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“HAPPY NEW YEAR OF CYCLING”

LWA HOLIDAY GIFT GIVING
AN OPEN LETTER FROM JACK H.

A sincere "Thank You" to all of the Lehigh Wheelmen Association members who donated gifts for the 2015 holiday season. Once again, the back of Santa’s Sienna/Sleigh was jam-packed with presents. Because of your generosity, we were able to fulfill the requests of all of the families we sponsored, and even had a few gift cards to present to Community Bike Works.

My (smiling) apologies to those of you who were confused by the gifting process. A website was used to connect donors with recipients, but after signing up, the donors had to physically purchase the gifts and gift cards. In most cases, this required literally driving to a store. Apparently, a few of our members are so accustomed to the online experience of “one-click / charge my credit card” shopping, that they struggled with the concept of having to drive to a store to purchase the item. Fortunately, they were all able to figure it out.

LWA president Dave Sheffield and I had the pleasure of delivering the gifts to our partnered organizations - the Sixth Street Shelter and Turning Point of the Lehigh Valley. They were sincerely appreciated by both organizations.

Thank you again for your generosity, and for making the LWA such a wonderful group of friends.

Best regards,
Jack Helfrich

BE SURE TO CHECK OUT THE "LWA CANDIDS 2016" AT THE END OF THIS QR
PAT YTSMA MEMORIAL RIDE 2015

On Wednesday, December 9, 2015, Ron Helmuth, LWA Team Moots, hosted a 35 mile ride in memory of Pat Ytsma, a former Lehigh Wheelman and bicycle safety advocate, who died on December 8, 2011, after he was struck by a motorist on Bethlehem's Fahy Bridge. Seventeen club members participated in the ride which included stops at Spillman Farmer, Ytsma's former architectural firm, and the Fahy Bridge, where a "ghost bike" had been replaced to honor Pat's memory.

After a scenic tour through Bethlehem, which included many of the streets which Pat loved to ride, and north to Bath, the cyclists returned to the south side and stopped at Spillman Farmer's offices, where they were treated to coffee and donuts provided by Pat's former friends and associates and together shared memories of Pat, his love of cycling, and his promotion of safe and responsible riding. The group then rode to the "ghost bike" at the north end of the Fahy Bridge where they were greeted by Pat's wife, mother and father, and friends. More stories of Pat were shared as the group gathered around the bike, originally placed at the site in 2011 by LWA members Laurie Ohleger and Brad Yeakel, and returned there for the past week by the staff of his former firm to again honor Pat's memory.

Over 300 local riders participated in the first memorial ride for Ytsma, the Patrick Ytsma Ride of Respect, on December 22, 2011, and Spillman Farmer Architects sponsored Pat Ytsma Ride Safe Bike Tours in 2012 and 2013 to benefit Pat's Children College Fund. This year's LWA ride was a much smaller but equally significant celebration of Pat's life and cycling passion.

For more on Pat's story and the ghost bike, check out the following:

http://www.bicycling.com/culture/people/hit-close-home

GMack  QR Editor
LWA YEAR END MEETING
DECEMBER 2015

The monthly meeting of the LWA was held in conjunction with the annual holiday party at the Green Pond Country Club. As required in our by-laws and constitution, this was also the time of the annual election of officers and board members.

LWA President Dave Sheffield called the meeting to order at 7:55 PM and established a quorum.

ELECTION OF OFFICERS
Dane introduced Mike Soliday who read the names of the nominees as follows:

- **PRESIDENT**  Dave Sheffield
- **VP of TOURING**  Frieder de Biasi
- **VP of RACING**  Becky Quinn
- **SECRETARY**  Cathy Odom
- **TREASURER**  Tina Lawrence
- **BOARD MEMBERS**  Roberta Kates, Paul Smith

Dane opened the floor for more nominations, but there were none, and the nominees were elected by acclamation. (Incumbent board members Carl Zvanut and Dick McCreight remain on the board to complete their 2015-2016 terms of office.)

OTHER BUSINESS

President Dave Sheffield recognized LWA member Lenni Maguire for having completed the Louisville IRONMAN Triathlon in October.

Richard Baldock was acknowledged for having led the most club rides in 2015 with a total of 62 (this was accomplished despite having a hip replacement). Richard was also thanked for having done considerable work on the website and membership statistics.

All ride leaders were recognized and thanked. Leaders will be given an LWA baseball cap when available. Torie Loven and Jack Helffrich were recognized for having the highest total rider participation on club rides.

