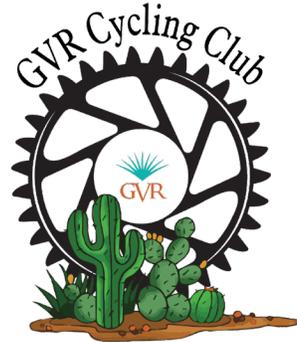


CHAINRING

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GVR Cycling Club

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Help Wanted! GVR Cycling Club President

Ever wish you could be President – no, not that one – of a strong and growing GVR Cycling Club? Well here is an opportunity open to one lucky GVR Cycling Club member. We have found able volunteers for the 2022 Vice President (Robert Epstein), Secretary (Joanie Rogucki) and the Treasurer (Dale Brokaw) vacancies but we need a President to complete the slate of next year’s officers. Becoming president means you can help set the direction of the club as well as suggest future programs and meetings. We hope you will give this some thought as the new officers will be elected at the Club’s November meeting. A good woman or a good man who has vision, enthusiasm and energy is needed. If you have questions, contact our current president for details, Hank Deutsch, hankdeutsch@gmail.com or 608-498-5619.

Ride To Recycle by Hank Deutsch, GVR Cycling Club President

While cruising the streets of Green Valley I have noticed an apparent increase in litter along the gutters. Please tell me this is not a ‘Patriot Index: Fellow citizens tossing their plastic bottles, empty beer and pop cans out as an indicator of their love of country.

One morning I counted over a score of disposable debris. The common characteristic was they were all recyclable. If you are stopped or are taking a break from biking, take the time and pick up these recyclables and put them in our recycle containers. Also, be sure you aren’t the one leaving debris beside the road!

RIDE VIGILANTLY AND WITH A SENSE OF STEWARDSHIP!

Cycling Club Meetings

The GVR Cycling Club had its first in-person meeting on October 21st. The speaker, Dale Brokaw, described how he adapted his biking to meet his changing physical needs. He brought both his recumbent and his Cat-trike and also introduced us to Spokes for Strokes See photo below). The Q&A session was an opportunity to share our member's knowledge as well as Dale's expertise. Our next meeting will be on Wednesday, November 17th. Bill Hill, who is a club member and manager of the Green Valley Sheriff's Auxiliary Volunteers, will give a presentation on cycling safety.



Local Cycling News

Chuck Huckleberry, Cycling Friend and Supporter Injured in a Traffic Accident

Chuck Huckleberry, Pima County's Administrator, and a long-time cycling advocate was injured in a traffic accident on Saturday, October 23rd, in downtown Tucson. An avid cyclist, he was injured when two cars collided and one spun into his bike. He was hospitalized in critical but stable condition - https://www.gvnews.com/news/county-administrator-huckleberry-seriously-hurt-in-bike-accident/article_e9b4bf28-3443-11ec-85c7-0fbb4013e6aa.html. Huckleberry has been a prime mover behind Tucson's cycling loop and has supported many of the cycling lane improvements in the Green Valley area. We wish him a speedy and total recovery.

When Will Arizona Get The Idaho Stop?

The Idaho Bicycle Stop Law passed in 1982. This law allows cyclists to treat a stop sign like a yield sign and if there is no traffic or danger to travel through the intersection without stopping.

I suspect that each of us has done this at one time or another without incident but it often annoys nearby drivers and is currently illegal. Since the Idaho law passed, legislatures in eight other states have approved similar laws and it is currently being considered in California - <https://www.calbike.org/california-legalize-the-safety-stop/> and in Colorado - <https://www.cpr.org/2021/10/06/colorado-bicyclists-stop-signs-bill/?emci=5df662e8-712b-ec11-981f-c896653b9208&emdi=dcf4b19a-3e2c-ec11-981f-c896653b9208&ceid=6393371>. It is high time that Arizona addressed this issue! A draft law has been introduced several times but never made it beyond a legislative committee. Your club leaders and the Santa Cruz Valley Bicycle Advocate Committee are currently discussing ways in which we can work to make this change in Arizona cycling law. We may be calling on you to help in this effort if we can get this on the Arizona legislative agenda. Stay tuned!

