THINK THAW

AFTER THE
BIG CHILL
GRILL AND CHILL RETURNS

Grill & Chill nights begin Monday, April 27th! The LWA hosts these after-ride parties for their members once a month after the Monday night ride. We provide hot dogs, burgers, and non-alcoholic beverages. Members are welcome to bring side dishes and desserts. G&C nights for the season are now posted on the LWA Meet-up Calendar.

If you would like to help cook or serve at the Grill & Chill contact Debby Terfinko at debbyterfinko@gmail.com. Volunteers are always welcome to drop by!

Debby Terfinko

LWA RACING STARTS IN MARCH

March Training series will be starting this weekend and continue every Sunday in March. Races begin at 12 and end about 3-3:30. We need help at the two intersections for traffic control. Please spread the word and have anyone willing contact me ASAP.
sallie_pedals@gmail.com

Sallie Urffer
VP Racing
RETURN OF THE MONDAY NIGHT “A” RIDE

One of the highlights of my week during the season is the MNR (Monday Night Ride) that rolls from the Velodrome, usually around 5:30pm each week. Every pace (A, B, C, D...I've done them all) has a different mix of people and I love each one. It’s a great way to get to know your fellow club members, share experience and be connected by a common passion. If you've never come out for one of these or are a new club member (membership not required to join any ride), may I suggest you check out the ride ratings here, then watch the calendar here once the days start to lengthen, usually mid to late March, after the switch to daylight saving time (March 8th). Pick a ride level that seems appropriate to your skill and fitness level, then just show up at least 15 minutes prior to ride time and look for your ride leader....you'll have a blast!

Regarding those ride ratings A-D, there has been discussion over the years to develop a more refined system that takes into account the type of terrain, distance and relative speed for each ride. There have been thoughts that a longer ride ought to be given a rating that reflects the potential for increased difficulty, or that a hillier ride ought to do the same thing. There has been the tendency in recent years for ride leaders to post a "B-" ride or a "C+" ride, essentially indicating that the ride may be close to one of the upper or lower limits of the speed range listed in the ride ratings.

While there's debate on the need for this, it is important to note what the ride ratings DON'T specifically say and that's that the speeds listed are what the AVERAGE speed will be at the end of the ride, NOT what the speed range will be DURING the ride. While the "B" and "A" rides indicate a cruising speed estimate, my experience is that these are just not that accurate, due to the incredibly varied terrain here in the valley. A "B" ride may do a difficult climb at 8-9mph, and an "A" ride may cruise on the flats at 23-24mph. I've done thousands of rides over the years and what I've discovered is that if I'm a solid "C" level rider, for instance, that tends to hold true regardless of distance or terrain. For me, the ride ratings seem accurate and sufficient.

This year will see a return of the “A” ride that has been missing from the calendar. There are some important things to be aware of before coming out for one of these rides. A rider who is fit and strong enough to do one of these rides is NOT an asset to the ride if he/she cannot:

- Ride in a tight, 2-up (double pace line) formation. 'Tight' means 6-12” space between the rider next to you and in front of you.
- Take their designated pull up front AND maintain the pace at which the group was rolling. Going to the front and struggling slows down the group, whereas going to the front and lifting the pace significantly (hammering) shatters the group. It's totally cool to know you can maintain the pace while drafting but not pulling; just don't take a pull or make it a short one. In this way, you'll get to do a ride at a pace that would be above your level if you went out on your own, test your limits, and get stronger in the process.

UPCOMING LWA
OUT OF BOUNDS EVENTS:

LWA WEEKEND ON
THE EASTERN SHORE

Friday, April 17, 2015 2:00 PM to Sunday, April 19, 2015, 3:00 PM

Comfort Inn
8523 Ocean Gate Highway, Easton, MD
http://tinyurl.com/lwa-eastern-shore-2015

The annual LWA three days of riding on the Eastern Shore. More details will be posted on MeetUP and in the QR as the event gets closer.

