretary...........................Torie Loven (incumbent)
Treasurer.........................Tina Lawrence
Board Member....................Carl Zvanut (2 year term)
                          Dick McCreight (2 year term)
                          Glenn Davis (1 year term)

In addition, nominations will be accepted from the floor at that time.

Jack Helffrich   LWA President   2012-2014

LWA MEMBERSHIP REPORT
DECEMBER 2014

New Members
Ray Terek & Laura Zitzer
Troy Painter

Membership
Individual ~ 216 (-1)
Family ~ 76 (+2)
Units ~ 292 (+1)

Total (Minimum) Members ~ 368+ (+3)...

Apologies in advance for any errors, omissions or redundancies.

Richard Baldock & Rob Smith   LWA Membership
NEVER NEVER LAND

Neil Dicker

Out on the road today.
Just 31 miles of flat land.
But.
I continue to see what God has given us.
From the blue skies and green fields.
The tall corn and the distant hills.
Feeling the cool early winter breeze,
And being surrounded by my brothers.

Souls who have become so intimately bound.
By humor and speech.
Where words are second to glances.
And where ideas ebb and flow
As easy as the thoughts in our minds.

It is a miracle that we all are aware of.
That something greater than ourselves has been born.
From years of traveling on our bikes.
A brotherhood of kindred souls.

A word leads to a glance.
A thought encompasses our speech.
The welfare for each other is never
Far from our connections.

On each ride something is born.
And the connections deepen with
The passage of time.

It has become clear that time
Is on our side
For now.
But how we are so aware of the fleetingness of the moment.
If I had but one wish for us
It would be to stop time right now
Let it be this way for a very long time.

May the wind be at our backs.
Let the hills continue unabated
And let our souls continue to connect
As the caring and love
Yes love
Continues to propel us into the future.

NEW RIDE LEADER
REPORTING METHODS

The Lehigh Whelemen ride-year runs from December 1st to November 30th. Starting on the first day of December 2014 the club will be implementing a new ride leader reporting procedure which consists of two easy steps.

1. We want to keep our number of rides and riders as current as possible so that we may acknowledge our top ride leaders each month and report year-to-date progress. When you, as a ride leader, complete a ride, simply e-mail lwarideleader@ptd.net and report your name, the date of your ride, and the number of riders (including yourself) on the ride.

2. We are required by our insurance company to keep copies of the ride leader sheets. These sheets are the property of the LWA and must be turned in. Starting December 1, 2014, you'll have a choice of three methods to submit your ride leader sheets:

a. Simply place them in the mailbox in the velodrome barn. This will be installed outside the LWA locker (through the door, first left, end of hall on right).
b. Give them to Dick McCreight after a ride.
c. Mail them to Dick McCreight, 1256 Divot Drive, Allentown, PA 18106.

Thanks to our fantastic crew of ride leaders. We're looking forward to another great year of LWA club rides! See Paul Smith's article about rides and ride leaders for the past year below.

Dick McCreight
LWA Boardmember

INDOOR WINTER
TRAINING PROGRAM

Merchants Square Mall, Allentown PA
1901 S 12th St, Allentown, PA 18103
Tuesday and Thursday nights at 6:30 pm Start

First one is FREE. Come and check out this training program. Spin Bike Provided with cages, LOOK or SPD pedals. Cycling Computer on the bike for MPH readout.

Pricing depends on the nights and number of classes you select.

Program run until March 5th 2015. Great way to keep or build that fitness.

Webpage: www.chipscyclingstudio.com
Info contact: Chip at chipberezny@gmail.com or cell 484-602-6543

Chip Berezny
A YEAR END REFLECTION: LWA RIDES AND RIDE LEADERS

We have tallied the ride sheets submitted so far through Nov 17. Based on our counts (which I think are pretty close), 318 rides were led in 2014. That figure only represents rides reported and ride sheets submitted. Some members led one or two rides, others led 25 or more.

