

# CHAINRING

Newsletter of The  
GVR Cycling Club

[www.gvrcycling.org](http://www.gvrcycling.org)



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## Cycling Club News

### Cycling Club Officers Needed

Following our last request for individuals to join the cycling club board, we had one individual agree to stand for Vice-President. We are still seeking presidential and treasurer candidates. In becoming a member the board, individuals will be taking responsibility for an already successful organization that has had active programming, a website, a newsletter and the enthusiastic support of GVR. Next year’s board can focus on programming and provide club goals and direction. A full board is critical if the club expects to go forward. Think about running for one of the offices today. You are needed!

### GVR Planning to Restart Senior Games

GVR and the GVR Foundation are in discussion about resuming the Senior Games in 2022 that will include cycling. Club Officers have been part of that discussion and indicated that having adequate liability insurance for riders and spectators plus a safe riding route are critical to making that happen. If cycling is approved as part of the games, it will mean that our members have a new competition venue and we will also be needing volunteers to help organize and carry out the event. We will be letting you know more as the discussion continues through the

newsletter and at our fall meetings. If you are interested in volunteering to help, contact our President, Hank Deutsch – [hankdeutsch@gmail.com](mailto:hankdeutsch@gmail.com).

### First In-person GVR Cycling Club Meeting Is Only a Week Away!

The GVR Cycling Club will be meeting at the GVR East Center at 3:00 p.m. on October 20<sup>th</sup>. Dale Brokaw will bring his E-trike and will discuss his personal journey of acquiring the most appropriate cycling equipment over time as his physical needs changed.

He'll also introduce us to the Tucson organization - Spokes Fighting Strokes - <http://spokesfightingstrokes.org/> which helps stroke survivors, through adaptive cycling, getting their lives back by regaining strength and ability, hope and freedom.

In addition, there will be an update on the Tour de Tucson and how club members can help with this effort. It has been so long since we have met, that you may not recognize some of your friends (Who was that masked wo/man?). Be there or be square!

### 2021 Club Dues

Club dues will continue at \$10.00 per year or \$11.00 if paying by credit card for 2022. You can pay at the October meeting, on line or by mail. Both cash, check and credit cards are welcome. For more information go to - [https://www.gvrcycling.org/membership.html#](https://www.gvrcycling.org/membership.html#/).

### Online Phishing

If you receive an e-mail that is purportedly from an officer of the GVR Cycling Club asking you to send money or a gift card, know that this is communication is from someone who is attempting to steal your money. You will never receive a request for money from any officer or member of the Cycling Club

## Doing “The Wave”

A recent article in Canadian Cycling Magazine lamented that with the uptick in the number of cyclists there has been a loss of people acknowledging each other through the simple gesture of a wave - <https://cyclingmagazine.ca/uncategorized/the-wave-a-simple-gesture-on-the-roads-and-paths-can-ripple-far-and-wide/>. The wave is an acknowledgement of a connection between other humans. My first car decades ago was an Austin Healey Sprite and in those days you always waved at others driving British or European sports cars whether you knew them or not. The same has been true of cyclists but it seems like the more cyclists on the road, the fewer waves being seen. If you are riding, waves shouldn't be limited just to other riders. I get lots of waves from pedestrians and I wave back or say, “good morning.” The same is true for drivers as I pass one who is stopped at an intersection as I cross ahead of them. The wave is a little thanks for letting me go ahead and also letting them know that I see them and, hopefully, they see me. Waving is a small gesture of welcome, thanks, connection with a fellow human being. In these days fraught with anger and disconnection, it is a small way of reconnecting. Make a point of waving and smiling to those around you - be they riders, walkers or drivers. We can always use a little more human connection in our lives.

## Local Cycling News

### 10-10-10 Riding Group

The **10-10-10 Group** is meeting this Thursday, at **9 a.m.** at Las Campanas for its first ride of the fall season. As always, our rides are less than 10 miles long with speeds of less than 10 mph, and in groups of no more than 10 people (we split into smaller groups if needed). If you'd like to join us, just show up in the parking lot next to the Las Campanas pool entrance by 8:50. If you'd like to be added to the email list, please contact Karen at [karen.rainford@gmail.com](mailto:karen.rainford@gmail.com) or call her at 651-454-5487. More information is available at - <https://www.gvrcycling.org/10-10-10.html#/>.