LWA CYCLING WEEKEND
CORNING, NEW YORK

Friday, May 29, 2015 2:00 PM to Sunday, May 31, 2015, 3:00 PM

Hampton Inn Corning/Painted Post
248 Town Center Rd, Painted Post, NY

A new destination for a LWA out of area event. Rides will be scheduled Friday, Saturday, and Sunday. Saturday’s ride will go to Watkins Glenn. Opportunity to visit the Corning Glass Works Museum. More details will be posted on MeetUP and in the QR as the event gets closer.

Paul Smith
VP Touring
o Handle their bike in unexpected situations (gravel, flats, rider in front of you gets out of the saddle or hits their brakes quickly, etc.). Let's face it: everyone crashes, but we can minimize these with simple attention to what's going on around you.

o Handle themselves with grace and dignity when the inevitable rude/careless driver does something foolish. When you throw your leg over the top tube, leave your ego right there in the parking lot.

o Maintain the pace of the group, even with drafting. If you're not strong enough, just do a "B" ride until you are....no worries. Heck, last year I was definitely a "C" rider. Perseverance pays off if you want to improve.

o Change a flat quickly or perform basic repairs on the road.

o Ride without aero bars. There's a place for these and it's not on a group ride. Always remove them before riding with a group.

While there's probably more things that could be added (ask anyone and you'll get plenty of opinions), that's enough to be going on with. So watch the calendar, drop the winter weight, get fit on the trainer now if you have to, then come out and hang with a great bunch of people! And if you're in the mood for an "A" ride this year, by all means join the rest of us knuckleheads on Monday nights. At the very least, you should be able to kick my butt on a ride....I've only got one leg after all.

Brian Wacik

YOUR EARLIEST BIKE PHOTO

Where did it all begin, your love affair with the bike? What's the earliest photo you have of you and your wheels?

Thanks to Sallie Urffer, LWA VP of Racing, for sending in her earliest bike photo, her first new bike at age 9.

Care to share? Send your pic to gbmack@ptd.net for inclusion in a future QR.

GMack
QR Editor

RIDE LEADER REPORT
JANUARY 2015

Winter is upon us and days suitable for outdoor riding are few and far between. We did have a few hardy riders brave the cold in January with 3 rides and 20 riders. The LWA top ride leaders in January were Richard Baldock with 2 rides/5 riders and Dick McCreight with 1 ride/15 riders.

For the first two months of the ride-year we've had 17 rides and 148 riders and our top ride leaders year-to-date are Richard Baldock with 12 rides/38 riders, Jack Helffrich 2 rides/29 riders, Dick McCreight 2 rides/25 riders, Art Hunsburger 2 rides/23 riders and Maureen Porter 1 ride/20 riders.

Way to fight the chill!

Dick McCreight
LWA Board

Brian and Nemo at a more relaxed pace
STRANGE STUFF 2:  
THE UBERHOOD BICYCLE UMBRELLA

For those who thought the bottle-cage helmet, featured in last month’s QR, was a bit over the top, or a bit Monty-Pythonesque, we now present “something completely different,” the Uberhood Bicycle Umbrella.

At [http://uberhood.co/](http://uberhood.co/) you can find an “instructional” promotional video and answers to FAQs such as the following:

- Will the Uberhood hold up in a strong wind?
- Does the Uberhood have much air drag?
- Will the Uberhood fit on my road bike?
- Will the Uberhood clamp scratch my handlebars? The answer given is “probably.”

The Uberhood classic is available in your choice of 4 “classy” colors for only $59.00 (plus shipping and handling---only $7.95 to 18049). Just in time for April showers.

The company also offers a Uberhood pro model with company or club logo printed on the umbrella. I assume an umlaut can be added to the “uber” for an additional fee. The “LWA Überhood?”

GMack  
QR Editor

A BETTER BIKE UMBRELLA THAN THE ÜBERHOOD?

