

CHAINRING

Newsletter of The
GVR Cycling Club

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Local Cycling News

My View from over the Handlebar by Hank Deutsch, President GVR Cycling Club
 Deepening social, medical, and economic issues complicated by national and international concerns have entered our cycling world. More cyclists are becoming active in response and making their presence known and seen, here in Green Valley and in the wider cycling community.

Some of the issues and concerns which directly impacting cyclists are:

Economic. Cycle shops are dealing with shortages and lack needed sales and maintenance staff. In addition, the international marketplace contributes to the lack of cycles to sell on demand at reasonable prices.

Racism. Recent articles in various national cycling magazines and on line news have painted the USA cycling world as a product by and for the “white and male privilege.” whether accurate or not. There are individuals and groups that are trying to change this. Cyclists must show their support for such efforts and be welcoming when individuals from different backgrounds and perspectives join our club and rides. Only by showing our common humanity as individuals and as a club can we help transcend the social and racial alienation that plagues our society.

Rage. Road rage incidents appear to be part of the national trend of increased confrontations between motorists as well as with cyclists. As individuals and as a group we need to be alert and vigilant when riding. Confrontations can be lessened when we follow the rules of the road and avoid aggressive riding behavior. Be aware, the “finger” and profanity could see a response of a finger curled around a trigger. Cyclists should ride to promote peace and serenity together with a bond of national unity that links us together.

We should ride with the mutual understanding and acceptance... Remember, “Riders are not always in the right. But they are always fragile.”

National and International Cycling News

U.S. Senate Bi-partisan Transportation Bill and Greenway Bill

The U.S. Senate Environment and Public Works Committee has just released a draft of a Transportation Bill - <https://bikeleague.org/content/senate-releases-transportation-draft-good-news-bicycling-and-walking>. The good news is funding for cycling and walking infrastructure would increase by more than 50%. It is early days but this looks promising.

In addition to the Senate bill, there is a widespread effort to expand the nation’s greenway program and connect many trails that have been started but are not always connected - <https://www.greenwaystimulus.org/> and https://www.bloomberg.com/news/features/2021-06-04/bike-and-walking-trails-are-infrastructure-too?utm_campaign=news&utm_medium=bd&utm_source=applenews. The latter effort would/could be included in the Infrastructure bill currently being discussed by President Biden and members of the House and Senate.

Bicycle Price Inflation – Really?

Bloomberg News recently ran an article on its concerns about inflation with a special focus on the bicycle industry - https://www.bloomberg.com/news/articles/2021-06-05/a-4-749-bike-hints-at-inflation-peril-looming-for-u-s-economy?utm_campaign=news&utm_medium=bd&utm_source=applenews. It highlighted the fact that a Santa Cruz Hightower C R mountain bike now cost \$4,749, an increase of 10% over 2020 prices, assuming that it is even available. It provided detailed graphs of the increases in demand for cycling parts, service, new and used bikes and the impact that covid has had increasing the number of riders chasing a smaller universe of cycling products. It is an interesting and sobering read with what appears to be a continuing trend for the next few years.

Measuring Bike Ridership in a Different Way

Much of our reading about bike ridership is anecdotal – number of bikes seen on the road, lack of bike inventory at local bike shops or the difficulty of buying a new or used bike. New York City has an active and long-term commitment to bicycle sharing and records the amount of bicycle usage. Its early May statistics confirm what we see anecdotally – more butts on bikes <https://gothamist.com/news/bike-boom-shows-no-signs-slowing-citi-bike-sets-new-ridership-records>. Its early May ridership broke all records with weekly rider numbers totaling more than 600,000 and weekend rides totaling more than 100,000 per day.

Bike-Thru Vaccine Clinic

Montreal has established what may be the first bike-thru vaccine clinic that began providing shots in late May - <https://cyclingmagazine.ca/sections/news/montreal-is-hosting-a-bike-thru-vaccine-clinic/>. The clinic is located at Montreal's local Formula 1 race track. The venue became available when this year's race was cancelled due to the covid crisis. The clinic provided riders up to 200 vaccine doses per hour for a total of 1000 per day.