A few points from the ride tally (as of Nov. 17):

1) A total of 318 rides.
2) 24 members led at least 1 ride
3) 18 members led 5 or more rides
4) 14 members led 10 or more rides
5) 9 members led 15 or more rides
6) 7 members led 20 or more rides
7) 3 members led 25 or more rides
8) 2 members led 30 or more rides

All club members owe a special thanks to the many club members who step up to post and lead club rides. Without people willing to post and accept the responsibility, we wouldn’t have such an active club. The January QR will feature a more complete recognition of the individuals who have made significant contributions to the club by leading regular rides.

Paul Smith  LWA Touring
GMack  QR Editor

A YEAR-END REFLECTION: 2014 NEWSLETTER CONTRIBUTORS

Thanks to the following club members who submitted articles to the 2014 Quick Release, the monthly club newsletter. You helped keep club members informed and you certainly made my job easier by supplying always interesting, sometimes inspirational, sometimes entertaining, and sometimes controversial material.

Many club members (listed alphabetically by first name---I can do that---I am the editor) contributed regularly and often.

Adam Muzalewski
Art Hunsberger Jr.
Brian Wacik
Carl Zvanut
Chip Berezny
Dave Sheffield
Debby Terfinko
Dick McCreight
Hansel de Sousa
Jack Helffrich
Janna Baum
Maureen Porter
Neil Dicker
Paul Smith
Richard Baldock
Rob Smith
Ron Helmuth
Sallie Urffer
Terry Terfinko

A special thanks to outgoing club president, Jack Helffrich, who wrote over 65 articles for the newsletter over his three year tenure as club president and my three year tenure as newsletter editor. Jack, who rarely seems to have too little to say, contributed many sometimes interesting, often informative, sometimes inspirational, sometimes, surprisingly, self-deprecating, but always entertaining articles to the Quick Release. In addition, of course, he receives credit for contributing more photos to both the Meetup ride photo pages and the Quick Release than almost all other club members combined.

Also, thanks to a brief but significant encounter with a wasp on a club ride in August 2012, Jack also provided inspiration for a story I composed about human/istinging insect interaction on a bike ride and a rather convincing impersonation of the Incredible Hulk in the photo taken of the results.

GMack  QR Editor

A YEAR-END REFLECTION: 2014 CLUB PHOTOGRAPHERS

Thanks to the LWA club members (listed in no particular order---I can do that---I am the editor) who posted photos of different group rides and cycling events to the LWA club pages on MeetUp and directly to the Quick Release. Their photos found on MeetUp offered choice picking to complement and supplement the material written for the newsletter each month.

Ann Bunch
Brad Fritges
Dick McCreight
Tim Riley
Terry Terfinko
Jack Helffrich
Acer Bryan
Paul Smith
Paul Fisher
Kris Rigler
Jane Derby
Janna Baum
Frank Walsh
Ron Helmuth
Al Ottinger
Joe Zenz
Patricia (no last name given)
Kathy C (no last name given)

I apologize in advance for any oversights or omissions.

GMack  QR Editor
NEW HOUR RECORD SET
SEPTEMBER 18, 2014
OCTOBER 30, 2014

Just six weeks after Jens Voigt set a new Hour Record of 51.1 km (31.7 miles), Matthias Brändle, 24 year-old Austrian cyclist, beat Voigt’s distance by over 700 meters, setting a new record of 51.852 km (32.219 miles) on the 200 meter track in Aigle, Switzerland. Brändle rode a modified Scott Plasma 5 TT frame with double disc wheels and a 55/13 drivetrain. The record setting bike weighed 15.87 lbs. even with the double disc wheels.

