



NEWSLETTER –January 6 and 20, 2021

www.gvrcycling.org

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Next Newsletter Deadline: January 18, 2021

Upcoming GVR Cycling Zoom Meetings

January 20. - Adventure Cycling, Bike Packing and Touring - Josh Lipton, Campfire Cycling

February 17. - Favorite Area Road Riding Routes.

March 17. - Favorite Area Mountain Bike Trails – Chuck Hill, Secretary, Southern Arizona Mountain Bike Association

April 21. - BICAS online program and workshop on cycling maintenance, Kristin McRay, BICAS Education Coordinator

All meetings will begin at 3:00 p.m. and a notice on how to make the Zoom connection will be sent by e-mail to all members several days before the meeting.

Ride the Resolutions by Hank Deutsch, President

A NEW YEAR usually is introduced with well-meaning resolutions. After our traumatic and transitional 2020, we hope resolutions are being made and kept that will minimize or end the tragic consequences of a year of uncontrolled virus, economic and social dislocation, social conflict and alienation and ending with a hostile and divisive election.

In the midst of these tidal waves, we observed hopeful trends: the increase in physical exercise and especially in those taking up and continuing cycling. Now is the time to make some meaningful resolutions for a hopeful NEW YEAR of 2021 and then RIDE THE RESOLUTIONS to their fulfillment.

RIDE A RESOLUTION for a peaceful year in the service to humanity.

RIDE A RESOLUTION...for economic and social justice.

RIDE A RESOLUTION ... for noble adventures in our precious landscapes.

RIDE A RESOLUTION ... to restore trust and confidence in our national heritage.

Lastly ... MAKE A RESOLUTION to RIDE VIGILANTLY, VIGOROUSLY AND VICTORIOUSLY into a more hopeful and healthier NEW YEAR!

Tech Director Update – Karen Rainford

We recently had a board meeting where the state of technology for the cycling club was reviewed. Thank you to everyone who's offered feedback and pointed out issues so we could fix them. Here's the status:

- The website at www.gvrcycling.org is working. We're getting contacted by cyclists new to Green Valley, and we have a forum for posting our events, our newsletters, and helpful links. Let us know what it's missing.
- The Facebook group wasn't attracting new members. I finally!! found and fixed the issue. Please search for the group GVR Cycling and request membership. We'll approve your request. This is a simple way for folks to find fellow riders and interact.
- GroupWorks has not been a success. We hoped it would give subgroups like mechanics, mountain bikers, e-bikers, etc. an easy way to interact. We'll probably shut it down soon. Those of you who have GroupWorks accounts will receive an email soon with next steps.
- Mailchimp- Using Mailchimp to manage our emails has been useful because we can troubleshoot easily, can track statistics, and can email to subgroups.
- Zoom – like everyone else, we've found technology tools for continuing to meet. We hope you'll join us.
- Memberships – We've got an easy way to join or renew using Google Forms via the link on our website, and you can send checks to our PO Box. Within a week, we hope to

have our website set up to permit using credit and debit cards to process membership payments for 2021. We'll keep you posted on membership dues.

- Tech Team – Having Eric Noyes work with me to ensure redundancy and to share the load has been awesome. We'd welcome additional members of the team. Contact us at gvcycling@gmail.com .

The Future of the Cycle

Those of us in our 50s, 60s, and 70s have seen an enormous change in cycles and cycling during our lifetimes. If you are like me, you fondly remember your first single speed, fat tired, steel framed, coaster braked Schwinn. You rode your bike in packs to school and around the neighborhood and left it everywhere without a lock and it never got stolen.

Times have changed since then. First came the thin tired "English" bike with its three speed Sturmey Archer gearbox and rim brakes. Then came the road bike with multi-speed gear sets, front and rear derailleurs, steel and then aluminum and then carbon frames. Running in parallel with this were the hybrid, tri, mountain, and now E-bikes.

Our cycle world today is both different and similar to the one we knew growing up. But what can we expect in the future? There are many people out there reimagining the shape and functioning of the cycle - <https://www.thecoolist.com/custom-bicycle-concepts-10-amazing-bikes-of-the-future/>. In some ways it is different but in many ways the concept has not changed. With the move toward more "green technology" cycling will undoubtedly have a role in both personal and commuting use. Deloitte Consulting recently released a report on the use of cycles in urban areas that provides some insight into the near future - <https://www2.deloitte.com/us/en/insights/industry/technology/technology-media-and-telecom-predictions/2020/bike-technology-transformation.html>. Much of their focus is on the E-bike to the point that some people will say, "My other car is an E-bike."