### GABA Bike Swap Meet – A Don't Miss Event

The Greater Arizona Bicycling Association (GABA) has been holding a bicycle swap meet in Tucson every spring and fall until a covid cancellation in 2020. GABA has tentatively scheduled this year's event for Sunday, November 14, from 7 a.m. to 1 p.m. Although the swap meet was initially a few people showing up with excess parts and bikes to sell, it has become a multi-block event with dealers as well as individuals bringing bikes, parts, clothing and anything you can think of that is biking related (See image below). While the official opening is 7 a.m., people are setting up their spaces much earlier, so come early for the best choices. The swap meet is located at 400 N. 5<sup>th</sup> Avenue but spreads across several blocks. For more information, go to: <https://m.facebook.com/GABABikeSwap/>.



### Can You Count? Pima Association of Government Seeks Volunteers

Each year the Pima Association of Governments seeks volunteers to carry out a survey of cyclists and pedestrians who are riding or walking in various parts of the county. The purpose of this effort is to gather data for the future development of sidewalks, bike lanes and the like.

The 2020 count, for example, showed 70% of riders counted that year were wearing helmets, up from about 45% in 2013. It also showed that the percentage of cyclists riding the wrong way or using sidewalks (instead of riding in the street in the same direction as traffic) was on the rise, factors that can help inform local outreach and planning efforts.

Volunteering is easy. The count runs Oct. 11 to Nov. 7, and each weekday shift is two hours long, weekend shifts are three hours long. You can still sign up for as many shifts as you'd like. To sign up, go to: <https://gismaps.pagnet.org/BikeCountSignUp/Map.aspx>.

### Coalition of Arizona Cyclists

The Coalition of Arizona Cyclists is a non-profit organization with a focus on bicycle safety and coordinating cycling organizations within Arizona - <http://www.cazbike.org/>. It maintains a working relationship with cycling organizations throughout the state, provides information and central leadership on bicycling policy and legislation. The Coalition is a membership driven organization of both individuals and organizations. Yearly membership rates are \$25 dollars for individuals, \$30 for families and \$150 for organizations. Membership information can be found at: <https://www.cazbike.org/membership/join/>.

## National and International News

### Beware of the Young and the Dangerous

An account came in the last couple of weeks of a 16 year old Texas driver harassing and attempting to blow diesel smoke onto a group of riders training for an Ironman Competition near Houston, Texas, - <https://jalopnik.com/a-teenager-ran-over-six-cyclists-while-trying-to-roll-c-1847751857>. In the course of the driver's attempt to intimidate the riders, he struck six of them. Four were hospitalized, two with serious injuries. Cyclists being targeted is, unfortunately, becoming more and more common. Oh, by the way, the driver was not arrested (yet!) nor detained.



## Cycling Gear

### Amazing, Stupendous – Google and Dutch Scientists Create the Self-Driving Bike

With the number of bikes and the number of riders in the Netherlands, it is not a surprise that a self-driving bike would first be seen in Holland -

<https://www.youtube.com/watch?v=LSZPNwZex9s>. With 350,000 bike accidents each year, it was inevitable that a self-driving bike was the answer to improved safety. Google played a major role by providing its research and experience with self-driving cars to push the project to fruition. There are several companies vying to be the first to import these cycles into the United States. Hank, our club president, has one on order that is due to be delivered in early April 2022. Stay tuned!

### The Best Bicycle Helmet

Questions always arise which is the best bicycle helmet to wear. There is a simple answer: the best helmet is the one you wear when riding that fits and is properly adjusted. The worst helmet to wear is no helmet at all. Protecting your head should be a number one priority and having a helmet will do that. There certainly are levels of fair, good or excellent helmets and choice may come down to fit or cost in the end.

If safety is your priority, there are standards and scientific testing is being done. The best information is coming from Virginia Tech University's Bicycle Helmet Safety Institute - <https://helmets.org/vatechstar.htm>. Initially started to test football and hockey helmets, VT expanded their effort to include bicycle helmets in 2018.

There has been significant research on helmet design in recent years that gives the highest level of head/brain protection. The one receiving the most notice is the MIPS system (Multi-directional Impact System), developed by two Swedish researchers - <https://www.bicycling.com/bikes-gear/a32175898/this-helmet-safety-system-is-designed-to-provide-critical-brain-protection-for-cyclists/>. The MIPS system has a hard shell with an outer layer of foam and a softer inner layer below that that allows the head to swivel and the brain's natural fluid to shift and provide greater protection upon impact.