Jack Helffrich introduced Fitness Central representatives Rob Takacs and Andrew Bruns. As thanks for their support of the Donut Derby, they attended the dinner as our guests, and were each given a pair of coveted DONUT DERBY socks.

Paul Smith was thanked for his years of leadership as the VP of Touring, and was presented a hand tooled belt with bicycling motif.

NEXT CLUB MEETING:
Wednesday, January 27, 2016, 7:00 PM at Asbury Methodist Church.

Jack Helffrich

NO BUTT, ODD Sized QUADS?
CUSTOM FIT CYCLING SHORTS?

Walt Spadt, LWA club member, recently researched, ordered, and tried out custom-made cycling shorts from an online manufacturer. His experience, to quote, Walt, was "phenomenal." Walt ordered his custom made shorts from Boure, http://www.boure.com/index.html, an online cycling outfitter based in Durango, Colorado. Walt felt so strongly about his success with his quest that he wanted to share the information about Boure with fellow club members.

"I recently went through a series of trials on getting custom shorts made through an online manufacturer. It was phenomenal. So, if you have any trouble whatsoever, with regular shorts due to having a "large butt, skinny quads" or "little butt, huge quads" or like I do "no butt, skinny left quad, huge right quad" be sure to send Drew an email at info@boure.com . He'll walk you through the custom process. This took me several emails of questions and answers... back and forth. Drew and I worked very well with each other. He's a bicyclist and knows his cutting and sewing business.

In general, I found the Boure site to be very complete technically and entertaining as well. Have fun with it.

I think that anyone in our club who thinks that standard jerseys or shorts are always a bit of a compromise could benefit from discussing their situation with Drew Boure. If anyone feels more comfortable discussing anything before contacting Drew, they can email me at waltspadt@verizon.net. If you think that custom shorts are priced out of your reach, then again. You might be surprised. I'm sure his regular shorts are just as special. If you have any questions for me directly, I'll be glad to help."

Walt Spadt
waltspadt@verizon.net

More information about Boure custom made cycling attire can be found at http://www.boure.com/index.html.

You can also visit the custom fit page to get an idea of the process involved.

boure.com/customfit.html

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 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 grmm3@ptd.net
THINK SPRING (OR SUMMER)
LWA OUTWARD BOUND EVENTS

Paul Smith, former VP of Touring, is still actively planning some special weekend cycling events for LWA club members. These include a repeat of the annual Eastern Shore Weekend in April and the new Weekend in Hyde Park, NY, in August. These club sponsored events are open to current LWA members only. Paul recently posted these two tour weekends on the LWA Meetup page, but here are the salient details about the events available so far.

EASTERN SHORE WEEKEND

Friday, April 22, 2016 2:00 PM to Sunday, April 24, 2016, 12:00 PM
Comfort Inn
8523 Ocean Gate Highway, Easton, MD
Price: $10.00 /per person

http://www.meetup.com/Lehigh-Wheelmen-Association/events/227563918/

Join your LWA cycling friends for the annual Eastern Shore Weekend. Rides are planned for Friday, Saturday, and Sunday. The host hotel is the Comfort Inn, Easton, Maryland, with a room block reserved under the group name Lehigh Wheelmen Bicycle Club. The phone number is (410) 820-8333. The room rate, which includes breakfast, is $95 per room plus tax (10%). LWA club members need to make their own reservations. The cut off date is Tuesday, March 22.

Closer to the event date, Paul will post specific details of the routes with GPS maps.

To help defray costs and to provide a nice post ride happy hour after the Saturday rides the club is charging $10, which participants can pay via PayPal when they RSVP on Meetup.

Cyclists must be current LWA members to participate in this event due to club insurance coverage.
Remember, a member of this Meetup group being is not the same as being an LWA member.

WEEKEND IN HYDE PARK, NY

Friday, August 19, 2016 3:00 PM to Sunday, August 21, 2016, 3:00 PM
Quality Inn
4142 Albany Post Road, Hyde Park, NY
Price: $10.00 /per person

http://www.meetup.com/Lehigh-Wheelmen-Association/events/227462896/

Hyde Park NY, on the banks of the Hudson River, is home to the Franklin D Roosevelt Estate, the Culinary Institute of America, and numerous other points of interest. Rides will be sponsored on Friday, Saturday, and Sunday with varying distances and difficulty to accommodate all abilities and interests. Paul posted the event on Meetup early so interested LWA members can make advanced plans. He will post more details as the date gets closer, and he has had a chance to explore the different route possibilities.