National and International News

The World's Biggest Cycling Company You've Never Heard Of

Pons Holdings, a privately held Dutch company, just became the largest cycling company in the world earlier this month - <https://www.pinkbike.com/news/pon-holdings-buys-gt-cannondale-schwinn-and-more-in-810-million-deal.html>. The company's extensive holdings began in the Dutch auto industry as an importer of Volkswagens, Porsches and Continental Tires. It began its foray into cycling with the purchase of Gazelle (Dutch) and Cervelo (Canadian) cycling companies in 2011. It later added Urban Arrow, and Mike's Bikes to its stable. Its expansion took a huge leap earlier this month when it purchased Canada's Dorel Sport's cycling division which includes Cannondale, Schwinn, GT, Moose, Pacific, Iron Horse and Caloi - https://en.m.wikipedia.org/wiki/Pon_Holdings. With these additional companies, Pons expects its worldwide sales to top €2.5 billion annually surpassing Taiwan's Giant, previously the largest company.

An E-Bike Lending Library - Another Approach

A number of states are encouraging people to try and, hopefully, adopt and use E-Bikes for local transportation instead of cars. The effort has been dubbed the E-Bike Lending Library - <https://www.bloomberg.com/news/articles/2021-10-15/e-bike-lending-libraries-aim-to-boost-adoption>. These centers have a variety of E-Bike types from recreational rides to cargo to commuter bikes. People living in the area where these libraries are available can rent different bike types to test and see what meets their needs and then purchase one if it suits their requirements, work or lifestyle. Maybe this will be in Tucson or Green Valley some day?

Cycle Racing

Going Faster and Faster and Faster

In cycle racing it is all about speed. Riders try to find those little shortcuts that make you faster than your competitors. Tadej Pogačar, this year's winner of the Tour de France, looks for every

advantage. While most riders don't make major changes to their bike's brakes between stages, but Pogačar switches between rim and disk brakes depending on whether he is riding flats or climbing – <https://www.cyclingweekly.com/news/how-tadej-pogacar-won-tour-de-france-switching-between-disc-and-rim-brakes-its-all-about-the-weight>. He believes the 300 gram difference between the braking options is enough to make the difference between winning and losing. As an older rider, do you long to increase your speed? Do you wish your average speed were 14 miles an hour instead of 13 or 18 miles an hour instead of 17? Certainly better and lighter bikes do make a difference. And while we will never be 25, a fitter and lighter rider can make a difference as well. Sometimes it comes down to dollars and cents - \$5000 for a better, lighter bike or a diet and four months of a personal trainer for \$1,000. It's all about choices.

Cycling Gear

Specialized Tarmac SL7 Bicycle Recall

Specialized has issued a recall notice for all Specialized Tarmac SL7 road bikes because of potential damage to the headsets affecting rider steering - <https://www.bicycling.com/news/a37927724/specialized-recalling-all-tarmac-sl7-road-bikes/>. The recall affects a possible 6,900 bikes. It is recommended that bike owners stop riding the bike and return it to their local bike shop for a safety modification.

The Mercedes Benz AMG for Cycling

Mercedes Benz AMG Automobiles has expanded into cycling (see image below). It is now offering the Petronas Formula 1 V11 to a waiting public at a bargain price of \$19,666 - <https://cyclingmagazine.ca/sections/news/is-this-19666-f1-bike-the-real-deal/>. It comes with three choices of SRAM gears, a logo "The Best or Nothing," a German made leather saddle, Pirelli P-Zero cycling tires and even a free bike stand. Get in line or get left behind!



Want Really Comfortable Cycling Shoes?

Do you wish you could have cycling shoes that were as comfortable as your Crocs or Birkenstocks? Fear not, there is an answer! Valcko Studios, located in Paris, specializes in modifying regular shoes into cycling shoes - <https://cyclingmagazine.ca/sections/news/are-these-the-greatest-cycling-shoes-ever/>. It already has transformed pairs of Crocs for cycling use by installing Shimano SPD cleats neatly into the sole. Before you run off to put in an order,

however, this modification costs a hefty €699 and we can only assume it includes the cost of the Crocs. I wonder if they do bedroom slippers?

Defining E-Bikes for Potential Buyers

When talking about E-Bikes we tend to group them all into a single category. The fact is they are almost as diverse as the whole biking community. There are bikes by type – road, mountain, tri, comfort – as well as bikes powered the different types of motors – class 1, class 2, and class 3. The *Pro's Closet* provides a great introduction and explanation about the bike options and motors for those considering an E-Bike or for those just curious -

https://www.theproscloset.com/blogs/news/what-is-an-e-bike-and-what-makes-them-different?gclid=EAlalQobChMIpvr_gLHI8wIV6iGtBh0MXQnSEAAAYBCAAEgI4rfD_BwE. Another good source of information has about E-Bikes has been put out by Trek - https://www.trekbikes.com/us/en_US/new-to-e-bikes/. If you are thinking about an E-Bike in your future, these are good places start.