It will be interesting to see how quickly these changes occur and how that will impact how you and I use our cycles in the coming years.

Joanie's Feed Zone by Joanie Rogucki

January brings renewed energy and focus. As an athlete you are looking at performance goals. How do we reach these goals? We set up a plan which would include nutrition as one of the spokes in your training plan. Consider using a monthly resolution format to accomplish your nutrition goals as well as part of keeping a healthy lifestyle. See the calendar for ideas. Setting this foundation will allow you to drop in specific nutrition for your event.

2021 is here awaiting your nod to go after it. Whatever "it" is start today to groom your calendar for a year-long wellness plan.

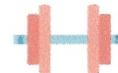
Happy New Year!

Joanie

Resolution-Per-Month
2021

A Healthy Year

- January ● Switch from whole milk and dairy products to low-fat or nonfat milk and **dairy** products.
- February ● Increase your intake of fruits to 2-3 servings a day. Make it as easy to reach for a piece of fruit with a bowl on the counter.
- March ● Increase your intake of vegetables to three to five servings a day, 3 to 4 times a week
- April ● Instead of high-calorie snacks, choose foods like whole-grain crackers, low-fat popcorn, whole-grain crackers, fruits, and veggies.
- May ● Reduce your intake of saturated fat and cholesterol by eating at least one meatless meal each week.
- June ● Limit your intake of sodium. Choose "low salt" or "no salt added" versions of foods.
- July ● Reduce your intake of fat by limiting fried foods to once a week or less.
- August ● Boost your fiber intake by starting the day with a bowl of high fiber cereal with at least 4 grams of fiber per serving.
- September ● Reduce your risk of osteoporosis by including good sources of calcium in your diet.
- October ● Eat fish at least twice a week. Fatty fish, such as salmon, mackerel, trout, sardines, and herring contain omega-3 fatty acids.
- November ● As the holiday season approaches, begin practicing low-fat cooking techniques.
- December ● Try to maintain your weight by sticking to a consistent exercise schedule and limiting high-calorie foods.



Always Wishing

The holiday is over and the gifts have been exchanged and opened. Did you get what you wished for or was it another year of, "I can't think of a thing I want/need" and it was socks again? Maybe it's time to try a new strategy that will satisfy both those giving and receiving the gifts.

When you go into a bike shop or read a biking magazine and see something you would love to have do you think, "I can't afford that" or "I don't want to spend that much money." Do you have a personal bucket list of things you want to do or places you want to go? Then how about starting a bucket list for gifts as well? Instead of saying I can't think of a thing I need when asked about a birthday or a holiday, be ready with your list.

For example, are you are someone who still believes in rim brakes, then how about putting a set of Cane Creek eeBrakes on the list - <https://canecreek.com/product/eebrakes/> ? What's that, you ask? In *Bicycling Magazine*, these rim brakes were ranked as one of the top one hundred gear items of 2020. They are light at 320 grams, weighing 120 grams less than Specialized Dura-Ace brakes, a close competitor. The reviewer personally ranked these rim brakes higher than disk brakes.

Now, there is a problem as they cost \$340 and that is for just the front brake and doesn't include brake pads. If you think that is too pricey, here is my suggestion, assign buying the front brake to one son/daughter, the rear brake to a different son/daughter and your spouse can buy the brake pads. If rim brakes aren't your thing, think ahead and put other bike items on your wish list and then wait with anticipation until your birthday or Christmas rolls around. Your family and friends will thank you!

Home Office Set-Ups and Your Health by Jay Tapper

What you do off the bike can affect how you feel on the bike. Did you ever stop to consider that maybe your back soreness, neck discomfort or hand issues could be related to the hours we spend on our computers and laptops. Most of us spend many hours on our computers and laptops for work, recreation and daily correspondence. Take a moment to estimate how much time you spend each day on your computer. Probably more hours then we spend on the bike and other daily fitness activities. And with Covid the usage keeps increasing.