A newer bicycle helmet technology comes from Trek's Bontrager subsidiary. This system uses wave-cell cushioning inside the helmets hard outer shell. Bontrager indicates that the wave-cell material provides better cushioning upon helmet impact with a hard surfaces and the cells also collapse to lessen the impact - <https://gearjunkie.com/biking/bontrager-trek-wavecel-bike-helmet-concussion>.

Having said all that, how should one choose a new helmet if safety is a high or the highest priority? Virginia Tech provides an on-line listing of more than 100 helmets - <https://www.helmet.beam.vt.edu/bicycle-helmet-ratings.html>. The MIPS helmets received the highest ratings with a few helmets available for less than \$100 but some passing the \$200 mark.

It is a good list to have in your pocket the next time you are replacing a helmet. The ratings are periodically updated as testing occurs.

### Bike Computers versus Smart Devices – What Makes Sense?

I have to admit I am “old school”. I have a bike computer that gives me a clock, road speed, trip and overall distance, maximum speed on the ride and my average speed. Since I mostly ride around Green Valley that seems to be enough technology for me. However, if you were to plop me down on my bike in unfamiliar territory, having an online map along with directions as to where I am going would be pretty darn helpful and even necessary. However, there are those out there who are concerned about things such as heart rate, pedaling cadence and a host of other measurements that a simple bike computer can’t deliver let alone provide a map or directions. If you think you need more than a bike computer or you already have a level of smart device technology and want more, *Bike Radar* recently did an article that provides a good comparison of different devices and the criteria by which to judge them - <https://www.bikeradar.com/advice/buyers-guides/bike-computer-vs-smartphone-vs-smartwatch/>. It offers lots of advice and even suggests that if you have a smart phone, you don’t need a new device but only expanded software or additional apps.

### Some Cycling Gear Recommendations in Case You Are Looking

*BikeRadar* also offered some interesting comparisons between aluminum and carbon frames - <https://www.bikeradar.com/features/this-is-why-its-time-to-stop-buying-cheap-carbon-bikes/>. The author suggested that many of the low-cost carbon frames are not as good as comparable aluminum ones and that the bike industry has made great strides in improving aluminum frame shape, quality and ridability. On another note, *TechRadar* has listed its best E-Bikes for 2021 in case that is your fancy - <https://www.techradar.com/best/electric-bike>.

### A \$450 Cycling Saddle – You Read That Right

High tech has come to biking in a big (and expensive) way. Specialized has just introduced its S-Works Romin Evo saddle that is created using 3-D technology - <https://www.bicycling.com/bikes-gear/a37678501/tested-s-works-romin-evo-with-mirror/>. The saddle is extremely light with carbon rails and the padding is created using material made with 3-D technology (See image below). On-line reviews have been positive but would you complain if you just invested \$450 for a saddle? If you decide to purchase one, let us know how you like it.



## Bicycle Health and Safety

### Mom Always Said, “Eat Your Fruit and Veggies”

We read that eating a healthy, balanced diet that includes fruits and vegetables is good for us. As active cyclists, we know this is important for a healthy body as well as having the energy to keep on pedaling. But is there another advantage we haven't considered? A recent study in *The Journal of Happiness Studies* (Who Knew!) indicates that there is a strong link between a high level of exercise, eating fruits and vegetables and overall personal happiness - <https://link.springer.com/article/10.1007%252Fs10902-021-00440-y#Sec6>. To reach nirvana/happiness, it suggests 2 servings of fruit and 3 servings of vegetables per day combined 75 minutes of vigorous exercise or 150 minutes of moderate exercise per week plus two days of strength training. So get to it and remember Mom was always right!

### Planning For the Worst – ID Bracelets

Do you ride alone or ride with a pick-up group where people may know your first name but little else? If so, do you carry an ID that gives your contact information along with access to any medical issues you have should you be in an accident or be unconscious? If not, there are several good alternatives from just ID information to ID plus medical conditions that would be accessible to other riders, EMTs and health care providers. There are several companies that offer ID bracelets that can be personalized to provide contacts in case of an accident as well as medical alerts.