GMack  
QR Editor

For more information, also check out the Uberhood website.  
[http://uberhood.co/](http://uberhood.co/)  

LWA QUICK RELEASE  
MARCH 2015
The QRQ of the Month for February 2015 was to provide a caption for the following cycling photo:

The surprising response from club membership, perhaps stemming from riding-position envy, was quite remarkable and unexpected. Many responders, of course, alluded to the prominently featured “France” on the rider’s/flyer’s jersey in their captions. Thanks to this generous outpouring of wit from the LWA membership, this column will continue for at least one more issue.

Thanks to the following club members and their captions:

"I thought saddle sores on my rear end were bad, but soon learned that this alternative has its own drawbacks!”
Dave Cincera

"Wow! Glad I caught this guy’s slipstream!”
Kathy & David Moser

"I have seen that "Superman" move before. It's Eric Rigler.”
Jack Helfrich

"Air France's new streamliner jet.”
Eric Loch

"Planking, French style!”
Dave Weiland

"Look, Mom !!! No ^%#!*##%^.”
or
"Flying through the neighborhood while doing my abs workout.”
or
"Superman makes a perfect landing on his bike.”
Bryan Nyce

"Now, that's “FLY!!!”
Ignatius J. Riley

The QRQ of the Month for March is to provide of caption for the following cycling photo:

Be sure to submit your response to the QRQ by March 20, 2015. Submit all captions to gbmack@ptd.net.

GMack
QR Editor

BIKE LINE OPEN HOUSE NIGHTS
FOR LWA MEMBERSHIP
APRIL 10 AND MAY 15

Bike Line of Bethlehem and Allentown and General Manager Lauren Grafton have announced two "Meet and Greet” nights for LWA members with food, refreshments, and a chance to meet product reps—April 10, 6-8 PM, at the Bethlehem shop and May 15, 6-8 PM, at the Allentown store.

Scott Kleinschuster, Regional Manager, has scheduled the following reps for the Bethlehem Open House:
Steve Hawkins Saris/Cyclops/Electronic Time Trialing
Brian Wester Sram/Zipp/Thule and Rock Shox
Wayne Foose Shimano/Pearl Izumi
Todd Fabian Trek Bicycles
Bart Passanante Scott Bicycles/Continental Tires/Crank Brothers/Mavic

In addition, Bethlehem store manager Paul Morgan will be introduced. John and Jerry are staying in place.

The Open House on May 15 at Allentown Bike Line will feature the same reps less Brian Wester.

Retail and repair shops will be open for any Q&A.
Food and beverage will be served both nights.

Please RSVP Chip or Sallie if you plan to attend either or both nights.
Chip Berezny chipberezny@gmail.com
Sallie Urffer sallie.pedals@gmail.com

GMack QR Editor
**ROHAN DENNIS SETS NEW MEN'S ONE HOUR RECORD**

Australian cyclist Rohan Dennis set a new one-hour world record of 52.491 km (32.616 mi) on Sunday, February 8, 2015, at the Velodrome Suisse in Grenchen, Switzerland. The 24 year-old Dennis, 2012 Olympic team pursuit silver medalist and 2011 world team pursuit champion, beat the record of 51.852 km (32.129 mi) set by Austrian Matthias Braendle in October 2014. Dennis was also the recent winner of the Australian Tour Down Under on January 24.

Riding a purpose built BMC bike with a 56x14 gear, the Australian rider described his ride as follows: "There was a lot of pain, I couldn't really enjoy it too much to be honest, I knew it (the current record) was 208 laps it was just go as hard as you can. It's a great event and hopefully that record stands for a little while."

Dennis's last comment may not prove to be the case as Bradley Wiggins, 2012 Tour de France winner and Olympic time trial champion, has announced his intent to make an attempt at the one-hour record later this year. Quite a few current cycling greats have suggested that Wiggins will be the rider to set a record which could stand the test of time, at least longer the 3-4 months.