Being in a poor posture and subjected to repeated repetitive motions and prolonged positions with mousing, keying and staring takes its toll on our musculoskeletal system and may carry over to how we feel on the bike. Is our neck or back really sore from cycling or the excessive slouching and sitting that occur with faulty ergonomic positions at our home offices? At the end of the newsletter are some illustrations and tips on Home Office set-ups. Review your present arrangements compared to these guidelines. Changing your home office can

improve your posture and reduce stress and strain on your body so that you will have more energy and less chance of discomfort when riding.

Make it A Habit!

Bicycle Zen

'A Zen teacher saw five of his students returning from the market, riding their bicycles. When they arrived at the monastery and had dismounted, the teacher asked the students, "Why are you riding your bicycles?"

The first student replied, "The bicycle is carrying this sack of potatoes. I am glad that I do not have to carry them on my back!" The teacher praised the first student. "You are a smart boy! When you grow old, you will not walk hunched over like I do."

The second student replied, "I love to watch the trees and fields pass by as I roll down the path!" The teacher commended the second student, "Your eyes are open, and you see the world."

The third student replied, "When I ride my bicycle, I am content to chant "nam myoho renge kyo." The teacher gave his praise to the third student, "Your mind will roll with the ease of a newly trued wheel."

The fourth student replied, "Riding my bicycle, I live in harmony with all sentient beings." The teacher was pleased and said to the fourth student, "You are riding on the golden path of non-harming."

The fifth student replied, "I ride my bicycle to ride my bicycle."
The teacher sat at the feet of the fifth student and said, "I am your student."

BICAS 2021 Calendar

For those of you who use Bicas' services or who might be donating items, here is their latest schedule and open and closed dates.

Jan 2nd: BICAS kicks off 2021 continuing "Essential Services," Tues-Sat, 10am-2pm until further notice.

Jan 18th: Martin Luther King Day - closed, no WTF Workshop

March 31: César Chávez Day - closed

April 4th: Easter - closed

May 1: International Workers' Day - closed

June 19th: Juneteenth - closed

June 28th - July 5th: Summer Break - closed

Sept 6th: Labor Day - closed, no WTF Workshop

Oct 11th: Indigenous People's Day - closed, no WTF Workshop
Nov 26th - 29th: Thanksgiving Break - closed
Dec 24 - Jan 1: Winter Break - closed

Links to Interesting Articles

Specialized Museum Pilfered

If someone offers you a unique, one of a kind Specialized Roubaix, Tarmac or S-Works at a bargain price, you might want to think twice. The museum at Specialized Headquarters was recently burgled in broad daylight and 16 rare and expensive models were stolen and have yet to be recovered. The bikes were valued at \$160,000 and included one ridden by Peter Sagan in the Paris to Roubaix race in 2018. Specialized is offering \$25,000 reward for the return of the bikes. For more details go to: <https://road.cc/content/news/unique-bikes-stolen-160k-heist-specialized-hq-279579>.

Think Riding a Road or Mountain Bike Is Tough?

Jeff Summerfield is a penny farthing bike enthusiast who has taken his riding dream far beyond what anyone could imagine. Not only has he built his own bike but he has ridden it over 38,000 miles in 31 countries. For more details about his experiences, go to:

https://gearjunkie.com/penny-farthing-cyclist-joff-summerfield-bikepacking?utm_source=bikebits&utm_medium=email&utm_campaign=20201216_BikeBits.

Oh, and if you think this sounds like fun, he also designs and builds bikes for sale.

Are You Considering a Self-supported Bicycle Tour?

Are you the adventurous type that doesn't require a sag wagon or that your clothes and gear arrive at your next destination ahead of you? If you are that adventurous type, you might want to read a recent article in *Bicycling Magazine* about what and how to pack to carry the least amount of weight and number of items that you would have to peddle up the next hill:

https://www.bicycling.com/rides/a32982466/what-to-pack-for-a-long-bike-ride/?source=nl&utm_source=nl_byc&utm_medium=email&date=121320&utm_campaign=nl22374737&utm_term=BIC_Bicycling_Membership_Newsletter_Master_PAID.

Carbon/Smarbon – What about a Bamboo Bike?

If you really want to be eco-friendly, maybe you should think about a bamboo instead of a carbon frame and have something that is really energy renewable. Calfee Design makes a bamboo frame bicycle that is stiff, durable, and absorbs bumps better than most other frame types. The frame weight is 6-7 pounds and comes with a ten year warranty. Be the first one in your riding group to be riding on wood - <https://calfeedesign.com/bamboo/>.