For more on the bike check out the following link: http://tinyurl.com/velonews-com-brandle-bike

On September 18, 2014, one day after his 43rd birthday, German cyclist Jens Voigt completed 51.1 km (31.7 mi) on a purpose-built Trek single-speed bike at the Velodrome Suisse in Grenchen, Switzerland. Voigt tied the previous record of 49.7 km set by Czech rider Ondrej Sosenka in 2005 with about 1 1/2 minutes left to ride. At age 43, Voigt was also the oldest rider to ever set this record.

Matthias Brändle joined many fellow cyclists, such as Eddy Merckz, who not only set the record at one time but also called the one hour attempt one of the hardest events in their cycling career. After setting the new record, Brändle described the rigors of the ride in which he averaged over 52 kph (32.3 mph) for most of the hour as follows: “I feel really great, but during the race it was so hard...the closer the hour comes, the easier it is because you know it is coming to an end and you can handle the pain. First I was sure with 30 minutes that I could do it, but then I had a difficult period. I hoped I could recover, and in the end it was enough. I am really happy about it.”

Merckz, four time winner of the Tour de France, called his one-hour attempt “the hardest ride I have ever done.” “It’s not possible to compare the hour with a time trial on the road. Here it’s not possible to ease up, to change gears or the rhythm. The hour record demands a total effort, permanent and intense, one that’s not possible to compare to any other. I will never try it again,” said Merckz after his historic ride.

In May 2014, the UCI scrapped its previous rulings on the Hour Record, dropping “Athlete Record” and “Best Human Effort” in favor of a single hour record with regulations in line with modern UCI track rules. That means that as UCI track cycling rules change, so will the rules for the hour.

Brändle was a relatively unknown Austrian rider before he became the new “One Hour Man.” He is the youngest hour record holder in 57 years, since Frenchman Roger Rivière broke it for the first time in 1957 at 21. At at age 20, Brändle had also been the youngest cyclist in 30 years to finish the Giro d’Italia in 2010, his first grand tour. Matthias was described by his team coach as follows: “You see him in the stages, he can do 250km and win. He’s a breakaway rider, a stage winner like what we saw in the Tour of Britain this year.”

How long Brändle’s record will stand is already in question, of course, as other elite cyclists have announced plans for their own attempts. Tony Martin, Three-time World Time Trial Champion, Thomas Dekker, two time Dutch National Time Trial Champion, Alex Dowsett, British National Time Trial Champion, Alex Rasmussen, Danish track racer, and American Taylor Phinney have expressed interest in taking on cycling’s revived and renegotiated premiur individual event.

Joining that group is British Time Trial Champion, Tour de France Winner, and 2014 World Time Trial Champion Bradley Wiggins, who recently announced his intent to attempt to set the record this June or July. Many writers have expressed that Wiggins could set a mark that will stand for several years rather than six weeks.
NEW HOUR RECORD SET, continued from p.6

Recent Hour Record Holders:

Matthias Brändle (AUT) 51.852km Switzerland, 30/10/2014
Jens Voigt (GER) 51.115km Switzerland, 18/09/2014
Ondrej Sosenka (CZE) 49.700km Moscow, 19/07/2005
Chris Boardman (GBR) 49.441km Manchester, 27/10/2000

---All records below set prior to the Lugano Charter---

Chris Boardman (GBR) 56.375km Manchester, 06/09/1996*
Tony Rominger (SUI) 55.291km Bordeaux, 05/11/1994
Tony Rominger (SUI) 53.832km Bordeaux, 22/10/1994
Miguel Indurain (ESP) 53.040km Bordeaux, 02/09/1994
Graeme Obree (GBR) 52.719km Bordeaux, 27/04/1994*
Chris Boardman (GBR) 52.270km Bordeaux, 23/07/1993
Francesco Moser (ITA) 51.840km Mexico, 15/01/1994
Graeme Obree (GBR) 51.596km Hamar, 17/07/1993†
*Superman position
†Tuck position

sources:

http://tinyurl.com/cyclingweekly-dekker-recordatt
http://tinyurl.com/velonews-competitor-brandle
http://www.cyclingweekly.co.uk/tag/hour-record
http://tinyurl.com/velonews-com-voigtrecord
http://tinyurl.com/triathlete-jensvoightrecord-at

For more on the history of the Hour Record, check out “Bits on Bikes” in the June 2013 edition of the QR.

