



NEWSLETTER –December 9, 2020

www.gvrcycling.org

Contents

Next GVR Cycling Club Zoom Meeting	1
A Note from Your Nearly-New Editor	2
2021 Club Dues.....	2
Club Education Officer/Trainer/s Needed	2
10-10-10 New Cycling Group – Join us now.....	3
Safe Cycling in Groups.....	3
Joanie’s Feed Zone Holiday Nutrition- by Joanie Rogucki	3
Hydration, Cycling & Aging - by Jay Tapper	4
Report from a Covid Doc – My Bicycle Rides Keep Me Sane By John Loehner (With Thanks to <i>Bicycling Magazine</i>).....	6
What’s in a Bicycle Name?	8
Sidewalks and Bike Paths Are Not Interchangeable	8
Links to Interesting Articles.....	8
Can’t Get Enough Bicycle News.....	8
Dangers of Arizona Biking.....	9
Another Take on Cycle Chain Cleaning.....	9
Bike Racing: 15,000 Artifacts Plus 600,000 Photographs and Counting	9
Cycle/s for Sale	9

Next GVR Cycling Club Zoom Meeting

The next monthly Zoom club membership meeting will be on Wednesday, December 16 at 3 p.m. The program will be presented by Elaine Mariolle, Pima County Bicycle Safety Coordinator from Tucson, who will discuss current cycling health and safety issues affecting Pima County and Arizona. You will be receiving an e-mail before the meeting with information about how to make the on-line connection.

A Note from Your Nearly-New Editor

Thanks to Karen's Rainford's vision, the GVR Cycling Club actually has a newsletter. As our Tech Priestess, she suggested a newsletter several months ago and began gathering information and news from members and the board and shooting it out to members on a bi-weekly basis.

I took over the editing duties several issues ago with Karen overseeing the newsletter's technical aspects and ensuring that the final product got out to you, our members. The newsletter is anchored by columns from Joanie Rogucki on food and health and exercise by Jay Tapper. The remaining content is suggested by board members and regular digging through cycling literature and items that show up on the web.

Since this is your newsletter, we would be happy to receive ideas and suggestions for articles, or even personal contributions if you are so inclined.

We are adding one new section of the newsletter – cycles for sale. This will be limited to cycling club members although feel free to share this content with others if you know someone is looking to buy a bike. In another section, you will see the first ad.

If you have a bike for sale, please send the information to me – tom.wilsted@uconn.edu. Requirements for the ad include: a description of the bike, a photograph if available, selling price, your name, e-mail address and telephone number – preferably cell phone. This feature is initially a trial to see whether this is of interest or use. Let us know what you think.

Tom Wilsted
Vice-President and Newsletter Editor

2021 Club Dues

Although some of our GVR Cycling Club activities have been limited, the work of the club continued through 2020 and will continue in 2021. Expenses such as website fees, postal box fees, and Zoom use are ongoing and will continue. You will be receiving a dues renewal in the near future. Your officers are thinking and planning new programs that will be virtual in the short-term and in person as soon as it is safe to do so. At \$10.00, your membership for a full year costs less than two visits to Starbucks or McDonalds. What a deal! We value your membership and we hope each of you will continue for 2021.

Club Education Officer/Trainer/s Needed

Your club is seeking an out-going, energetic individual/s to create and/or disseminate cycling training to our members. While these may be ultimately be in-person, for the moment they could be delivered by Zoom technology (with technical support), through the newsletter or the distribution of information that is already available via YouTube and other outlets. Some items that have been mentioned include group riding protocols, bicycle safety, bicycle maintenance or others topics yet to be considered. There may be more than one person working on this so if you have a special interest you want to share, don't be shy in volunteering.

If you are interested in helping with this effort, contact Club President Hank Deutsch – hankdeutsch@gmail.com or 608-498-5619.