Cycling Gear

More on Saddles

Bicycling Magazine recently did a review of what they recommend as the 11 best saddles they have reviewed so far in 2021 - https://www.bicycling.com/bikes-gear/a24787969/best-bike-saddles/?source=nl&utm_source=nl_byc&utm_medium=email&date=051621&utm_campaign=nl23851814&utm_term=BIC_Bicycling_Membership_Newsletter_Master_PAID . It includes lots of detail so if you are in the market for a saddle, it may help direct your choice.

Bike Covers for All Occasions

If you always store your precious cycle indoors and have a van or vehicle large enough to transport it inside, consider yourself lucky. There are some people, however, that have to keep their valued steed outdoors or on a rack on top or on the back of their vehicle. If you are one of the latter, there are a variety of cycling covers that will protect it from the weather and from thieves. A recent *Bicycling* Magazine provides a primer of some of our options - <https://www.bicycling.com/bikes-gear/a36287921/best-bike-covers/>.

Crankarms – Again

While one can consider and choose from different crankarm lengths, there is little variety in manufacturing or the product from one manufacturer or another. SRAM and Autodesk, a 3D designer, have combined to investigate new ways of designing and manufacturing crankarms that retain their required strength while dropping grams in the process - <https://www.forbes.com/sites/jimvinoski/2021/05/19/sram-and-autodesk-reimagine-the-bicycle-crankarm/?sh=5de4137c1088>. While they do not have a commercial product as yet, the story gives an insight into their thinking and how they are going about creating their new design/s.

Bike Tires Explained

For those wanting to know the ins and outs of bicycle tires, *Bicycling* Magazine recently ran a detailed introduction: <https://www.bicycling.com/repair/a36432410/how-to-measure-bike-tire-size/>. It covers bicycle tire sizing, how to read and understand the details on the side of a tire and how to choose the right tires for your bike.

Building Better Helmets

Riding without a helmet is putting your head and health at risk in case of an accident. Helmet manufacturers continue to improve helmets on a regular basis from making them lighter to improved airflow and improved safety feature including MIPS, Wave cell and air bag technologies. However, a British study of helmet safety and technology has challenged helmet testing done by manufacturers - <https://www.bicycling.com/news/a36475044/new-bike-helmet-safety-testing-study/>. The focus of the article suggests that helmet companies test helmets against forward or sideward right angle impacts when in the real world most accidents occur with the wearer hitting an object or the ground at an angle. The article challenges helmet manufacturers to change their method of testing to find ways to improve the helmet design and wearer protection. The full research article can be found at: <https://link.springer.com/article/10.1007/s10439-021-02785-0>.

Best Bike Brands – One Opinion

Gear Patrol recently published a listing of what they consider 11 “awesome” bike brands - <https://www.gearpatrol.com/outdoors/a36549771/best-bicycle-brands/>. They are mostly bike companies that have been established in recent years. The article provides some history of each listed “brand” and goes from the well-known, Specialized and Cannondale, to more obscure companies, Reeb and Why.

Used Bike Dealer Review

In an earlier newsletter, we introduced our readers to the *Pro’s Closet*, a bike dealer located in Colorado that buys and sells used bikes. The company deals mainly in high end bikes but might have what someone needs when waiting times for new bikes are long. Tanner Bowden, who writes for *Gear Patrol*, recently published an online review about the pros and cons of buying a used bike from the *Pro’s Closet*. For anyone considering this buying option, his review gives a good overview of the process and the different aspects of buying used - <https://www.gearpatrol.com/outdoors/a33405722/pros-closet-review/>.

Speaking of Selling Bikes

If you are interested in selling a bike or bike parts rather than buying more, you may be interested in this recent article from *Cycling Magazine* - <https://cyclingmagazine.ca/sections/gear-reviews/how-to-sell-your-bike-or-bike-parts-online/>. It provides tips on preparing items for sale and how to get the best prices.