There have been a flurry of new hour-record attempts since the UCI governing body revised the rules for equipment from a more traditional bike design similar to that ridden by the great Eddy Merckx when he established his record of 49.431 km (30.715 mi) in 1972 to a bike the complies with the regulations for endurance track events.

http://tinyurl.com/dennis-one-hour-record

GMack
QR Editor

**SARAH STOREY TO ATTEMPT NEW WOMEN'S ONE HOUR RECORD**

Sarah Storey, British road and track racer, multiple gold medal winner at the Paralympic Games in both cycling and swimming, and three times British national track champion in open cycling, will attempt to break the long-standing women's hour record on Sunday, February 28, 2015, at the Lee Valley VeloPark, the velodrome for the 2012 Olympic and Paralympic Games. Storey will attempt to better the record of 46.06 km (28.623 mi) set in 2003 by Dutch cycling legend Leontien Ziglaard-van Noorsel, winner of 6 medals in both road and track racing at the Sydney 2000 and Athens 2004 Olympics.

Storey, who has won a total of eleven gold medals in the Paralympics, was born without a functioning left hand. Her list of other accomplishments as a paralympic athlete include 20 World championships (6 in swimming, 14 in cycling), 21 European championships (18 in swimming and 3 in cycling), and 72 world records. Besides preparing for her upcoming record attempt, Storey is also prepping to qualify for her 7th Paralympic Games, coming up in Rio de Janiero in 18 months.

Storey will ride a specialty built time-trial bike based on a Ridley Arena Carbon Track frame with Shimano components and weighing approximately 12 lbs. Unlike the single-chain-ring bikes generally ridden in other attempts at the hour record, Storey's bike will be equipped with a Dura-Ace triple chain ring offering 49, 50, and 51 gearing with a 14 rear sprocket.

In a recent interview, Storey, 37, suggested that she is preparing for her record attempt with a special diet incorporating beetroot juice and that proper hydration is extremely important. However, in the same interview, she states that in her one hour on the track, controlled breathing might be a key factor—"The heart and lungs, that's where [a successful attempt] comes from. Everything is going to be working but ultimately the heart and lungs need to be working rhythmically. If your breathing is in control, you're in control. You just have to be a metronome."
The Union Cycliste Internationale (UCI) announced that it will provide exclusive live coverage of Storey’s UCI Hour Record attempt on its YouTube channel: https://www.youtube.com/user/ucichannel

For more on Sarah, her records, her diet, her bike, and her attempt, check out the following:
http://tinyurl.com/dailymial-sarah-storey-attempt
http://tinyurl.com/roadcycling-uk-sarah-storey

GMack
QR Editor

THE PREZ SAYS:
RECENT CLUB MEETINGS
AND BIKE FITTING FITS

If you couldn’t make the LWA January meeting at South Mountain Cycle, you missed a great meeting. The owners, Chad & Heather, provided a light dinner and then we moved into the programmed part of the meeting. Their 2 mechanics covered topics on bike maintenance: wheels, tires, drive trains, etc. Next, the Giant Technical Sales Representative from Philadelphia gave us an update on bicycle trends. He really reinforced the need for a correct bike fit. In fact, he said he would prioritize bike fit over "bike features & cost."

Yep, I must confess, I would agree. I’ve been cycling seriously for 30 years, and I never had a professional bike fit until this January. Nancy and I purchased a new tandem, and I just didn't feel the bike fit properly. I sensed a loss of power especially in climbing. So, I spoke to my friend Geoff Bruner who has successfully completed RAAM or Race Across America (a 3000 mile event), and he recommended several professional and local bike fitters.

I selected John Ireland at Sleeping Dogs Cycles in Topton. I’m really glad I saw John because the bike set up was significantly off on both my single and our tandem bike.

John is a great guy. So I decided to ask him a few questions for the Quick Release.

When I purchased my bike, the bike shop did a "quick fit." Why do I need a professional bike fit? Most bike shop fits give you a starting point for the beginning rider.

What's the benefits of a professional bike fit? To help prevent injury and optimize performance and comfort.