10-10-10 New Cycling Group – Join us now

If you're looking for slower, shorter distance, and smaller group rides, the new ride group that Karen Rainford is starting could be for you. We often hear potential members say that they're not hard-core bikers. You might hear this often from your friends. These informally-organized rides will be easy and safety conscious. Bikers of all experience levels are welcome as participants and/or potential ride leaders. If you have an e-bike, this would be a great way to develop skills for safely riding in groups.

- Ride length = less than 10 miles
- Ride speed = less than 10 mph
- Ride group = less than 10 people per group – we'll split up if needed
- Ride schedule = Thursdays at 10 am at Las Campanas Rec Center on Dec. 17th, Dec. 24th, and Dec 31st.

Contact = Karen Rainford at karen.rainford@gmail.com or 651-454-5487. Send me your email address and phone number and let me know which ride(s) you are thinking of joining. Be safe out there!

Safe Cycling in Groups

Karen Rainford put a new document on the website about safe cycling in groups. It's not comprehensive, but it includes the basics for those new to group riding. She didn't include Covid info, since better resources are available, and that's a different issue. Give us your opinion- is this too detailed for new cyclists? If you have feedback or ideas that should be added or edited, please email them to gvrccycling@gmail.com. Here's the [LINK](#) to the document:

https://www.gvrccycling.org/uploads/1/2/9/9/129954210/riding_safely_in_groups.pdf

Joanie's Feed Zone Holiday Nutrition- by Joanie Rogucki

We are blessed to have a bounty of food sources. Thankfully, most are not food insecure. (more about the foodbank in a future newsletter)

At the holidays we have special meals, dishes, and rituals. We make many choices daily on what foods we want or do not want, when we will eat and how much. During the holidays however the frequency and variety can increase our exposure and challenge us in many ways. Studies show part of our population gains weight during this time. I will be sharing with you in the next month ways to help you to still enjoy the holidays and yes maintain not gain weight. I will share the organization "Eat Smart Move More, Weigh Less" and their Holiday Challenge to maintain your weight. <https://esmmweighless.com/holidaychallenge/>

This free program can be used as how you see fit. After you register: you will receive a weekly newsletter and daily tips.

**Eat Smart, Move More...
Maintain, don't gain!**

HOLIDAY DAY Holiday Challenge Registration

Challenge

<https://esmmweighless.com/holidaychallenge/>

A scenario for you to consider: Post COVID19: outdoor party with friends.

You are asked to bring a dish to pass. What will you bring? My mantra is I make sure there is something for me to eat that I enjoy and is a healthier option and allergen free. I bring my snack and more to share.

Consider bringing an individually wrapped option. I have a delicious Cinnamon Roasted Almond recipe I might bring. This recipe calls for Stevia however I prefer Monk Fruit as a sweetener/mixed with erythritol as this recipe calls for. I am mindful however that the blend of erythritol and Monk Fruit may affect my gut and almonds are calorie/fat dense. My take home is to assure I am using appropriate portions.

Enjoy your holiday season, eat right, ride safe!

Resources:

<https://simplyhealth.today/15-refreshing-benefits-of-almonds/>

<https://www.theharvestskillet.com/cinnamon-sugar-roasted-almonds/>

Hydration, Cycling & Aging - by Jay Tapper

“Pure Water is the World’s Finest and Foremost Medicine.” Slovakian Proverb

Water is the primary component of our cells and organs. It is the fluid portion of our blood that helps us transport oxygen, nutrients and the removal of waste products. It is essential for a strong immune system.

How much water is enough? Most research puts the amount in the vicinity of about 64 ounces. But this will vary based on one’s temperature and physical exertion. One of the best ways to monitor your hydration levels is by the color of your urine. See “Am I sufficiently Hydrated Chart”. Your bathroom is a good place to post this chart!

The best form of water replenishment is plain water. Fruits and vegetables are also a good source. Minimize fluids that are high in sugar (Read the ingredients). Dilute sports drinks

to cut calories and high concentrations of sugar. Coffee and tea are good sources of fluid replacement but you need to time their consumption so you don't interrupt sleep patterns.