GMack  QR Editor

LWA CLASSIFIEDS

| ARTICLES FOR SALE |
| WANTED |
| 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 security deposit required for any rental. Contact Dick McCreight dick.mccreight@juno.com

Ads must be private buy/sell/wanted/etc. having to do with bicycling and/or other sports. Ads must be submitted by the 20th of the month to appear in the following month’s newsletter. Send ads to gbmac@ptd.net

MIRRORS, HAND SIGNALS AND UNINTENDED RISK

There has been a recent push amongst some ride leaders for the the adoption of rear view mirrors and hand signals.

In his seminal book Risk, John Adams stresses that the law of unintended consequences is not appreciated by hierarchists and many egalitarians, the very people who suggest and enforce rules of many organizations, our LWA being a good example.

Risk management experts claim we unconsciously set a level of personal risk that more or less remains constant, despite the adoption of various safety measures. For example, we tend to ride faster in the rain when using disc brakes than when using less effective rim brakes, thus adjusting for the added safety feature and keeping the degree of danger constant.

Just as seat belt legislation has not significantly decreased the number of fatalities because road traffic deaths have been shifted from vehicle occupants to cyclists and pedestrians (as drivers tend to go slightly faster when belted), cyclists’ use of rear view mirrors and hand signals may well place them at greater risk of injury.

Looking into a rear view mirror borrows time from the view of a possible road crator right in front of you. Although scanning the road ahead before a quick glance in the mirror is probably a safe way to use a mirror, it can't substitute for the information relayed to the car or cyclist behind you when turning your head to glance back. In traffic, many cars will back off when you glance back at their lane. Hence cyclists using rear view mirrors may be less predictable, unless they consistently use hand signals. But how stupid is that, to remove your hand from your brake, especially when in traffic and making a left turn?

A fatal traffic accident occurred in Nazareth this past August. A helmeted teenage cyclist on a DIY-motorized bicycle, using a rear view mirror and hand signals, while getting ready to make a left turn into approaching intersection, turned into the path of an oncoming tractor trailer. Newspapers said the cyclist signaled a left turn from the shoulder of the road. A car let him into the traffic lane; his signal arm was also his front (and only) brake hand. The roadway was pitched slightly downhill. He was most probably accelerating as cars were slowing as they approached the intersection. The car behind him in his rear-view mirror could have distracted him from the oncoming traffic when he tried to avoid rear-ending the car in front of him. Neither a helmet, rear view mirror nor hand signals kept this cyclist safe, and in this case, it's much too easy to blame the victim for his own death.

From the Cultural Theory of Risk:

Hierarchists believe in the need for a well-defined system of rules, and fear social deviance that disrupts those rules.

Egalitarians live in voluntary associations where everyone is equal and the good of the group comes before the good of any individual. In order to maintain their solidarity, egalitarians are
UNINTENDED RISK, continued from p. 7

sensitive to low probability-high consequence risks and use them to paint a picture of impending apocalypse.


References used in the article:

Hansel de Sousa

THE VELO SHOP
NEW BIKE SHOP
NEW LWA SPONSOR

THE VELO SHOP PRESS RELEASE

A new bike shop to be known as The Velo Shop is due to open this coming March on the grounds of the Valley Preferred Cycling Center in Trexlertown. This exciting new venture will be owned by local track icon, Becky Quinn. When asked to comment on her new shop, Becky said: “I am simply thrilled to have this opportunity. I grew up on this track and it has been home base for me in terms of all the success I enjoyed racing my bike internationally. To me, coming home always meant coming back to T-town. This is a special place and we have every intention of making The Velo Shop a special bike shop that reflects the atmosphere of the track that I so love.”