Home Office Set-up Illustrations

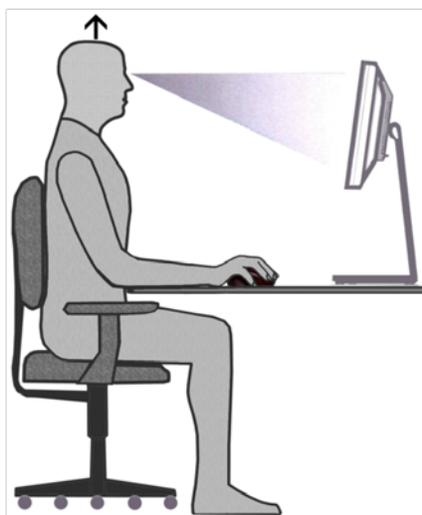
WORKSTATION ERGONOMIC SET-UP NO KEYBOARD TRAY

Body Position

- Workstation set-up should be done with the employee in good posture.

Chair

- Adjust back of chair tension to firm.
- Feet should be flat on the floor or on a foot rest to achieved 90/90 at hip and knee.
- Lower armrests beneath work surface.
- Adjust chair height so that hips and knees are at approximately 90 degrees.
- Seat depth should provide a 2 inch clearance from back of lower leg.



Monitor

- Keep chin level so that eyes are aligned 1-2 inches from top of monitor screen. Eye corrective lenses will effect monitor height.
- Monitor distance should be an arms length from shoulder.

Keyboard

- Wrists should be in neutral position when using keyboard or mouse. Forearms resting on work surface.

Cords/Cables

- Provide extra cord/cable length. Keep under desk area free of cords and cables.



Taken from ActiveEdge training material by Jay L. Tapper copyright 2012 www.activegedgewi.com

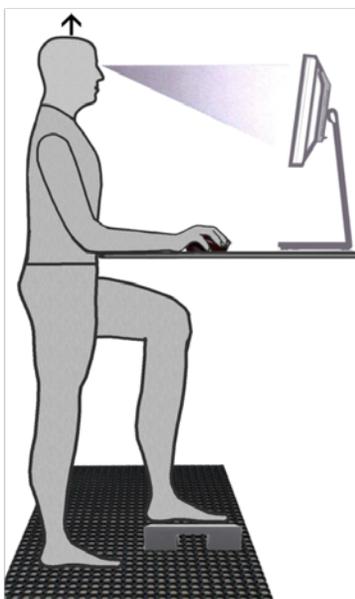
WORKSTATION ERGONOMIC SET-UP (STANDING)

Body Position

- Workstation set-up should be done with the employee in good posture.

Other

- Anti-fatigue mat
- Step stool
- Loose fitting shoes
- Continue to move around.



Monitor

- Keep chin level so that eyes are aligned 1-2 inches from top of monitor screen. Eye corrective lenses will effect monitor height.
- Monitor distance should be an arms length from shoulder.

Keyboard

- Wrists should be in neutral position when using keyboard or mouse.
- Forearms resting on work surface to support and rest shoulders

Cords/Cables

- Provide extra cord/cable length. Keep under desk area free of cords, cables and personal items.



Taken from ActiveEdge training material by Jay L. Tapper copyright 2012 www.activedgewi.com

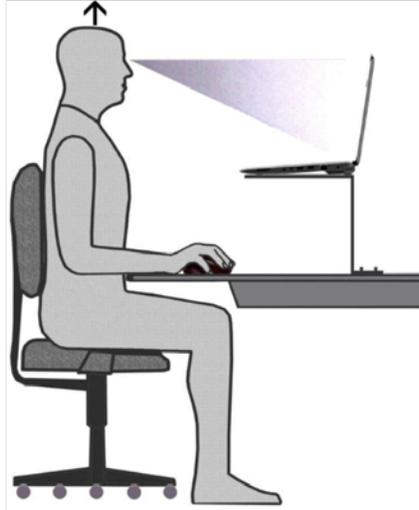
WORKSTATION ERGONOMIC LAPTOP SET-UP NO KEYBOARD TRAY

Body Position

- Workstation set-up should be done with the employee in good posture.

Chair

- Adjust back of chair tension to firm.
- Feet should be flat on the floor or on a foot rest to achieved 90/90 at hip and knee.
- Lower armrests beneath work surface.
- Adjust chair height so that hips and knees are at approximately 90 degrees.
- Seat depth should provide a 2 inch clearance from back of lower leg.