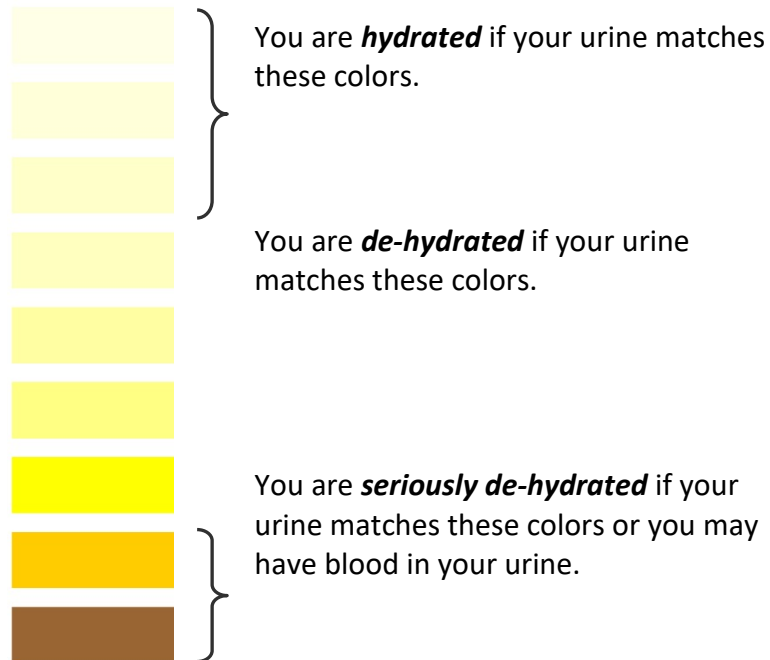
As we age our bodies have a tendency to dry out. We also lose our thirst sense so by the time we feel thirsty we are already dehydrated. Did you ever wonder why when you're admitted to a hospital they give you an IV? Dehydration!

Some good hydration tips are drinking a glass of water upon arising, keeping a daily fluid intake journal and drink before you feel thirsty. I am sure you carry a water bottle on your bike but also keep one in your car and by your favorite chair.

I encourage you all to commit yourself to four weeks of "Focused Hydration". It is essential for helping with medication tolerance, joint and muscle stiffness and in these times of Covid builds our immune systems. You will notice a huge difference in energy and well-being. The four week period will also help you establish a habit of consistent water consumption.

Am I Sufficiently Hydrated?

Use this urine color chart as a simple tool to assess your level of hydration.



This color chart is not for clinical use.

**ActiveEdge training material by Jay L. Tapper
Copyright© 2009 www.activedgewi.com**



Report from a Covid Doc – My Bicycle Rides Keep Me Sane By John Loehner (With Thanks to *Bicycling Magazine*)

A job like mine requires a remarkable amount of stamina and presence. You have to absorb so much stress and emotion while still planning and preparing. The experience I've had over the decades cycling—those cognitive exercises and the demands of racing—are directly applicable to my professional life now. With COVID-19, you're facing new problems that need to be solved every day, ones that were next to impossible to forecast even a day earlier. But cycling has been key in helping me weather this storm.

I ride early in the morning, around 5:30, or late at night, wrapping up by 10:30. The goal is just to pedal a little bit each day. But how and when I do it can vary significantly. I spend nine to twelve hours at the hospital, but work is with me 24-7 on my phone and email. We knew Covid was coming, and we prepared the best we could but nobody knew New York would be the hottest of hot spots on the globe.



Loehner rides the main loop in Central Park.

This type of work can be overwhelming. At the peak we had up to 15 deaths a day, most of which were announced overhead in rapid responses, or what we call a CAC—that's the sign for cardiac arrest to mobilize an emergency team to perform advanced life support. There was an enormous amount of fatigue and fear and dedication. I would be with the nursing unit at change of shift, when staff would come around before starting and hold hands and pray. And as they were getting ready to answer the call of duty, half the staff had tears running down their cheeks. That's how challenging this was. Every day.

