

# CHAINRING

Newsletter of The  
GVR Cycling Club  
[www.gvrcycling.org](http://www.gvrcycling.org)



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**Next Newsletter Deadline: June 7th**

### Pima County Road Improvement

Pima County has just approved and released a list of roads that will be repaved during the fiscal year beginning July 2021. There are a large number of roads that are county maintained in GV HOAs as well as many arterial roads. Some of the latter of interest to cyclists include <https://webcms.pima.gov/cms/One.aspx?pageId=53289>. Mission, Helmet Peak, Arivaca and Mission Twin Peaks roads.

### Better Roads – Going Even Further

The Green Valley Council has submitted its proposal for better transportation connectivity to the Regional Transportation Authority (RTA). This plan includes adding a number of additional multi-use trails in the Green Valley region as well as a connector route from the East Frontage Road to Camino de La Canoa/GVR Pickleball Complex - <https://gvcouncil.org/transportation-connectivity-for-southern-pima-county/>.

### A High-Wheel Adventure – From Michigan to Florida

Many of us yearn for the challenge of making a cross-country run by bicycle – San Diego to St. Augustine or Seattle to Maine. Some of us do it and some of us just dream. There are lots of ways of doing this from a fully-supported ride to doing it pulling all your gear in a trailer. This is a different story of a father and daughter starting from Sault St. Marie, Michigan and ending in Key West, Florida in 2020 on two high-wheel cycles during the height of the pandemic - [https://www.adventurecycling.org/blog/riding-high/?ruid=437746&utm\\_source=bikebits&utm\\_campaign=20210421\\_BikeBits&utm\\_medium=email](https://www.adventurecycling.org/blog/riding-high/?ruid=437746&utm_source=bikebits&utm_campaign=20210421_BikeBits&utm_medium=email). It is a fascinating tale – enjoy!

### AZ Best Bicycle Cities

A recent ranking of the best AZ cities for cyclists ranked Tucson # 1 (duh). Tucson’s score was 3.1 out of 5 and was the only city to score above a two overall.

	Overall Score	Ridership	Safety	Network	Reach	Acceleration
Tucson	3.1	2.5	2.4	2.3	2.3	3.4
Gilbert	1.8	1.2	1.4	1.6	2.8	
Tempe	1.8	2.3	1.7	2.2	2.2	0.5
Scottsdale	1.6	2.1	1.9	2.2	1.3	0.5
Chandler	1.5	1.3	1.4	1.6	1.6	
Glendale	1.5	1.5	1.7	2.1	1.9	0.4
Phoenix	1.5	1.8	1.4	2.1	1.7	0.5
Avondale	1.4	1.4	2.0	1.2	2.0	0.3
Peoria	1.4	1.1	1.4	1.6	1.5	
Mesa	1.3	1.8	1.7	1.4	1.1	0.5
Yuma	1.2	1.4	1.2	1.2	1.6	0.4

## Got A Spare \$1,000?

Looking for an investment or wondering what to do with your latest Covid payment? Driven Technologies, a Colorado start-up, is seeking investors to bring their concept of a new type of bicycle drive-train to fruition and to the market-place -

<https://www.ceramicspeed.com/en/cycling/d3>. Their invention substitutes a drive shaft and gears for the current chain and cassette model found on today's cycles. The concept uses a pinion combined with a cassette to change gears. With this concept, they hope to eventually replace the 100 year old use of chains, gears and derailleurs. For a \$1,000, you can be joining other investors in this cutting edge new technology. Stay tuned!