“I have not only raced my bike all over the world, I have seen the level of service and dedication that some of the top bike shops in the world bring to their customers. We want to replicate that experience for our customers. We have been very careful in selecting our brands. I’ve personally ridden them all, and they are some of the finest bikes I’ve ever tried. And, it is important to us to always give our customers sound choices, whether it’s a choice in bikes, wheels, components or accessories. Choice is good.”

“When all is said and done, for me it’s about the love of the bike. The joy, freedom and exhilaration I experience every time I ride is something I want to share with others. My husband, Eric Hall has a saying: ‘Happy Riding.’ For us, that’s what it’s all about.”

Read more about The Velo Shop at their website, www.theveloshop.net. They can be reached via email at: info@theveloshop.net.

A NOTE TO THE LWA FROM NEW SHOP OWNER

We are very excited about the opportunity to service the needs of our local cycling community.

We would be happy to offer a 10% discount to LWA members in good standing on all accessories. As to bicycles, all of our suppliers have provisions in their dealer agreements which strictly enforce msrp and prohibit discounts on their merchandise. Thus, we will not be able to extend the discount to bicycles.

We look forward to seeing The Velo Shop listed as a sponsor in the LWA newsletter.

Becky Quinn        The Velo Shop

EDITOR’S NOTE: The Velo Shop will be opening in March; however, bicycles and accessories are already available through the online store which is already up and running. Contact may be made through contact information on their website. www.theveloshop.net

GMack   QR Editor

SURVEYING CYCLISTS

Digital Research, an independent market research firm, wrote Bike Bits to report that they’re conducting a short survey to learn more about avid cyclists — what types of people enjoy the sport, what role cycling plays in their lives, and how cycling impacts the communities they cycle in.

Here’s their official word: "This survey is purely for research purposes (no personal or identifying information will be collected), and should take no more than 10 minutes of your time.

Your responses remain anonymous and will never be used for marketing purposes. Your participation in this research will help show why cycling matters!" Those who complete the survey can opt to have their name entered in a drawing for one of several prizes.


Bike Bits is a free twice-monthly newsletter on cycling topics on the Adventure Cycling website. You can sign up for this informative newsletter on the Adventure Cycling website.

http://www.adventurecycling.org/resources/bike-bits/

Jack Helffrich    LWA President
The QRQ of the Month for November 2014 was to provide a caption for the following "cycling" photo:

![Cycling Photo]

The response generated from LWA members was rather underwhelming but not terrible, as is often the case; therefore, this monthly newsletter feature will continue for now, but it’s future is still, as is often the case, uncertain. Thanks to the few club members who thought the photo deserved a caption.

"Want to race?!
Andrea Deimel

"Hey buddy...did you see that crazy biker hit me?!?"
Clyde Odom

Moose: "Hey, Rocky, watch me pull a rabbit out of my hat?"
Cyclist: "Again?"
Paul Pietrusewicz (aka "Fleetwood Paul")
---Ya just can't beat the original Rocky and Bullwinkle Show
https://www.youtube.com/watch?v=CuWhgyGWkgE

"I'd recommend the cyclist maintains a 4' clearance from the moose."
Jack Helffrich

"I said invite the guy with the Moots, not the Moose!"
Ignatius J. Riley

"I'd rather be chased by a dog."
Jack Helffrich

"Now that’s an even better training partner than Eddy!!!"
Myrna Minkoff-------see clip from American Flyers at
https://www.youtube.com/watch?v=p8uP-dxIlKQ

"Ya gotta have a Moots when you see a Moose!!!"
Ron Helmuth Team Moots

The QRQ of the Month for December is to again provide a caption for a "cycling" related photo:

![Cycling Photo]

Submit your responses to the QR by December 20, 2014.
Email to gbmack@ptd.net.