Monitor

- Keep chin level so that eyes are aligned 1-2 inches from top of monitor screen. Eye corrective lenses will effect monitor height.
- A monitor raiser should be used to raise laptop to proper height.
- Monitor distance should be an arms length from shoulder.

Keyboard

- Wrists should be in neutral position when using keyboard or mouse. Forearms resting on work surface.
- An external keyboard and mouse should be used.

Cords/Cables

- Provide extra cord/cable length. Keep under desk area free of cords and cables.



Taken from ActiveEdge training material by Jay L. Tapper copyright 2012 www.activegedgewi.com



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Next Newsletter Deadline

Next newsletter deadline: February 1, 2021

February GVR Cycling Zoom Meeting

You are cordially invited as an active participant in the February Zoom membership meeting. We hope you can join us for a discussion of some of the favorite and, perhaps, unknown road rides in the Green Valley area. The meeting will be moderated by some experienced road riders but we hope you will come and share your own personal favorites.

We look forward to a most interesting meeting. The Club's March 17th Zoom membership will feature a similar program focusing on favorite mountain bike trails in the Green Valley area.

Both meetings will begin at 3:00 p.m. and a notice on how to make the Zoom connection will be sent by e-mail to all members several days before the meetings.

Membership Renewal

With the coming of the New Year, it's time to renew your GVR Cycling Club dues. The club's first year has gone by in a flash. We had to improvise with Zoom meetings and while more people are riding, solo or small group riding is the norm. We have tried to keep the club together through the website and newsletter and we are hopeful a "new normal", whatever that may be, will return by fall.

2021 GVR Cycling Membership

1. Use this link to go to the blue section at the bottom of the Membership Page on the GVR Cycling website: <https://www.gvrcycling.org/membership.html#/>
2. Find the button that says: **Click Here To Fill Out the Membership Form**. Click on it and fill out your Name, email, GVR #, and local street address. You'll also be asked how/when you're making payment, and to provide information on your cycling interests.
3. Pay your dues, either by check or online.

You can mail a check for \$10 per member made out to GVR Cycling to: GVR Cycling, PO Box 326, Green Valley, AZ 85622 .

OR You can use Square on the club website to shop for and purchase either a single membership (\$11) or two memberships (\$21). The \$1 surcharge covers the merchant fee for using credit or debit cards.

If you have issues using the website to pay or to sign up, please contact Karen Rainford at 651-454-5487 or gvrcycling@gmail.com .

Stretch Your Hamstrings for Knee Health! by Jay Tapper

I had a GVR Cycling Club member request help with stiff, aching knees. None of the discomfort occurred when pedaling but was problematic with stair climbing and general activities. Well here are a few things to try:

1. Stay Hydrated. Keep those joints lubricated.
2. Walk before and after cycling. After your rides walk for 5-10 minutes to stretch out your knees before you head back into the house or hop back in the car. The worst thing to do is take a long ride and then put yourself in a sedentary position. In addition, take a walk later in the day.
3. Stretch your Hamstrings. Cycling can cause Hamstring tightness which can cause back, hip, knee, and foot discomfort. Test your hamstring flexibility by taking the Lower Body Flexibility Test. 70-90 degrees is a good score. Make sure you keep the thigh perpendicular to the floor when straightening your knee. Take your measurement when you start to feel a light stretch in your hamstring. The harder you strain the more your thigh will try to move off perpendicular so keep the stretch sensation light. Also note if one side is tighter than the other. This is a quite normal occurrence but will give you motivation to work to get them equal. Next review and practice the attached hamstring stretches. Adding some calf stretches is also important.

The key to less knee soreness is hydration, walking and consistent hamstring and calf stretching. Exercises appear at the end of the newsletter.

“Make it a Habit.”

How to Avoid Drivers with Road Rage

Bicycling Magazine recently ran a great article on how to deal with drivers exhibiting road rage - <https://www.bicycling.com/culture/a33574445/how-to-avoid-drivers-with-road-rage/?source=nl>. It suggested it was impossible to absolutely avoid such individuals and recommended strategies for avoiding confrontation. These included:

1. Never engage or try to argue or carry on a dialogue with the driver.
2. If possible, pull over and call the local sheriff or police and report the incident giving details about the time, place, description and license plate of the vehicle.
3. Carry a video camera/phone to record an incident.
4. Get to a safe place if being harassed.