## Can the Crank Arm Length Make a Difference?

When you bought your bike did the sales person talk about crank arm length and what options were available? Standard crank arms from Shimano and SRAM range in length from 165mm to 180mm, a range of just over half an inch - <https://www.bicycling.com/bikes-gear/a20011684/what-you-need-to-know-about-crankarm-length/>. Road bikes generally come with a 172.5mm crank and mountain bikes with a 175mm. However, that length could be too long or short depending upon whether you are 5'1" or 6'6" inches tall. In addition to Shimano and SRAM, there are companies that specialize in cranks that range from 130mm to 220 mm in length. A crank that is too long will make it harder to pedal and one that is too short will make it hard to adjust the bike for your size for maximum power. A recent study found that mountain bike cranks should generally be shorter to improve rider power - [https://www.singletracks.com/mtb-gear/are-mtb-cranksets-too-long-for-a-lot-of-riders-they-might-be/?utm\\_source=email&utm\\_medium=newsletter&utm\\_campaign=](https://www.singletracks.com/mtb-gear/are-mtb-cranksets-too-long-for-a-lot-of-riders-they-might-be/?utm_source=email&utm_medium=newsletter&utm_campaign=). Shorter cranks can also benefit any rider who might be dealing with chronic knee pain. If you are changing your crank size this may require adjusting seat and handlebar height and possibly chain-ring size. While crank length is pretty esoteric, you might ask your local bike shop about this on your next visit.

## Animals on the Trail

Riding around Green Valley, we occasionally see a wild critter. The javelinas may be crossing ahead of us or the coyote can be seen off to the right or there is a live or dead snake on the

roadway. Most times they are trying to get away from us as quickly as we are trying to get away from them. However, a Canadian cyclist, Keith Ailey, recently had a run-in/ride-in with a racing ram - <https://cyclingmagazine.ca/sections/news/unexpected-ram-chases-thunder-bay-cyclist/>. The beast followed him for a distance with the cyclist trying to keep ahead. Apparently, the ram loves people and was only trying to be friendly.

### For a Hard Workout or a Sports Injury: Is Ice the Right Remedy?

A recent study published in the *Journal of Applied Physiology* questions the use of ice following a sports injury or a heavy workout - <https://runningmagazine.ca/health-nutrition/study-icing-injuries-doesnt-work/>. The study focused on mice and tested their muscle response using ice or no ice. The study reports that those who did not use ice recovered more quickly and more fully than those using ice as a remedy.

### Today's Photo Speaks for Itself



### Do You Think I'm Sexy?

The Bicycle Warehouse recently shared an article about the benefits of cycling. Some of the items listed included low impact, muscle building, weight loss, and a half dozen other positive attributes. However, under sexiness, it quoted a British survey of 600 men and women who perceived cyclists "as more intelligent and cooler than other people, and 23 percent said a cyclist would be their preferred blind date" - <https://bicyclewarehouse.com/blogs/news/the-benefits-of-biking>. So if you want to improve your image and dating life, get out there and ride!

## Looking for a National Park with a Bike Trail?

Many people are planning to get away this summer with travel plans that include mostly the great outdoors. National Parks certainly fill that bill and a number of them have bike trails so take your bike/s with you - [https://www.bicycling.com/rides/g20022145/the-13-best-rides-in-national-parks/?source=nl&utm\\_source=nl\\_byc&utm\\_medium=email&date=042621&utm\\_campaign=nl23654272&utm\\_term=BIC\\_Bicycling\\_Membership\\_Newsletter\\_Master\\_PAID](https://www.bicycling.com/rides/g20022145/the-13-best-rides-in-national-parks/?source=nl&utm_source=nl_byc&utm_medium=email&date=042621&utm_campaign=nl23654272&utm_term=BIC_Bicycling_Membership_Newsletter_Master_PAID). Even if you don't want to leave Green Valley you can go to Saguaro National Park, which is one of the Parks with a bike trail on the list.

## A New Danger – Bike Jacking

Riders in Berkeley, California are facing a new danger – Bike jacking. At least five riders have recently had their bikes stolen at gun or knife point - [https://cyclingtips.com/2021/04/bay-area-cyclists-on-edge-after-spate-of-armed-bikejackings/?utm\\_campaign=Feed%3A+cyclingtipsblog%2FTJog+%28Cycling+Tips%29&utm\\_medium=feed&utm\\_source=feedburner](https://cyclingtips.com/2021/04/bay-area-cyclists-on-edge-after-spate-of-armed-bikejackings/?utm_campaign=Feed%3A+cyclingtipsblog%2FTJog+%28Cycling+Tips%29&utm_medium=feed&utm_source=feedburner). While bikes are in short supply and becoming more valuable, we can only hope that this type of criminal activity doesn't reach AZ.