Throughout my medical career, the bike has always been a primary source of stress relief. When we started getting our first COVID cases, when things really began to ramp up, that's when my riding focus took a significant turn from training for local events and fitness to just getting out for a mental release and maintaining balance.

On days when I feel more refreshed and the legs feel better, I still enjoy turning the screws and feeling the burn. On days when I'm more tired, I know I'll be much, much happier if I pedal. I don't stress that the legs feel tired. And I'm not following any structured program. I just ride at whatever pace is comfortable, anywhere from 50 minutes to two and half hours. In the mornings, I'll ride from my home in Greenwich Village up the Hudson River, maybe turn around at the top of Manhattan, and head to Central Park for laps. If it's after dark, I'll just do laps in the park. It's an incredible oasis, especially during the quarantine, and it's been gloriously empty. It is well-lit and closed to traffic, and you have a three-lane, 10K loop at your disposal. In spring I had the magnolias and cherry trees flowering. It's incredible. I find the ride to be an absolute necessity.

When you ride for the love of it, it becomes restorative—not remotely fatiguing. It becomes meditative. There are days when I wear headphones, play my favorite music, and allow myself to get lost in that and do cruise control around the park. There are times when the older stuff, Stones and Zeppelin, gets the blood pumping and my mind off things. And if I'm just totally spent, I play Kings of Leon, London Grammar, or even house music. That helps me escape.

People will be like “whoa, whoa, whoa, you’re exhausted, what do you mean you’re going out for a ride at 8 at night?” What a non-cyclist, or anyone who doesn’t have a lifelong passion, doesn’t understand is, it doesn’t matter how tired I am, it’s still relaxing. When you’ve done it so long, and when you ride for the love of it, it becomes restorative—not remotely fatiguing.

I’ve never regretted going out for a ride. I’ve only regretted not riding when I had the chance.

What’s in a Bicycle Name?

Hankering for a new bike? Are you getting tired of seeing everyone and their sister/brother on a Cannondale, Specialized or Trek just like yours. Maybe you should think about buying a bike with a name that reflects your personality. Are you a little (or a lot) naughty? Well maybe you ought to buy an *Evil* bicycle. Perhaps the Wreckoning model would be just perfect for you. Not that naughty, but looking for something to bring back the riding magic? Maybe you want to think about an *Alchemy* bicycle. They have Eros, Atlas and Helios models and you certainly won’t see someone with a bike name like that on every street corner. If those two ideas don’t appeal to you, maybe you need something that will boost your ego and keep you out riding on a regular basis. How about checking out an *ICan* bicycle? Their Aero or Rocket models should get you to the head of any pack. If I haven’t hit you yet, go to *Road Bike Riders* list of bicycle brands to see more choices: <https://www.roadbikerider.com/list-of-bike-brands-from-a-to-z/>. If you can’t find something there to fit your personality, you aren’t trying hard enough.

Sidewalks and Bike Paths Are Not Interchangeable

The section of road on Camino Del Sol from the old Canoa Hills Golf Course to just south of the GVR Canoa Rec Center is one of the worst road surfaces in town. When Pima County took over the golf course for local walking trails, they installed new paved sidewalks that parallel the worst sections of Camino Del Sol.

Cyclists soon discovered this smooth, new alternative to the rough roads. Unfortunately, cyclists have not always been courteous to walkers using the sidewalks. If you are one of the culprits riding on these sidewalks and are approaching a walker please, please move over to the bike path and give way to pedestrians. This is the courteous and the legal option. Also, have patience. This section of Camino Del Sol is scheduled for repaving in 2021 so there will be a smooth alternative soon.