*Gone for a Run*, a company focuses primarily on running gear offers a wrist bracelet in a couple of styles - [https://www.goneforarun.com/running-adjustable-stainless-steel-magnetic-bracelet-medic-alert-with-information/tr-42722.html?dwvar\\_tr-42722\\_color=SILVER&cgid=gfar-947#start=2](https://www.goneforarun.com/running-adjustable-stainless-steel-magnetic-bracelet-medic-alert-with-information/tr-42722.html?dwvar_tr-42722_color=SILVER&cgid=gfar-947#start=2) - with either a stainless steel mesh (\$35) or with a plastic band (\$25) Unfortunately, the size of the plate limits the amount of information that could be included and it would be difficult to enter detailed or extensive medical data.

*Epic-ID* is a very different type of band with a greater focus on safety and medical information. It is a band with only a medical alert plate and with a USB drive underneath that includes both personal and medical information - [https://www.amazon.com/EPIC-id-10-4001BLK-Emergency-Band-Black/dp/B00P2VA1OW/ref=asc\\_df\\_B00P2VA1OW/?tag=hyprod-20&linkCode=df0&hvadid=311990496852&hvpos=&hvnetw=g&hvrand=16547921848230096407&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmld=&hvlocint=&hvlocphy=9030204&hvtargid=pla-644187980046&psc=1](https://www.amazon.com/EPIC-id-10-4001BLK-Emergency-Band-Black/dp/B00P2VA1OW/ref=asc_df_B00P2VA1OW/?tag=hyprod-20&linkCode=df0&hvadid=311990496852&hvpos=&hvnetw=g&hvrand=16547921848230096407&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmld=&hvlocint=&hvlocphy=9030204&hvtargid=pla-644187980046&psc=1). The USB drive can be plugged into a PC or Apple computer for data entry or access. This data can be as detailed as you require. The concept of the Epic-ID is a good one but you cannot access the data without a computer and would need to wait for emergency responders before getting personal or medical data. Prices range from \$15-\$20.

*Road ID* has been around for nearly twenty years and focuses on both cyclists and runners. It offers a huge variety of bands and two sizes of plates – one with five lines of text and another with six lines - <https://www.roadid.com/>. Prices range from \$25-\$35 depending upon the size.

Road ID can add additional badges onto a band that alert people to specific medical conditions such as allergies or medical conditions such as diabetes or these can be engraved on the plate as well. The medical data is not as complete as Epic-ID but can be immediately seen by fellow riders or emergency personnel without using a computer.

If you don't have an ID bracelet already, you should consider getting one for your personal safety and your family's peace of mind.

## Cycling History

### Cycling Shorts – A Brief History

Do you ever wonder how people from earlier cycling days who rode around in wool shorts with a sewn-in goat chamois to how today we got to our stretchy, wicking Spandex with a foam insert for comfort? Several years ago, *Bicycling Magazine* traced the history of bicycle shorts from the late 19<sup>th</sup> century to today - <https://www.bicycling.com/bikes-gear/a22724424/history-cycling-clothing/>. Lots of interesting reading and information!

## Interesting Cycling Stories

### Emergency Room Docs on the Trail

Todd Van Gelder was riding on a mountain bike trail in Minnesota when he lost control and crashed. He initially saw white spots and then just white light - <https://www.washingtonpost.com/lifestyle/2021/09/29/doctor-surgery-woods-biking-minnesota/>. His riding partner came back to check on him and called 911 for EMTs and an ambulance. The EMTs hiked down the trail and started treating Van Gelder who was having trouble breathing. One of them went back for oxygen and ran into Jesse Coenen, an Emergency Room Doctor, who was riding the trail and offered to help. When Coenen arrived Van Gelder's breathing was deteriorating and the oxygen wasn't helping. It appeared that Van Gelder's windpipe was blocked and the only solution seemed to be a tracheotomy, something the doctor hadn't practiced since medical school. Dr. Coenen went forward as this seemed to be the only option. Van Gelder's breathing rapidly improved and his life was saved. Lesson – only ride on trails that are frequented by doctor/riders!

### Biking and Healing

After Dr. Mark Long's youngest son died of a rare bone cancer at age 14, both he and his wife went through months of grief over their loss. One year after his death, they volunteered at an Ironman event in Hawaii. As both he and his wife were both swimmers and runners, they decided to take up cycling and enter a triathlon. Here is their story about how cycling renewed their life - <https://www.bicycling.com/culture/a37679867/how-cycling-changed-me-mark-delong/>.

## Today's Photo

Needing more handlebar positions?



## Today's Funny



Courtesy of Bikeyface.Com

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