## Joanie's Feed Zone - Memorial Day Memories by Joanie Rogucki RDN

What food do you remember having or making for picnics? Was it a common item like a hot dog or a favorite recipe handed down from your family? Memories of getting together with family includes smells, hugs and foods that bring back the good feelings from that time. Something called "**Food Nostalgia**" uses all 5 senses to generate those feelings. Our brains play the role of Deja vu. With all 5 senses working: touch, smell, taste, sound, and sight can spark those memories. Memories are important, and they should be honored. That said, the family recipe used for years may not be a healthy choice for you now. By reviewing your recipe, you can find substitutes with healthier ingredients while still have "a treat" on special occasions. My "**Food Nostalgia**" is a dish called, "Ambrosia" that my mom made for all special occasions including Memorial Day. I will walk you through my substitutes which reduce fat and lower sugar but do not lessen the nostalgia and the pleasure. I will also include the recipe I found online that is closest to my mom's version. First the story that led to my "**Food Nostalgia**". While zooming with my sisters, we started talking about family gatherings and food. As most of my memories go, I thought about the food I would bring to a gathering and the food(s) that awaited me. We remembered the ingredients and the changes mom made over the years and how she might dress the salad differently for each season. We agreed it was her "go-to recipe". During her life my mom had already started changing the recipe: for Ambrosia she substituted Cool Whip for sour cream. Later she would change that to Lite Cool Whip. I reinvented the recipe to provide less fat as she did, however the "Coco Whip Lite" does not have high fructose syrup and some of the other chemicals with an organic twist and is vegan, though this is not a deal breaker.





To assure less added sugars in the salad, I recommend unsweetened coconut. When draining canned fruit make sure to rinse it as well as this also reduces sugars and the cherries in the fruit cocktail take the place of maraschino cherries. Marshmallows are such an essential part of this salad, you need another option. I found an AIP and Paleo Friendly option on Amazon called “Sweet Apricity”.

I like to emphasize the importance of enjoying the food(s) we eat. If we are mindful of “food nostalgia” moments, we will enjoy our food more, eat and crave less. Along with this enjoyment is the time spent with friends and families. After this exceptionally long year we are sensitized to our need for the physical hugs and the pure joy of “being together”. Eat well, enjoy every bite and may the coming months allow us to be together again. Happy Memorial Day.

allrecipes

## Ambrosia Fruit Salad

★★★★☆

EASY EASY EASY. If you like maraschino cherries you can use them, if not remember there are maraschino cherries in your fruit cocktail. Also, a little juice from the maraschino cherries will color your fruit salad a festive red.

**Prep:** 10 mins  
**Additional:** 35 mins  
**Total:** 45 mins  
**Servings:** 12  
**Yield:** 12 servings



### Ingredients

1 (8 ounce) container frozen whipped topping, thawed  
2 ½ cups shredded coconut  
½ cup chopped walnuts  
1 (8 ounce) can fruit cocktail, drained  
1 (8 ounce) can pineapple chunks, drained  
1 (11 ounce) can mandarin oranges, drained  
3 cups miniature marshmallows  
1 (10 ounce) jar maraschino cherries, drained (Optional)  
1 teaspoon ground nutmeg  
1 teaspoon ground cinnamon

### Directions

#### Step 1

In a large bowl, combine the whipped topping, coconut, chopped nuts, fruit cocktail, pineapple, mandarin oranges, marshmallows, cherries, nutmeg and cinnamon. Mix together well and refrigerate for 30 to 45 minutes.

### Nutrition Facts

**Per Serving:** 274 calories; protein 1.9g; carbohydrates 41.3g; fat 12.4g; sodium 62.3mg.

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## Buying a Bike during the Pandemic – Year 2

Last year was crazy if you were trying to buy a new or used bike. Bike sales went up 75% from 2019 to 2020 and used bikes went quickly as well with people wanting to get some exercise and

fresh air. While no one can predict the future, 2021 still looks like buying a bike will be like buying a house, the market will be competitive and expensive. To read more about what the next year or two will be like, go to: <https://www.mensjournal.com/gear/bike-shopping-tips-for-year-two-of-the-great-pandemic-bike-boom/>.