Will a bike fit really improve my cycling comfort, speed and/or endurance? That all depends on how far off your current position is, in most cases you gain quite a bit of both power and comfort and can help with some injuries.

How do I select a professional bike fitter in the Lehigh Valley. Look for someone that is Certified Bike Fitter, not by the manufacturer’s they represent, but by an actual Fitting School, (i.e. Serrota, Retul, etc...). Ask how long they've been fitting, experience means allot.

What's the cost of a professional fit? A proper personalized fit cost between $195 and $250, there are more expensive fits depending on needs of the rider.

How long does the professional fit take? A personalized fit should take between 1.5 to 2.5 hours any less and you’re being short changed.

What are the key steps in the fit process? Interview, body measurement, flexibility testing, and, of course, fitting.

What do I need to bring to the fit? Riding gear including shoes, shorts, bicycle including pedals and a water bottle.

Looking back, I wish I had visited John at Sleeping Dogs Cycles a long, long time ago.

A special thanks goes to Jack Helfrich for scheduling our January LWA meeting at South Mountain Cycles. Our February meeting at the Brass Rail was equally successful thanks to the AED training provided by Earl Ostrander. If you haven’t experienced Earl’s First Aid or AED training, you missed a great opportunity. Earl’s a hoot! You learn while having a lot of fun!

Dave Sheffield
LWA President
TOUR DE TUSH ALLENTOWN
COLON CANCER AWARENESS RIDE
SATURDAY, JUNE 13, 2015

Please consider riding and/or supporting the inaugural Tour de Tush bike ride to support Colon Cancer Awareness efforts in the Lehigh Valley. Colon Cancer is a disease that affects many lives, regardless of age or lifestyle; it is the second leading cause of cancer deaths. Awareness is the key to saving lives with Colon Cancer because it is a disease that is largely preventable through proper screening.

The ride was conceived while I was sitting in a chemo chair going through treatment for stage III Colon Cancer. It was detected during a routine screening at age 50. I had no family history or symptoms, exercised daily, and was in good physical condition. During this time, I put much thought into what I could do to help save lives. In my opinion, there aren't enough resources put into Colon Cancer awareness efforts. It seems like it is a disease you rarely hear people talking about, and very few get screened on time. I partnered with the Colon Cancer Coalition, a national non-profit that puts on events to raise funds for community efforts for Colon Cancer Awareness.

Local businesses and corporations have been more than generous to make the event successful. Current sponsors include:

- Olympus America (Presenting Sponsor)
- Lehigh Valley Health Network
- Bikeline of Allentown (providing vans, mobile repair stations etc.)
- Bicycling Magazine
- Kutztown University
- Clif Bars
- Colon-Rectal Surgery Associates
- Mainline Dermatology

The ride is being held on Saturday, June 13, 2015, (start is 8am) at Grange Park in Upper Macungie Township. Grange Park is located on Grange Road, north of the 222 bypass in Upper Macungie Township. The ride features 2 routes (30 mile and Metric Century). The routes are located in Strava at:

https://www.strava.com/routes/1420753
https://www.strava.com/routes/1428897

The cost for entry is a modest $30 and you are not required to raise funds, although it would be appreciated. To register, simply visit the Colon Cancer Coalition website at: http://www.coloncancercoalition.org/ and search for the Tour de Tush, Allentown. If you have questions please contact Gale Fritsche at gdf2@lehigh.edu or 610-301-1586. Thank you. I hope to see you at the ride.

Gale Fritsche

LWA MEMBERSHIP REPORT
MARCH 2015

Welcome New Member(s):
Ty Wetzel

Membership Notes:
Individual ~ 219
Family ~ 76
Units ~ 295
(Minimum) Total ~ 371
(Estimated) Total ~ 400+ -

MEMBERSHIP EMAIL:

Reminder: We communicate almost exclusively via email. Please make sure your email address is current. Not sure? Login and update if necessary. Problems? Contact membership!