Links to Interesting Articles

Can’t Get Enough Bicycle News

The GVR Cycling Newsletter tries to bring you interesting information that our officers and members see from time to time. However, there is a whole world of bicycle information out there just waiting to be seen, read and discovered. One interesting compilation is the top 100 bicycle blogs (blog=a regularly updated online discussion list or website). This site lists blogs from around the world. There are geographic blogs that cover cycling in Portland, Seattle,

Scotland, Australia, Europe or the Pyrenees. There are blogs on bicycle racing, bike brands (Merlin, Raleigh, and Castelli), bike law, women on bikes, and on and on and on. If you want to see the entire list, go to: https://blog.feedspot.com/cycling_blogs/ . If you want to limit yourself to one, go to *The Cycling Independent (formerly Red Kite Prayer)* which is often at the top of people's list because of the variety of subjects it covers: <https://cyclingindependent.com/>

Dangers of Arizona Biking

If you are thinking the dangers I am going to mention are drivers on their cellphones, sun glare or road rash, you would be wrong. No, I am talking about cactus. Cacti are all around us here in Arizona. And it isn't just cactus, every native Arizona tree or bush seems to be filled with long sharp spines. They are often close to the road or if you are a trail rider, they often have to be dodged as you are going up or down a hill. While falling on a spiny cactus or bush may be rare, it is an experience you will never forget. I know of at least one rider here in Green Valley who had that fate and was removing cactus spines for days. If you want to read more, here is another person's experience with cactus in Argentina: <https://www.bicycling.com/news/a34681972/cyclist-crashes-into-cactus/?source=nl>. So just keep to looking at or growing cacti in your garden but avoid them on the road or the trail.

Another Take on Cycle Chain Cleaning

Here is another take on chain cleaning. This person, a bicycle mechanic, recommends Dawn detergent rather than standard degreaser as he believes the latter removes needed grease between the chain links. Here are his directions on the process: <https://www.bicycling.com/repair/a34660013/how-to-clean-your-bike-chain/>

Bike Racing: 15,000 Artifacts Plus 600,000 Photographs and Counting

San Franciscan Brett Horton and his wife Shelley own one of the largest collections of bicycle racing memorabilia in the world. Begun nearly 40 years ago, Brett started collecting all types of bicycle racing memorabilia and has never stopped. He avidly follows bicycle racing and literally has gone around the world chasing down interesting and unusual objects. Items range from Eddie Merckx jerseys to the timepiece used to record times at the first Tour de France. If you want to read more: https://www.bicycling.com/racing/a34521458/cycling-memorabilia-horton-collection/?source=nl&utm_source=nl_byc&utm_medium=email&date=111720&utm_campaign=nl22048848

Cycle/s for Sale

2013 Felt Z4 bicycle. 54 cm. Blue and Black. Carbon fiber frame. Excellent condition!
"Never Rode Hard or Far ... Or Put Away Wet!" \$500
CONTACT: HANK DEUTSCH. hankdeutsch@gmail.com. 608-498-5619.



NEWSLETTER –December 23, 2021

www.gvrcycling.org

Table of Contents

Next GVR Cycling Zoom Meeting – 1/20/2021 1

Riding Reflections on the Season 2020 1

Joanie’s Feed Zone by Joanie Rogucki..... 2

De Quervain’s Tendinitis: Cycling and Handlebar Thumb! By Jay Tapper 3

One in 40,000 – Could That One Be You? By Tom Wilsted..... 3

How Many Bikes Should You Own? 4

Learning To Ride a Bike 4

Just Ride by Bobby Lea, Test Editor, Bicycling Magazine..... 5

Getting Out of the House 5

Green Valley’s First Public Cycle Repair Station..... 5

Links to Interesting Articles..... 6

 Power of the Pedal 6

 Advice to People Who Want to Start Riding..... 6

 We Got This Far In Life – Now What? 6

 Looking For Bicycling Reading for Your Kindle? 7

 Bike/s for Sale..... 7

Next GVR Cycling Zoom Meeting – 1/20/2021

Our next GVR Cycling Zoom meeting will be on January 20th at 3:00 p.m. The topic is Adventure Cycling, Cycle Touring, and Bike Packing and will be presented by Campfire Cycling of Tucson. Be sure to put that date and time on your calendar!