The Latest Craze - Hydrobikes

For you snowbirds living on or with access to a lake this summer, you might want to take up hydro-biking as an alternative to riding on the roads. (No bike lanes, no cars with only the errant speed boat to worry about) - <https://www.westernmassnews.com/news/tncms-asset-6aa74b2a-b9ae-11eb-b82a-cbbf5571effc.html>. Hydrobikes come in a variety of configurations from single to double cycles, an e-version and one designed for anglers - <https://hydrobikes.com/>. If you have tried this new mode of cycling, let us know about the experience.



Rubber Ducky, You're The One!



If you are a cyclist who has everything or you know someone who is, you/they need a rubber ducky bicycle bell. You need to know this is not your average ducky as they come with a helmet, sunglasses and in male - https://www.amazon.com/MS-CLEO-Accessories-Propeller-Handlebar-Children/dp/B084ZHQFJQ/ref=sr_1_24?dchild=1&gclid=Cj0KCQjwh_eFBhDZARIsALHjKdRpv-1EP6SGQQ_i1JMir0xxe5HflhjnRSxp_c3tpWM5liTkP0PBlaAvKeEALw_wcB&hvadid=433439265509&hvdev=c&hvlocphy=9030204&hvnetw=g&hvqmt=e&hvrnd=4450414410058972847&hvtargid=kwd-812585589971&hydadcr=7469_9611978&keywords=rubber+duck+bicycle+bell&qid=1623083352&sr=8-24 or female versions - https://www.amazon.com/Ornaments-Accessories-Handsome-Dashboard-Decoration/dp/B08K8WK64L/ref=sr_1_14?dchild=1&keywords=female+rubber+duck+bicycle+bell&qid=1623083487&sr=8-14

Before you reject this idea outright consider the advantages:

1. These are a great “ice-breakers” when you join a new riding group.
2. These will deter bike thieves as they will avoid a bike is decorated with a rubber ducky for a bike that is less distinctive.

3. When you “bell” someone on “the loop” and you get a dagger stare you can yell, “not me” as they won’t know that your Ducky has a bell hiding underneath.

Cycling Health and Safety

Joanie’s Food Zone by Joanie Rogucki RDN



Positive Resolutions: Eat Your Colors!

Every New Year’s Day 40% of Americans resolve to improve their health. One popular resolution is “eating healthy”. In keeping with that theme “eat your colors” is a fun way to honor your resolution. Also called “Rainbow Nutrition” it provides nutrient dense foods along with health benefits that you can sink your teeth into. Research shows that eating enough fruits/veggies daily reduces “muscle damage, increases muscle strength, and improves the immune function and symptoms of

fatigue”. Does that mean that eating my fruits and vegetables can help me to be more active and assist with performance and staying healthy? You betcha!



BLUE & PURPLE

- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes
- plums
- prunes
- purple figs
- salmon

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radishes
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelon



EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

- artichokes
- asparagus
- broccoli
- broccoli
- brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- leeks
- lentils
- mustard greens
- onions
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- waltonia
- zucchini

ORANGE & YELLOW

- acorn squash
- butternut squash
- carrots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papaya
- peaches
- pineapples
- purple kiwi
- summer squash
- sweet potatoes
- tangerines
- vanilla
- yellow kiwi
- yellow peppers
- yellow squash

WHITE

- bananas
- cauliflower
- garlic
- jackfruit
- artichokes
- asparagus
- onions
- potatoes
- parsnips
- shallots

EAT SMART MOVE MORE BE WELL

heart.org/HealthyForGood

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So how do I get more colors in my diet? Paint your plate with colorful foods! The American Heart Association recommends eating 2 color groups per meal. Each group provides different nutrients based on their color. Do this and you are on your way to better health.