GMack QR Editor

LOOKING BACK AT PAST POTLWA

With the 2015 LWA election right around the corner (actually, next weekend) I thought longtime LWA members might like a trip down memory lane with a look back at previous LWA club presidents. Unfortunately, information about the presidents from 1982-1989 is apparently missing. If any members have this information, please send me an email at gbmack@ptd.net for inclusion in a future newsletter.

2012-2014 - Jack Helfrich
2011 – Mark Zappe
2009-2010 – Phil Esempio
2008 – Jack Helffrich
2006-2007 – Sallie Ulffer
2003-2005 – Lorie Reinert
2000-2002 – Scott Farmer
1999- Ted Koven
1996- 1998 - Barron Bregenzer
1993-1995 – Deborah Nellson
1990-1992 - Paul Bednarczyk
1982-1989 - ???
1979-1981 - Ellen Dorsey
1977-1978-Mike Solidday
1972-? – Lenny Vreeland
1971 – Andy Taus
1968-1970 – Phil Petrick

GMack QR Editor
Rush hour in Utrecht, Amsterdam

MOST BICYCLES PER CAPITA
PER COUNTRY IN THE WORLD

“Having a hammer in the tool box doesn't make you a carpenter. Owning a bicycle doesn't mean you're a bicyclist.”---xizangstan, 2010, Bike Forums

According to most sources, there are more than a billion bicycles in the world, at least twice as many bikes as there are cars. In recent years bike production has climbed to over 100 million bicycles produced per year compared to approximately 50 million cars. In many countries outside the United States, where most bicycles are considered sport or leisure vehicles, bikes are the major mode of transportation and are used for much more than single rider transport, being used as taxis, delivery vehicles, and concession transport. In the Netherlands, for instance, bikes are used as mobile coffee concessions.

EDITOR’S NOTE: The figures provided below derive percentage (%) of cyclists by dividing number of bicycles by number of people, an erroneous method to determine percentage of cyclists (see quote at beginning of this article); however, the figures presented, if accurate, do approximately represent total of bicycles per capita in each country.

5. NORWAY
   • People: 4,943,000
   • Bicycles: 3,000,000
   • Cyclists: ~60.7% (see note above)

4. SWEDEN
   • People: 9,418,732
   • Bicycles: 6,000,000
   • Cyclists: ~63.7% (see note above)

3. GERMANY
   • People: 81,802,000
   • Bicycles: 62,000,000
   • Cyclists: ~75.8% (see note above)

2. DENMARK
   • People: 5,560,628
   • Bicycles: 4,500,000
   • Cyclists: ~80.1% (see note above)

1. NETHERLANDS
   • People: 16,652,800
   • Bicycles: 16,500,000
   • Cyclists: ~99.1% (see note above)

Perhaps the number of cyclists cited based on erroneous math explained above is not accurate; however, the Netherlands definitely has the most bikes per capita and continues to be the most bike active and bike friendly country in the world. In the Netherlands 27% of all trips and 25% of trips to work are made by bike. The average distance cycled per person per day is 2.5 km.

USA
People: 310,936,000
Bicycles: 100,000,000
Bicyclists: ~32.2%
In the USA only 0.9% of all trips are made by bike. The average distance cycled per person is 0.1 km.

sources:
http://tinyurl.com/top10hell-mostbikespercapita
http://tinyurl.com/bike-forums-mostbikes-country

For a great video of bicycle morning rush hour traffic in a city in the Netherlands, check out the following video link provided by Hansel de Sousa:

https://www.youtube.com/watch?v=n-AbPav5E5M#t=92

GMack QR Editor
FAVORITE CYCLING FOTO OF 2014 ???

Got a favorite cycling photo from 2014? Would you like to share? I, QR Editor, at least for now, would like to include a member’s collection of favorite cycling photos from club members and club rides for 2014 in the January newsletter.