Riding Reflections on the Season 2020

By Hank Deutsch, President GVR Cycling Club

This year has been a traumatic experience for our Nation in many different venues, both collectively and individually. Viewing our varied national landscape gives one an opportunity to reflect and respond to the sometimes depressing news of the day.

After my short ride yesterday, I had a call from an out of state friend. He reported a bicycling accident of a close acquaintance caused by another cyclist passing too close and too fast, without warning, and forcing him to crash. The injured rider wore a helmet but sustained multiple fractures and other injuries. As I write this, I am hearing about more and more tragic cycling accidents.

Recently the National Highway Traffic Safety Administration reported an increase in bicycling fatalities. Among the contributing factors were increasing auto speed, particularly by SUV's. We are currently seeing a bike boom with more cycling riders. Does this also mean an increase in accidents and injuries?

As public safety and health are being challenged, cyclists have an opportunity to contribute to our community resilience and public dialog on bicycle safety. Let us pedal forward and be stronger advocates for cycling health and protection in the New Year. (For more on cycling safety see the One in 40,000: Could This Be You? article below)

[Joanie's Feed Zone](#) by Joanie Rogucki

LISTENING TO YOUR BODY We are all born with body signals that tell us we are hungry. As an infant, we cried. Our parents knew we were hungry. We were fed and the cycle started. This was nature's way of assuring our survival. Today as an adult we are bombarded with external messages. Those messages have superseded our "hunger mechanism" that we can no longer hear. We are overwhelmed with our lives and all that muffles those sounds/signals. MESSAGE: "honor your hunger and fullness". How can I do that? Great question!

Consider the ABC's mindful eating.

A: Ask yourself if you are really hungry? Dehydration can feel like hunger, drink plenty of water. Stress can cloud our signals. Surveying those feelings is very important

B: Identify the distractions: can you eliminate them?

C: Your natural portion control identifies your hunger and fullness. When we eat fast, which happens in our constantly moving society, our brain cannot catch up with our stomach. Chewing our food is a big part of digestion and satisfaction. Studies show when we eat slowly, we will naturally eat less and enjoy our meals more.

Eat Smart, Move More...

Maintain, don't gain!

HOLIDAY
Challenge

<https://www.precisionnutrition.com/all-about-slow-eating>

Do you want to learn more about “mindful eating”? You may want to read Michelle May’s book (s)?

Her website:

<https://amihungry.com/mindful-eating-speaker-michelle-may-md>

Amazon page with books: Eat what you love series:

https://www.amazon.com/Books-Michelle-May/s?rh=n%3A283155%2Cp_27%3AMichelle+May

Try your local library

<https://www.library.pima.gov/>

[De Quervain’s Tendinitis: Cycling and Handlebar Thumb! By Jay Tapper](#)

De Quervain’s is a tendon irritation of the top part of the thumb caused by the thumb being in a fixed position for a long period of time – See the video demonstration:

https://youtu.be/ck_FQs0I4Is

The initial occurrences of De Quervain’s were reported by individuals doing significant amounts of telephone texting and computer mouse work. However, it also became apparent that this fixed thumb position was also a common occurrence among cyclists. Treatments for De Quervain’s include the art of “Twiddling” one’s thumbs and with ice and heat applications also being beneficial. Special thanks to Karen, Tom, Joanie and Hank for leading me into the land of technology and also helping me spread the message of fitness and aging. Please let me know if you have particular health topics of interest.

[One in 40,000 – Could That One Be You? By Tom Wilsted](#)

The 40,000 – 46,700 to be exact – is the number of bicycle accidents causing major injuries each year. In addition to that number over 800 people are killed each year in cycling incidents. These accidents are not just your average falls resulting in a road rash or elbow or shoulder pain sending you to a physical therapist. No, these are injuries resulting from tangling with a car, hitting the ground or a fixed barrier resulting in a visit to the hospital.