LOG YOUR COLORS

Breakfast:

Lunch:

Dinner:

<https://riverview.org/blog/nutrition-2/eat-your-fruits-and-vegetables-for-improved-exercise-benefits/>
<https://www.health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501>
https://www.heart.org/-/media/aha/h4gm/pdf-files/eat_more_color_infographic.pdf?la=en

Riding Better – 100 Tips

Bicycling Magazine recently published an article that lists one hundred ways in which you can improve your cycling life - <https://www.bicycling.com/training/a20021391/101-cycling-tips-to-completely-transform-your-bike-life/>. The article include tips on safety, health, riding skills and many more helpful hints.

Preparing for Early Summer Rides

With summer's warm temperature and hot sun, it is critical to ride early in the day. If you are normally a night owl and like sleeping in late, *Bicycling* Magazine has some tips on how to train yourself to be an early riser - <https://cyclingmagazine.ca/sections/training-guide/training/how-to-make-waking-up-for-a-morning-ride-a-little-easier/>.

Riding in Southern Arizona's Sun and Heat

Cycling Magazine recently published an article on thoughts riders have while on a very hot ride - <https://cyclingmagazine.ca/sections/feature/10-thoughts-all-cyclists-have-during-a-very-hot-ride/>. These will definitely resonate with you if you are riding in Arizona on this or any other summer.

Cycling History

First Woman to Circumnavigate the World on Two Wheels

Annie Cohen Kopchovsky, a Latvian immigrant living in Boston, arguably became the first woman to ride a bicycle around the world in 1894-1895 at a time when women were flocking to bicycles in droves - https://en.wikipedia.org/wiki/Annie_Londonderry. Her trip reportedly began as a result of a wager between two wealthy Boston industrialists who were debating whether a woman could accomplish the feat. Before she started, she adopted a pseudonym, Annie Londonderry, a name taken from the first of many corporate sponsors she acquired along the way, New Hampshire's Londonderry Lithia Spring Water Company. Her trip took many twists and turns and she not only travelled by bicycle but by train and steamship at various times. Toward the end of her trip she travelled across Arizona through Phoenix and Tucson at a time when they were barely towns. Her great-grandnephew, Peter Zheutlin, has written two books about her, one non-fiction, *Around the World on Two Wheels: Annie Londonderry's Extraordinary Ride* (Citadel Press, 2007) and most recently, a novel about her exploits entitled *Spin: A Novel Based on a (Mostly) True Story*, which was published this month by Pegasus Books. For more information visit the author's website: <https://annielondonderry.com/> and <https://peterzheutlin.com>.

It's Never Too Late!

Robert Marchand, who set many cycling records after the age of 100, recently died outside of Paris at the age of 109- https://www.washingtonpost.com/local/obituaries/robert-marchand-dead/2021/05/22/5041bbaa-bb0f-11eb-96b9-e949d5397de9_story.html. At the end of his life he continued cycling even though it was only 20 minutes a day on an exercise bike. At age 80, he cycled from Paris to Moscow and set a world speed record for individuals over the age of 105 riding 14 miles in one hour. He commented at the time that he was waiting for a rival to come along. If you think you have run out of personal goals, just keep pedaling as there are still hills to climb and items to add to your “bucket list.”

Interesting Cycling Stories

Will Tall Bikes Rule The World?

Canadian brothers Benny and Christian Zenga have been building tall bikes for nearly thirty years - <https://momentummag.com/tall-bikes-will-save-the-world/>. Their passion grew out of their experimentation that included new-found welding abilities and a passion for recycling existing cycles. Early bikes came in all shapes and forms but eventually focused on tall bikes. If you want to see these tall bikes in action, go to <https://www.redbull.com/us-en/tall-bikes-will-save-the-world?wtk=YTRef> for a video tour.

Today's Photo – For Beetle Lovers



Tom Wilsted, Vice-President and Newsletter Editor
E-mail: Tom.Wilsted@uconn.edu
Phone: 860-214-2822