We are searching for a valid email for the following members: (February) Bill Shirey (basketcase6666@comcast.net) ~ email confirmed as no longer valid (February) Earl Wuchter (earlw@enter.net) ~ email confirmed as no longer valid (March) Barbara Cohen (BarbaraPsyD@aol.com) (March) Dale Phillips (dphil@enter.net)

RENEWING OR JOINING:

We are continuing to investigate the ongoing membership database issues. In the interim, when you renew or join it is recommended that you verify from your perspective ASAP that you were charged (Ex: credit card via PayPal, credit card "pass thru" via PayPal, or bank account via PayPal). If Membership needs to contact you, you can respond immediately, "Yes, I was charged."

If you were not charged, contact Membership ASAP so we can determine the best way to proceed. If you pay by check, follow the procedures found under the Documents tab on our website, www.lehighwheelmen.org, and additionally email Membership when you actually mail your check.

Apologies in advance for any errors, omissions or redundancies.

Richard Baldock & Rob Smith LWA Membership rv314159@rcn.com rbsmith@ptd.net
THE VELO SHOP
GRAND OPENING
MARCH 7, 2015

The Velo Shop is a collaborative effort between shop owner, Becky Quinn, and her hometown track, The Valley Preferred Cycling Center. Becky has had the privilege of racing her bike all over the world and she was always fascinated with the retail experience offered by European bike shops. Though fans can still see Becky racing on Friday nights at the velodrome, she formally retired from full time racing in 2009. But the bug to remain a part of the cycling community endures.

Approximately two years ago, Marty Nothstein, Olympic Gold Medalist and Executive Director of the Valley Preferred Cycling Center approached Becky and her husband about opening a bike shop on the grounds of the velodrome. "A bike shop at the velodrome---what a fabulous idea," Becky exclaimed. And thus the journey began.

Though the actual location of The Velo Shop had to be changed to Macungie, due to certain zoning issues that arose, the idea remains intact, as does the relationship between The Velo Shop and the velodrome. With a March 7 Grand Opening looming, Becky and her team are hard at work making the final preparations. It is with great anticipation, that the shop will open under the mantra that all lovers of the bike are welcome.

http://www.theveloshop.net/

Eric Hall
The Velo Shop

EDITOR’S NOTE: The Velo Shop, 6465 Village Lane, Suite 8, Macungie, PA 18062, opens on March 7, 2015. The shop, listed on the official LWA sponsor page of the newsletter, offers a 10% discount on accessories to LWA club members.
LWA FINANCIAL OVERVIEW:
JANUARY 2015

Please find the LWA January 2015 financial report above. January's financial activity is primarily centered around Membership Dues, Insurance, Race Permits, Web Hosting and Event Deposits.

Touring Division -- Expenses for insurance ($1,659), Web Hosting ($120), Picnic Deposit ($50) with minimal income through memberships ($205: 9 single, 2 family). Income is below budget and spending items are close to budget. Strong cash position of $13.2K

Racing Division -- Only expense was from the USAC Race Permit ($145). Strong cash position of $14.9K

Cash Balances:
Touring $13.2K
Racing $14.9K.

Please see the attached chart for additional details.

Tina Lawrence
LWA Treasurer

LWA CLASSIFIEDS

ARTICLES FOR SALE

Men’s size 9 Performance Brand Rollerblades (fits woman's size 10). 72 mm wheels. Bought years ago, used once. With knee pads, elbow pads and wrist guards included. $60 OBO. Call Lisa for info 610-799-0407

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 dickmcc@ptd.net

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 gbmack@ptd.net
LWA Discount Sponsors

**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
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
610-383-1500
www.sauconvalleybikes.com

**Sleeping Dog Professional Cycles**
330 W. Weis St.
Topton, PA 19562
610-682-1000
www.sleepingdogprocycles.com

**South Mountain Cycles & Coffee Bar**
337 Chestnut Street
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**
6465 Village Lane, Suite 8,
Macungie, PA 18062
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

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