There are some interesting statistics about bicycle injuries. Seventy percent of those involved in accidents are male. Alcohol use by a driver or a bike rider are involved in 37% of accidents. Only 50% of those injured were wearing a helmet. People involved were experienced riders with 35% riding more than 50 miles per week and 60% of deaths were persons over the age of 50.

Although Tucson is considered a bicycle friendly town, statistics don’t bear that out – it ranked second in the number of deaths per thousand people in 2015 and Phoenix ranked fourth. Although Green Valley seems and is safer, we had one local rider – Fred Dillenmuth – killed in a road accident this past year. More recently, five riders were killed near Las Vegas when a truck operated by a driver on drugs hit a riding group from behind -

<https://lasvegassun.com/news/2020/dec/10/fatal-crash-involving-truck-multiple-bicycles-repo/>

As a club, we are concerned that all of our members return home safely. There are a number of steps that every rider can take to try and make this happen.

- Check your bike before you start your ride – tire tread, tire pressure, drive train, frame.
- Wear a helmet.
- Ride with front and rear lights – preferably blinking - for better visibility to oncoming and following cars.
- Don't use your phone when riding unless you come to a complete stop off the roadway.
- Don't use headphones as this is distracting and you cannot hear traffic noise around you.
- Don't ride if you have drunk alcohol or are using medication that affects your judgment or reflexes.
- Obey traffic signals and signs.
- Avoid night or dusk riding whenever possible as drivers will find it more difficult to see you.

New riders and people adopting e-bikes should review the recommendations noted above as well as being familiar with new and, in the case of e-bikes, more powerful equipment. With any new bike, one should be familiar with its handling, its ability to stop and the location of new or different controls. Do some test rides in a safe environment – a parking lot, a quiet street or a similar venue.

E-bikes offer pedaling ease compared to standard bicycles but their speed poses some dangers as well.

A study done of E-bike injuries from 2005-2017 showed that E-bike riders involved in accidents had 4 times more internal injuries, were 4 times more likely to be admitted to the hospital and three times more likely to be involved in an accident with a pedestrian than those on pedal bikes - <https://pubmed.ncbi.nlm.nih.gov/31712276/> .

Riding with care, knowing your bike's capabilities and being aware of one's surroundings are keys to arriving home safely from an enjoyable ride. Make that your goal every time you venture out.

How Many Bikes Should You Own?

The next time you discuss with your spouse/partner/friend that you are thinking about buying another bike and you get immediate pushback, you should let them know there is a specific scientific formula for the number of bikes that any individual should own. The formula is: $N + 1$ with N being the current number of cycles that you already own.

Learning To Ride a Bike

Do you remember your first attempts to ride a bike? Your mother or father would help you get onto the bike, steady it, and give the bike a push and then you would probably fall over, sooner or later, until you got enough experience to stay upright. Can you imagine yourself in 1884

trying to learn how to ride one of the high-wheel cycles then becoming popular? For a full description of the process, you can go to Mark Twain's experience that he described as, "Taming the Bicycle" - <http://www.bicyclinglife.com/HowTo/TamingTheBicycle.htm> . Enjoy!

Just Ride by Bobby Lea, Test Editor, Bicycling Magazine

Nerding out over bicycle gear is my job and I love doing it. But sometimes I have trouble turning my brain off and just riding the damn bike. I'll fret about which is best for the ride I have in mind. Hardtail or full suspension? Gravel because I want to check out a new dirt road, or skinny tires because I'm chasing a personal record?

I'll let you in on a secret: rarely has a ride been negatively impacted by those decisions that can entrap me. I've found amazing single tracks while on road rides (with a road bike!), enjoyed long cruises on paved roads with a mountain bike, and competed on borrowed machines. I won races while using heavy training equipment, and got my ass kicked while using some of the fastest gear money could buy.