If you have a favorite photo you’d like to submit, please send it as an attachment to gbmack@ptd.net by December 20, 2014. You may send more than one photo; however, I, the QR editor, at least for now, reserve the right to limit number of photos included from any one contributor.

Remember to send your favorite cycling photo or photos by December 20, 2014 to gbmack@ptd.net. Feel free to add a caption if you like.

GMack QR Editor

JOIN THE LWA

The LWA, established in 1951, continues to be the Lehigh Valley’s largest cycling organization, with a full program of recreational rides and racing. The club offers both road and off-road rides, which are listed on the club website.

LWA memberships are $15 an individual and $25 for a family. You can join the LWA online on the club website www.lehighwheelmen.org. Simply click on the JOIN tab below the club logo to complete your application.

MANAGING YOUR MEMBERSHIP
A NEW YEAR REMINDER

Have you ever wondered when your membership expires? You could look on your membership card or check it on the website. Look for the membership menu on the left hand side of the screen under login. Select Renew Subscription.

The number of days remaining before your membership expires will be displayed. When the number of remaining days drops to 30, you will receive an Email notification from the website.

Membership cards will be e-mailed via PDF file within 2 weeks of membership Join/Renewal. If you do not receive a card after 2 weeks, contact Richard Baldock, Membership Officer. Email: rv314159@rcn.com

Terry Terfinko LWA Webmaster

LWA FINANCIAL
MOST RECENT REPORT

In October, there was minimal financial activity as we start to close on the 2014 Touring & Racing year.

Touring Division -- YTD Touring Division is $3.1K favorable to budget due to successful Donut Derby and Gap Gallop events (profit $2.2 +$2.7 = $4.9K). All other income and spending items are close to budget. With the exception of the LWA Holiday Party & Ride Leader Awards (~$2.5K net expenses), I expect the 4Q expenses will be near $1K (including the Africa Bike contribution - approved in Sept LWA meeting). We should end the year approximately $2.5K favorable to budget with a solid $13K cash balance to start 2015.

Racing Division -- The racing season is winding down and had $20 activity in October. This LWA division will finish the year close to their 2014 budget and in a strong cash position.

Cash Balances:
Touring $16.9K (including the $1.0 Ytsma Donation)
Racing $15.2K.

Please see the chart on the following page for additional details. If there are questions or if you need additional information, please let me know.

Dave Sheffield LWA Treasurer
<table>
<thead>
<tr>
<th>Income</th>
<th>Touring</th>
<th>Racing</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dues &amp; Race Income</td>
<td>$ 5,245</td>
<td>$ 11,135</td>
<td>$ 16,380</td>
</tr>
<tr>
<td>GG &amp; JD</td>
<td>13,635</td>
<td></td>
<td>13,635</td>
</tr>
<tr>
<td>Other Income</td>
<td>2,322</td>
<td>610</td>
<td>2,932</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>21,202</strong></td>
<td><strong>11,745</strong></td>
<td><strong>32,947</strong></td>
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</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Touring</th>
<th>Racing</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Advertising</td>
<td>1,500</td>
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<td>1,500</td>
</tr>
<tr>
<td>GG &amp; JD</td>
<td>8,724</td>
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<td>8,724</td>
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<tr>
<td>Touring Rides (ES &amp; Amish)</td>
<td>375</td>
<td></td>
<td>375</td>
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<tr>
<td>Grill &amp; Chill</td>
<td>668</td>
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<tr>
<td>Cth Social Events</td>
<td>1,181</td>
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<tr>
<td>Insurance</td>
<td>1,676</td>
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<tr>
<td>Donations &amp; Gifts</td>
<td>103</td>
<td></td>
<td>103</td>
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<tr>
<td>Race Permits &amp; Insurance</td>
<td>1,545</td>
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<tr>
<td>Racing Expense</td>
<td>7,625</td>
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<tr>
<td>Race Officials</td>
<td>1,487</td>
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<tr>
<td>Barn Rental</td>
<td>450</td>
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<tr>
<td>W&amp;s Meet Up &amp; GPS</td>
<td>314</td>
<td></td>
<td>314</td>
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<tr>
<td>Affiliated Dues</td>
<td>102</td>
<td></td>
<td>102</td>
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<tr>
<td>Other (incl Paypal fees)</td>
<td>591</td>
<td></td>
<td>591</td>
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<tr>
<td>Clothing (Socks)</td>
<td>615</td>
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<td>615</td>
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<tr>
<td><strong>Total Expense</strong></td>
<td><strong>14,936</strong></td>
<td><strong>12,764</strong></td>
<td><strong>27,701</strong></td>
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<table>
<thead>
<tr>
<th>Oct (Month)</th>
<th>Major Cash Flow Items</th>
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<tbody>
<tr>
<td></td>
<td>Dues &amp; Other Income</td>
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<tr>
<td></td>
<td>PayPal (dues related)</td>
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<tr>
<td></td>
<td>Racing Activity</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$ 177</strong></td>
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<table>
<thead>
<tr>
<th>31-Oct-14</th>
<th>Assets</th>
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<tbody>
<tr>
<td></td>
<td>Touring Checking Acct</td>
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<tr>
<td></td>
<td>Ytsma Safety Course Balance</td>
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<tr>
<td></td>
<td>Touring Savings Acct</td>
</tr>
<tr>
<td></td>
<td>Racing Checking Acct</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$ 32,126</strong></td>
</tr>
</tbody>
</table>