## Bike Theft – Not Me!

Canadian Olympic hopeful Marie-Soleil Blais recently came to Tucson to do some winter training. Finishing a ride up Mt. Lemmon, she stopped at a Circle-K for a drink and a snack. She left her unlocked Specialized S-Works Amira where she could view it except when she faced the cash register. When she turned around it was gone - <https://cyclingmagazine.ca/sections/news/marie-soleil-blais-bike-stolen/>. If you look at the article you'll note a very distinctive paint design. If you are offered a bike like this or see one, be sure to contact the local police or sheriff's office.

## Bike Trails Are Good for Business

A recent study by Portland (OR) State University found that bike trails bring either positive impact or, in a few cases, had no impact on the business climate - <https://www.grunestrassen.com/bike-lanes-bring-bucks-to-businesses/>. The study looked at trails in Portland, Seattle, San Francisco, Indianapolis, Memphis and Minneapolis. It found three positive aspects of trails: trails brought business, cyclists tended to be big spenders and trails improved home values located along the trails.

## Lower Carbon Emissions – Turning to Cycles

A recent British article suggests that turning to electric cars will be too slow to reduce the carbon footprint - <https://theconversation.com/cycling-is-ten-times-more-important-than-electric-cars-for-reaching-net-zero-cities-157163> . Even if we have only electric vehicles, they will still have a significantly greater impact on the environment than do walking and cycling. The article argues that bicycles create 30 times less emissions than fossil-fuel cars and 10 times less than electric ones. Lots of food for thought – just keep riding to improve the environment!

## Links to Other Interesting Articles

### Cycling During Covid in Great Britain

An English travel photographer found the joys of riding for a year in his local area during the Covid crisis when forced to stay close to home. He documented this with his camera and the result are some spectacular photographs. See example below:

<https://www.nytimes.com/2021/04/05/travel/sussex-bicycle-portraits.html?referringSource=articleShare>.





### A Challenging Route: Yuma to Bishop via Death Valley

For a window into an adventure, go to *The Radavist* – where two riders describe their tortuous adventure riding in the desert, sand and mountains of Arizona and California - <https://theradavist.com/2021/05/impossible-route-yuma-to-bishop-via-death-valley/>. For the resulting video that accompanies with this story, go to: <https://www.canyon.com/en-us/impossible-route/death-valley.html>

### Want to Set Your E-Bike for Maximum Distance? – We Have an App for That

E-Bike companies are now adding apps to the controls of the e-Bikes they sell. Unfortunately, they are mostly available only on the higher priced models. One, the Gocycle is being described as a computer on wheels. For more on this, go to: <https://tidbits.com/2021/04/02/some-fancy-e-bikes-have-their-own-apps-we-tried-two/>.

### Diagnosing Mysterious Bicycle Creaks and Groans

Bicycling magazine recently did an article on how to diagnose and remove the noises that are occasionally found in various parts of your bicycle: <https://www.bicycling.com/repair/a35996718/how-to-diagnose-common-bike-noises/>. Sometimes these can be owner repaired but even if you need to take it to a bike shop, it will save time to be able to point out the culprit.

## Who Invented the Bicycle?

If you are wondering who invented the bicycle, there isn't a clear answer. For a brief history and introduction to how our beloved steed came to be, go to:

<https://www.bicycling.com/culture/a36298882/who-invented-the-bicycle/>.

## Boring Bike – A Solution!

Are you tired of seeing every Specialized coming down the street in the same red/orange color as yours? When you are coming out of the Tubac Deli from getting your cinnamon roll are all the bikes in the rack matt-black and you can't tell one from another? If so, maybe you need to get to a professional bike painter/designer and make your ride more distinctive and less boring - <https://cyclingmagazine.ca/sections/feature/9-custom-bike-painters-that-are-taking-frames-to-the-next-level/>.



## Campfire Camping has Moved

If you are in need of any bike camping gear, Campfire Camping has moved to a downtown Tucson location - <https://www.campfirecycling.com/directions>.

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