Remember that more and more drivers are carrying guns so the most important thing is not to try to explain bike law or highway protocol but to protect you own personal safety.

Joanie’s Feed Zone – Something Missing?

For those who are wondering where Joanie’s Feed Zone is, she is starting a new schedule beginning with this newsletter. Starting with the February 6th issue, her column will appear only once a month in the first newsletter of the month.

Local High Wheel Rider?

A couple of weeks ago I was riding on Old Nogales Highway when I thought I saw a high wheel bicycle coming towards me. As the bike got closer, it was indeed someone pedaling away on a true high wheel bike. Unfortunately there was heavy traffic so I could not turn around and ask the rider's name. If you know someone in the area who rides a high wheeler, have him get in touch with me: tom.wilsted@uconn.edu or 860-214-2822. We'd love to have him talk about what it is like riding one of these early cycles at a future club meeting.

2020 El Tour Rescheduled

The 2020 El Tour de Tucson has been rescheduled for Saturday, April 10, 2021 - <https://eltourdetucson.org/>. Details are just becoming available and it is still possible that the event will be affected by the Covid situation. As more details become available, we will let people know about how our club might assist this effort. The regular 2021 El Tour event will still be held in November 2021.

10-10-10 Rides

As you may know, GVR Cycling doesn't actually sponsor rides. However, on our website, we keep a list of the riding groups in Green Valley who are always open to new cyclists. The most recent riding group added is called 10-10-10 and they just completed their second ride since inception. If you have neighbors or friend who want to participate in slower, shorter rides, they can contact Karen Rainford at karen.rainford@gmail.com or 651-454-5487. The group is currently meeting at 10am on Thursdays at Las Campanas and riding less than 10 miles, slower than 10 mph, and with groups smaller than 10 people. They also avoid hills greater than a 10% grade, but that's just common sense.

Riding and Cell Phones

While we hope every rider keeps their cell phone in their pocket except when stopped but we wanted to bring to your attention a new Arizona law starting on January 1, 2021 that requires the use of hands-free phones and devices. Using a hand-held phone or texting can result in a fine of \$75-149 for the first offense and \$150-250 for a second offense. For more details on how the law changed, go to: <https://www.azdps.gov/handsfree>.

GVR Cycling Logo – We Need Your Help

For some months the Cycling Club board has been putting together ideas for a club logo. Suggestions have included a "cactus emoji riding a bike", a "Kokopelli on a bike", and several others. Unfortunately, your club board lacked the creative and artistic skills to bring these ideas to fruition. We hope that one or more of you will take up this challenge. We will be accepting logo drawings of whatever design through February 28th. The person submitting the winning design will receive a free one-year membership to the club. We hope you will get out your pens/pencils/paint and your imagination to bring your club a great design.

Workout Routine for Cyclists

Al Miller recently pointed out a workout routine that appeared a couple of months ago focused on cyclists and cycling. It was part of a larger series of articles that focused on swimming, weight training and cardio-fitness. The article talked about both indoor and outdoor riding and some exercises to help you build up strength and endurance. For the full article go to: <https://www.cnn.com/2020/08/17/health/biking-workout-exercise-routine-benefits-wellness/index.html>.

League of American Bicyclists

The League of American Bicyclists is a national advocacy group dedicated to supporting and encouraging cycling across America. They lobby at the local and national level for more and improved bike lanes and paths and laws that support cyclists. One of the ways they do this is to recognize communities, businesses and universities with annual awards for the support and improvement of bicycle infrastructure. To see which groups that have been recognized in Arizona, go to: <https://bikeleague.org/bfa/awards#community>.

The League also supports an annual online summit where individuals and groups will meet virtually this year to get updates on what is going on around the country regarding national and state legislation and ways in which individuals and local groups can support efforts to improve cycling. This year's summit is scheduled February 28-March 3 with the theme of "Bikes: Our Vehicle for Change" and the cost to register is \$50. More information is at: <https://bikeleague.org/summit>.

If you think their work is worthwhile and want to support them you can take out a membership - <https://bikeleague.org/join> or purchase some of their logo gear at their online shop - <https://bikeleague.myshopify.com/>.