Earlier this week a good friend posted an old racing photo on his Instagram account. The caption said it was from a mountain bike race in 1989. He was on a road bike and wearing sneakers. His recollection was that his mountain bike was out of commission, and rather than skip the race he used the only other bike he had. The post wrapped up by saying "...when specific bikes mattered way less than just having fun."

As you're ogling over the newest and coolest bikes, and invariably obsessing over which is just right for you, don't lose sight of the reason we ride. Use your rational brain when searching for that next bike, but don't ignore your inner child that just wants to ride. You'll have fun no matter which you choose.

Getting Out of the House

Yes, I know, we are still riding. We are riding alone or safely spaced in groups and wearing masks. I mean really get out – on a bike tour, on a barge cruise or with a whole group unmasked, overnight, and stopping in restaurants for lunch or dinner. It will happen if we continue to be safe and get a vaccination as soon as they become available. However, here is where you might want to start dreaming and planning. Bicycling Magazine ran an article on self-guided tours that you can do on your own right now: <https://www.bicycling.com/rides/a34671643/5-great-self-guided-bike-tours/?source=nl> . If you want to think about doing a bike tour when it is safe and travel is more open and available, you might want to look at Bike Tour Review: <http://biketour-reviews.com/> This site provides access to information about bike tours in the United States and around the world. It provides lists of full-service and regional tour operators along with reviews from people who have been on one or more tours. Happy dreaming!

Green Valley's First Public Cycle Repair Station

If you aren't already familiar with Green Valley's only free and publicly accessible repair station, you have probably passed by it without noticing. The station was installed by Continental

Mall's owners and is freely available for any cyclist's use. It is located by the northwest corner of the mall's parking lot just behind True Value Hardware in the small open plaza. The station provides a bike stand, an air pump and a small array of tools that are attached by cable so they can't be removed from the station. If you are curious, go check it out. If you are out riding and need air or a quick repair and are nearby, the station is open and available for business and IT IS FREE.



Links to Interesting Articles

Power of the Pedal

A number of cyclists in Tucson have formed a group which delivers books from the library on a regular basis to shut-ins. Is this something our club or a group of cyclists in Green Valley might want to pursue? <http://www.thepowerofthepedal.org/>

Advice to People Who Want to Start Riding

Have you had friends who ask about how to start a cycling regime, what kind of bike to buy, etc., etc., etc? Being stuck in Covid semi-quarantine makes for a lot of calls or e-mails to explain. If you want to send friends to reliable sources, you might suggest this article that recently appeared in Bicycle Magazine: <https://www.bicycling.com/training/a20027599/how-to-start-cycling/?source=nl>. Another good source is a YouTube video: Enjoy the Ride: Essential Bicycling Skills: <https://www.youtube.com/watch?v=5s5hJhLBUec&feature=youtu.be>.

We Got This Far In Life – Now What?

If you asked people the “now what” question, they would probably answer, to keep on living a healthy and happy life for as long as they can. Of course, as cyclists, we would also say to Keep on Riding. A recent article in Road Bike Rider talks about the value of removing as much stress as possible as a means of extending and enhancing your life. If you are feeling stressed from time to time, this might be a good read: <https://www.roadbikerider.com/anti-aging-too-much-stress/>

Looking For Bicycling Reading for Your Kindle?

If you are looking for downloads with bicycling content, you might have a look at the items available from Road Bike Rider: <https://www.roadbikerider.com/cycling-ebooks/>. They have a variety of reading for the mature and experienced riders like us.

Bike/s for Sale

Two Rans V-Rex short wheelbase recumbents for sale. One is priced at \$750 and the other at \$650. Detailed descriptions and photos can be found at:

<https://tucson.craigslist.org/bik/d/green-valley-rans-rex-short-wheelbase/7243980476.html>

and[T1] <https://tucson.craigslist.org/bik/d/green-valley-rans-rex-short-wheelbase/7243973768.html>.

For more details, Contact Dale Brokaw, dbrokaw12@gmail.com, 231-414-2727.