The host hotel is the Quality Inn, 4142 Albany Post Road, Hyde Park, NY, where a block of 10 rooms have already been set aside under the group name Lehigh Wheelmen. The room rate is $130 per night, which includes breakfast. The number to call for reservations is 845-229-0088. The cutoff date for the room block is Tuesday, July 19. After that date any remaining rooms from the block will be released. More rooms should be available if we fill the block early enough.

The cost for LWA members is $10, payable via PayPal when you RSVP to this meetup.

Cyclists must be current LWA members to participate in this event due to club insurance coverage.
Remember, a member of this Meetup group being is not the same as being an LWA member.

Questions contact Paul Smith: pocono723@yahoo.com or 570-460-2523

Thanks to Paul for continuing his fine LWA tradition of offering club events and rides in some interesting new territory.

GMack QR Editor
THE DEMISE OF THE CYCLING CAP
A PREMATURE CONJECTURE?

The incipient demise of the cycling cap has been dated by some to the ICU regulations requiring cycling helmets for amateur racers in 1991 and professional cyclists in 2003. While many "die-hard" cyclists still wear cycling caps (both on and off the bike) as an apparent declaration of their allegiance to the bike or the cycling community, cycling caps have been noticeably lacking on race podiums, having been replaced most often by "baseball" caps which apparently offer room for more or larger sponsor advertisements, or at least the potentially swelled heads of winners. The decline of the popularity of cycling caps has been decried by many purists and cycling focused publications and websites, some of which express extreme dissatisfaction with the aforementioned profusion of sport-inappropriate baseball caps on winners' stands at cycling events.

Club iconoclast, Hansel de Sousa, reflected on this unfortunate fashion falling out in a recent email: "Apparently they've gone the way of fountain pens. Look at them silly podium stars, wearing baseball caps. A cycling cap will not blow off your head; the bib protects the upper face from sun, wind and rain, soft enough to fold into a pocket and cheap enough to use to wipe your bottom if you really have to go in the woods. That's why you never want to pick up a cycling cap on the side of the road, but I've been told they clean up pretty well. And if the LWA ever needed a motto, it could be: 'Cycling caps? We don't need no stinkin' caps!'"

Thanks again, Hansel. However, according to a recent article in the New York Times, September 2, 2015, cycling caps are making a strong comeback as a fashion statement both on and often more often off the bike. At a recent men's fashion show by Moshino, an Italian luxury brand, the models wore either small gold diadems or bicycle caps, or sometimes both—inspired by company designer, Jeremy Scott, who has worn cycling caps for the past 10 years. Mr. Scott, who is not a cyclist, considers the brim of cycling caps to be a perfect compliment to the profile of his face, particularly his nose. Moshino sells their own version of the classic cap in cotton, starting at $310—a bit more expensive than picking up a "used" cap along the road as suggested by Hansel. Many serious cyclists, however, consider the wearing of cycling caps by non-cyclists inappropriate or anathema (depending on their passion for the symbolic trappings of their sport).

Bill Strickland, editor of Bicycling magazine and a cyclist, owns more than 200 caps, many of which are displayed on the wall of his office. Strickland himself considers the wearing of a cycling cap to be primarily a style choice, akin to a cyclist shaving his legs, which, according to Strickland, has little benefit other than a declaration of allegiance to traditions of the sport—"The brim is small, and it fits funny, but it's emblematic of being a cyclist."

Frank Strack, founder of the cycling website, Velominati, is bit more vehement in his condemnation of non-cyclists adopting a symbol of cycling culture as a fashion fad. Strack, who describes himself as a vocal representative of cycling purists "militantly protective of our aesthetic," considers the wearing of cycling caps by non-cyclists "highly disrespectful." Equally heretical for many purists is the adoption of baseball caps by cyclists for podium appearances, a practice apparently adopted because a baseball cap allows more room for more or larger corporate sponsor logos.

The cycling cap has been around and around since the early 20th century. Early cycling caps were generally white, cheap, functional—made to shield the eyes from the sun and absorb sweat. They were worn by cycling enthusiasts but more commonly by early racers whose once white caps often became different shades of gray and brown from the dust and dirt which rose from the rough road surfaces of the day. The design and style of today's version originated after WWII with Italian companies which started producing cycling caps for pro riders and teams which featured both team and company logos. Most cycling caps are still produced by companies like Bianchi and Cinelli, but other manufacturers both in Europe and the US are currently marketing caps for both cyclists and fashion faddists.