Bicycle Support Closer to Home

Arizona has its own state group working to support cyclists and cycling across the state, the Coalition of Arizona Cyclists - <https://www.cazbike.org/>. For local news about Arizona cycling, go to their website on a regular basis.

One of their recommendations for the New Year was to encourage cyclists to wave when we are out on rides. "This include e-bikes, kids on fixies, homeless people, even triathletes. The friendlier we can be as a [cycling] community, the better it will be for bicyclists everywhere. So wave all to the cyclists you see; you can even wave at people walking and people driving cars. It can't hurt."

Is the Tucson Area Becoming a National Cycling Destination?

We all know that Arizona and Tucson are great cycling spots. The weather is great if you don't count the summer with plenty of sunshine and lots of riding trails and roads with bike lanes and lots of interesting places to visit. It seems like some other people are discovering Tucson and

introducing the area to people looking for new riding adventures. Each winter when one sees a van with numerous bikes on top you know that a tour group is somewhere in the area.

Companies like VBT, Backroads and Bicycle Adventure all have a Tucson tour on their list of destinations. One of the most recent tour offerings arriving in my inbox came from *Bubbas Pampered Peddlers* - <https://www.bubbspamperedpedalers.com/tourntucson>. This tour is scheduled for April 2021 and offers not only area tours but the possibility of participating in both the El Tour de Tucson and the Tour de Mesa. It sounds like a pretty ambitious undertaking, especially with Covid-19 still on the horizon.

It's nice to know that others are finding the riding pleasures that we have out our front door. However, we can only hope that the whole world doesn't discover Southern Arizona cycling and we have to share the road not only with cars but with hordes of bicycle visitors.

Photo - Historic Canoa Ranch Southside Bike Club Circa 1895



The above headline is a fake but the photo is not! The picture (Courtesy of Jeff Krow) was taken in Los Angeles in 1895 at a cyclist gathering. Clearly they were proud of the fact that they actually owned bicycles. In that era, it was an important means of transportation and would be comparable to having a car today. Can you imagine members of our GVR Cycling Club getting together and stacking up our bikes like this for a picture? I can hear people saying, “You mean you’re really going to put your ratty Raleigh on top of my Pinarello? You put a scratch on that and...!”

Links to Interesting Articles

Someone Else Recommends Cycling in Green Valley

Searching for something recently, I ran across a website on Tucson Bike Rentals that recommends and gives details about good cycling routes in Green Valley - <https://www.tucsonbikerentals.org/best-greenvalley-az-roadbike-rides/>. Green Valley riders will be familiar with most of the routes: Arivaca, Tubac, Desert Diamond Casino, Madera Canyon, and Hopkins Observatory. It provides maps starting at GVR West Center, gives altitude and grade information and some photos from along the route. If you have visitors or new residents wanting information about rides, this might be a good place to direct them.