| Total Operating Income       | $ 6,265 $ (1,019) $ 5,246 |
| Oct YTD Budget              | $ 3,147 $ (1,000) $ 2,147 |
| **Budget Variance**         | $ 3,110 $ (19) $ 3,099  |
LWA Discount Sponsors

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

**Action Wheels**
530 W. Broad St. #1
Bethlehem, PA 18018
610-866-1113
www.action-wheels.com

**BikeLine Allentown**
1728 Tilghman St.
Allentown, PA 18104
610-437-6100
www.bikeline.com

**BikeLine Bethlehem**
2112 Schoenersville Rd.
Bethlehem, PA 18018
610-691-0943
www.bikeline.com

**Bikesport**
325 West Main Street
Trappe, PA 19426
610-489-7300
www.bikesportbikes.com

**Curt’s Cyclery**
Route #248
Nazareth, PA 18064
610-759-5134
http://curtscyclery.com/
info@curtscyclery.com

**Cutters Bike Shop**
418 E. 3rd St.
Bethlehem, PA 18015
610-419-4207
www.cuttersbikeshop.com

**Fitness Central Bike Shop**
4337 Route 309
Schnecksville, PA 18078
610-769-7300
www.fitnesscentralinc.com

**Keswick Cycle Co.**
408 N. Easton Road
Glenside, PA 19038
215-885-7433
www.keswickcycle.com

**Saucon Valley Bikes**
824 Main St.
Hellertown, PA 18055
610-838-1500
www.sauconvalleybikes.com

**Sleeping Dog Professional Cycles**
330 W. Weis St.
Topton, PA 19562

**South Mountain Cycles & Coffee Bar**
303 Main St. Lower Level
Emmaus, PA 18049
610-967-4490
email: smcbikes@ptd.net

**Spokes Bike Shop**
16590 Route 61
Hamburg, PA 19526
610-562-8900
www.spokesbikeshop.com

**The Velo Shop**
Valley Preferred Cycling Center
1151 Mosser Rd
Breinigsville, PA 18031
267-374-3915
www.theveloshop.net
info@theveloshop.net
Grand Opening: March 7, 2015

**Village Bicycle Shop**
7 South Village Circle
Reinholds, PA 17569
610-742-4786
email: gs391@verizon.net

**SUPPORT YOUR LOCAL BIKE SHOP**