Despite the resurgence of interest in cycling caps and despite the effusive description of cycling caps as "gorgeous" by Jeremy Scott, designer for Moshino, which markets the caps costing more than $300, this classic accoutrement of the cycling community is still considered by many to be far from charming. The writer of the NY Times article sums up the new fascination with this fashion accessory—"That they've caught on at all beyond the roadway is surprising. Their beauty lies in their ugliness, the bulldog axiom. Usually made in clashing primary colors with logos splashed across them, they go with nothing and therefore everything."

For more on cycling caps, both on and off the bike, check out the following:

http://www.nytimes.com/2015/09/03/fashion/cycling-caps-return-as-a-fashion-statement.html?_r=0


GMack QR Editor
CALLING ALL CAPS

Got a favorite cycling cap---classic or not so classic, new or well-worn or found by a roadside? Care to share? Send a pic of your favorite for a feature in the next QR. Better yet, send a pic of yourself in your favorite cycling cap, or your dog in a cycling cap, or your cat in a cycling cap. If you have a story to share about the cap, send that too.

Send your pics (and stories) to GMack at grmm3@ptd.net by January 20, 2016, for inclusion in the next LWA newsletter.

GMack  QR Editor
grmm3@ptd.net

LWA OFFICERS 2016

The incumbent and new officers and board members of the LWA approved and recognized at the annual LWA Holiday Party/Year End Meeting:

PRESIDENT       VP of TOURING       VP of RACING       SECRETARY       TREASURER       MEMBERSHIP       WEBMASTER       NEWSLETTER EDITOR       BOARD MEMBERS       RACE OFFICIAL
Dave Sheffield    Frieder de Biasi    Becky Quinn       Cathy Odom       Tina Lawrence    Richard Baldock    Rob Smith       GMack             Roberta Kates       Paul Smith       Carl Zvanut       Dick McCreight    Glen Davis

GMack  QR Editor

NOW THAT’S A GREAT TREE

The following specially decorated tree was sighted on St. Peters Road in Shimersville, PA, by an LWA member, on a route frequently ridden by area cyclists. The story behind the special tree trimmings is unknown, but the effect is certainly memorable.

Anyone with information about the tree and its designer decorators is encouraged to send the information to GMack, newsletter editor at grmm3@ptd.net.
The QRQ of the Month for December 2015 was to provide a caption for the following festive cycling photo. The picture generated little interest and even less enthusiasm for club members as evidenced by the limited response. The future of the QRQ is now in jeopardy. Actually the future of the QRQ has always been in jeopardy, a little like the career of Chip Kelly as head coach of the Eagles, and we know where that ended up. In any case, thanks to the inspired club members who submitted captions for December’s photo.

“777 Schwinn cycling Santas seeking satisfaction spinning Singapore’s scenic streets sans sufficient safety stemleh.”
Bryan Nyce

“If ever we needed a reminder of China’s population problem.”
Dorian Greene

“Toto, I’ve a feeling we’re not at the North Pole anymore.”
L. Frank Baum

The QRQ for January 2016 is to provide a caption for the following cycling photo:

Be sure to submit your caption(s) to the QR by January 20, 2016, for inclusion in next month’s newsletter.

Submit all captions to grmm3@ptd.net.

GMack QR Editor

“Jamaican Santa: photo submitted by Debby Terfinko

2015 RIDE LEADER REPORT:
418 POSTED RIDES, 3994 RIDERS

Drum roll please! The year-end ride reporting is in for the Lehigh Wheelmen 2015 Ride Year (Dec 14-Nov 15). A total of 33 LWA members led a whopping 3944 riders on 418 rides this year! Join me in congratulating those ride leaders who entered the exclusive 20+ Rides-Led Club in 2015. They are:

1. Richard Baldock, 62 rides/260 riders
2. Torie Loven, 39 rides/319 riders
3. Donalee Frary, 33 rides/208 riders
4. Jean Black, 28 rides/246 riders
5. Jack Helfrich, 21 rides/332 riders
6. Art Hunsburger, 21 rides/175 riders
7. Dave Sheffield, 20 rides/216 riders

Special kudos to Jack and Torie who each led (herded?) over 300 participants on their rides this year. Looking forward to a fantastic ride-year in 2016. Hansel de Sousa is already off to a roaring start with 5 rides posted in December. Visit http://www.meetup.com/lehigh-wheelmen-association/ to find your perfect winter ride.