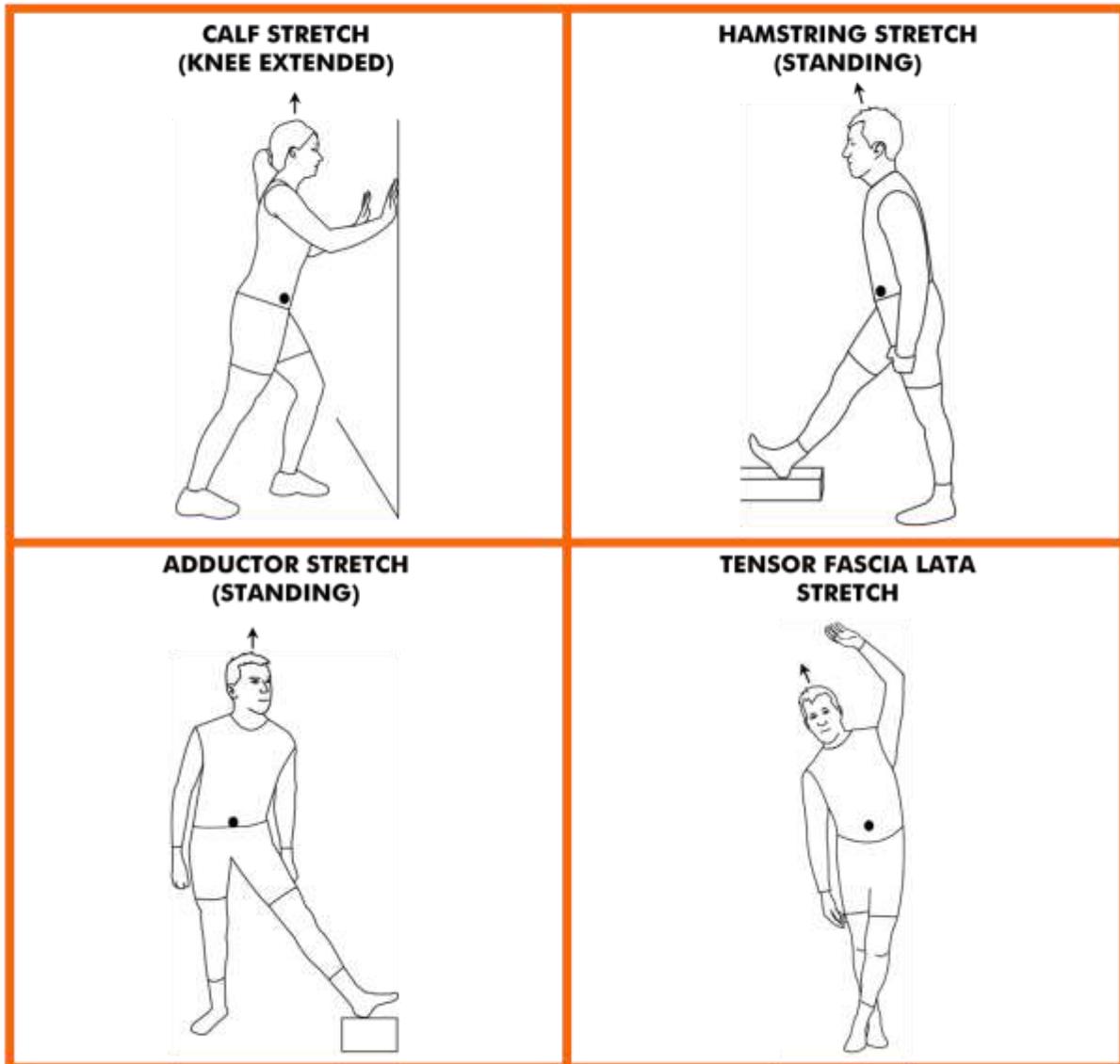
Aging and Cycling

Dedicated cyclists want to keep pedaling whether they need the assist or are concerned about balance. E-Bikes are gaining popularity because pedaling is easier, slower riders can keep up with a group or one can ride further. Another popular alternative is the tri-cycle. If you are considering that possibility, here is a guide to some of the Tri options - <https://www.performercycles.com/recumbent-trikes-guide/>

Stretch Your Hamstrings Exercises

HAMSTRING STRETCHING PROGRAM

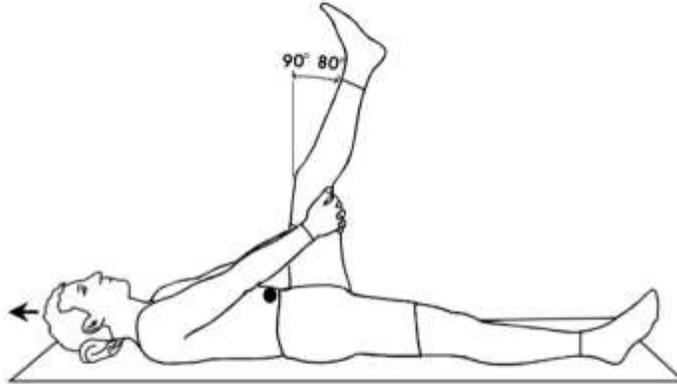
1. Tighten abdominal muscles (●).
2. Move body in direction of arrow (↑) to initiate stretch.
3. Relax, breathe normally.
4. Hold light stretch for 15 seconds. Repeat 2 times.



Taken from ActiveEdge training material by Jay L. Tapper
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LOWER BODY FLEXIBILITY TEST



- ~ Lying on back, raise left leg until left thigh is perpendicular to floor. Keep knee flexed.
- ~ Elongate and stabilize spine. Tighten abdominal muscles.
- ~ Straighten left knee until a stretch is felt in left hamstring.
- ~ Breathe normally.
- ~ Good flexibility would be 80 degrees or greater.

Material taken from Flexibility Exercise Guide by Jay L. Tapper
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