Dick McCreight
LOOKING BACK AT 2015: THANKS QR CONTRIBUTORS

"Cause I'd rather feel bad than not feel anything at all"
Warren Zevon

It's a lonely job at the top, especially when you're not really at the top and most of the time the top looks and feels like the bottom. As editor of the Quick Release, I am most appreciative of the contributions made by fellow club members who provide me with fodder. Without the ideas, stories, and photos sent to me each month by fellow cyclists and members of the LWA, the newsletter would be a rather insignificant collection of images, statistics, and classified ads, and the readership might be even less than the 4 or 5 club members who at times give me feedback about the Quick Release. It's time to again thank those club members who made significant contributions to the newsletter over the past year and made my "job" so much easier.

Richard Baldock
Chip Berezny
Neil Dicker
Jack Helffrich
Ron Helffrich
Burma Jones
Tina Lawrence
Lenni Maguire
Dick McCreight
Cathy Odom
Paul Pietrusiewicz
Maureen Porter
Becky Quinn
Tim Riley
Dave Sheffield
Nancy Sheffield
Paul Smith
Rob Smith
Mike Soliday
Hansel de Sousa
Dave Sprigle
Rob Takacs
Cynthia Underhill
Sallie Urffer
Brian Wacik
Carl Zvanut

A special thanks to Jack Helffrich, the EX, who provided more fodder, both verbal and photographic, than any other club member, ex or not ex, and also to Brian Wacik, a frequent contributor to the newsletter both before and after he relocated to Arizona. Thanks for filling in the gaps in the Quick Release and providing interesting and often insightful reading to fellow club members.

GMack QR Editor

**Editor's Note:** If I missed you, please let me know. I did not include classified ad contributors, QRQ respondees, and some club photographers who contributed pics to the LWA Meetup pages in the list. I will be happy to correct those omissions in a future newsletter for the readership (of 4 or 5) to see.

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**A MODEST PROPOSAL FOR NEW RIDE RATINGS**

To the QR editor,

As most of us in the LWA are painfully aware, ride pace designations/classifications continue to be a contentious issue. I believe that some of this stems from the association of the lettering system (A, B, C, D) with school grades. The implication of the present rating system is that faster is better.

For 2016, I propose that we replace the current ineffective lettering system with one that is possibly more obscure, but also potentially more accurate. I propose that we appropriate the TEMPO designations from the music world. This effectively eliminates the negative connotations of the present "grading" scale.

Here is the new system.

<table>
<thead>
<tr>
<th>TERM</th>
<th>SPEED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presto</td>
<td>Extremely fast</td>
</tr>
<tr>
<td>Vivace</td>
<td>Quick, lively</td>
</tr>
<tr>
<td>Allegro</td>
<td>Fast, cheerful</td>
</tr>
<tr>
<td>Moderato</td>
<td>Moderate</td>
</tr>
<tr>
<td>Andante</td>
<td>Walking pace</td>
</tr>
<tr>
<td>Adagio</td>
<td>At ease</td>
</tr>
<tr>
<td>Lento</td>
<td>Slow</td>
</tr>
<tr>
<td>Largo</td>
<td>Very slow</td>
</tr>
</tbody>
</table>

What's not to like? Won't it sound nicer telling someone they're a little too Andante rather than the designations presently used. Or, when wondering where Joe is, consider that he's up ahead with the Vivace group.

OK, I've omitted a few. Grave is the slowest, but no matter how it is pronounced, no one is ever going to use it on a ride posting. Largo will do. There is also Prestissimo, above Presto, but that's Marty's territory. I plan to recommend this system for adoption at the next monthly membership meeting.

I expect the discussion will be fortissimo. Brush up on your Italian. The only term I need is Moderato. sfz!

Best regards,

Jack Helffrich The X
LWA CANDIDS 2015 🚴‍♀️
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Receive a 10% Discount with your LWA membership card!
(unless otherwise noted)

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www.action-wheels.com

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Allentown, PA 18104
610-437-6100
www.bikeline.com

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Bethlehem, PA 18018
610-691-0943
www.bikeline.com

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Trappe, PA 19426
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www.bikesportbikes.com

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Route #248
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http://curtscyclery.com/
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www.keswickcycle.com

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**The Velo Shop**
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info@theveloshop.net

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email: gs391@verizon.net

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