Bicycle Health and Safety

Tips on Avoiding Women's (and Men's) Saddle Sores

The *Femme Cyclist* Blog recently carried a useful article on how to avoid or care for saddle sores - <https://www.femmecyclist.com/how-to-heal-and-prevent-saddle-sores/>. Some suggestions included: getting out of wet shorts as quickly as possible after a ride, taking a bath with Epsom salts, generously using calamine lotion, getting shorts with a comfortable chamois, considering a new saddle, using chamois cream generously and sleeping in the nude (really!).

How many ZZZs Are Your Getting?

Both the quality and quantity of sleep we get is a common topic among seniors. The recommended amount of sleep is the same for both good cycle training and for the average non-rider - 7-9 hours per night - <https://www.bicycling.com/health-nutrition/a37994235/how-much-sleep-do-you-need/>. While some people may need more, there is no evidence that getting more than that number of hours improves cycling performance. Some of the recommendations for better sleep include: avoiding caffeine late in the day, going to sleep and waking up at the same time each day and exercising earlier in the day. Oh, and you can also count your nap time during the day as well as the sleep you get dozing in your lounge chair toward that total.

Headphones and Safety

I am not a fan of riding while listening to headphones. I often hear a car approaching long before I see it and consider headphones a safety hazard. However, I still see lots of riders with headphones connected to their cellphone or wanting to listen to Billy Joel or Beethoven's 3rd Symphony. For those still in the headphone camp there is an alternative that doesn't block the ear passage - AfterShokz Trekz Titanium Cordless Bluetooth Open Ear Bone Conduction Headphones - <https://www.amazon.com/AfterShokz-Wireless-Conduction-Headphones->

[AS650SG/dp/B075FMK7SD?th=1](#). These headphones are wireless and send the recorded sound through the bones behind your ears leaving your ear canals open to the ambient sound around you. They are lightweight and are comparably priced to other quality headphones. If you are still listening on your rides, give these a look.

Cycling History

The Golden Age of Cycling

The decade of the 1890s is often considered the “Golden Age” of cycling. It is a period soon after the safety or modern bike that we know was invented. Both men and women rapidly took up cycling and it became a fashionable mode of travel. Bikes were quicker than horses and were not yet competing with the automobile. Bicycles also spawned a racing culture that caught the popular imagination. It was not an inexpensive hobby/mode of transportation (see next article). If you want to read more about this era, go to:

https://www.gvrcycling.org/uploads/1/2/9/9/129954210/bicycle_history.pdf.

The Price of a Bike – 1889 versus 2021

People often complain about the price of bicycles, especially those considered the best of the best. It might be interesting to compare the cost of earlier bikes just to see whether prices have changed. At the height of the late 19th century bicycle craze a Pope Columbia bicycle cost \$135 – seems pretty cheap - <https://www.thehenryford.org/artifact/118558/>. However, an average person’s annual salary was \$438 and he/she would need to work 16 weeks to cover the cost of buying a new bike. In today’s world, a Specialized Tarmac SL6 Sport costs \$3,200. Taking into account the 2020 average salary of \$56,000, it would take 3 weeks to purchase a comparable bike in 2021 dollars. Maybe we shouldn’t complain after all.

Interesting Cycling Stories

Need Another Cycling Viewpoint?

If your club newsletter isn’t providing you with all the biking information you want/need, there is another whole information world out there. *Tifosi*, a specialist eye and sun glass company, recently listed its top fifteen cycling blogs for 2021 - <https://www.tifosioptics.com/2021/01/27/15-best-cycling-blogs-to-follow-in-2021/>. Some of the titles included: *Bike Rumor*, *Bike Snob NYC*, *Black Girls Do Bike*, *Road Bike Review*, *Average Joe Cyclist*, *Femme Cyclist*, *Geeky Cyclist*, and more. Have a look and see if one of them matches up with your particular cycling interest/s and get reading.

A Different Afghanistan – Cycling the Wakhan Corridor

British rider Dan Miller accompanied by an American and three Canadians recently spent 12 days riding across the Wakhan Corridor in Northern Afghanistan -

<https://www.sidetracked.com/rivers-run-through-it/>. The desert and mountains offered spectacular vistas in what is a challenging and lonely countryside (see below). Riding mountain

bikes they crossed 4,250 meter mountains, slept in -10 degree centigrade temperatures and crossed numerous rivers carrying their bikes. It is an interesting adventure well worth reading.



Cycling Infrastructure Boom and Bust

The pandemic has raised the need for a better cycling infrastructure. As people took to bikes and there were fewer cars on the road, cities and towns began to open up more spaces for cycling - <https://www.businessinsider.com/cycling-boom-us-streets-infrastructure-bike-lanes-history-united-states-2020-12>. The article above suggests that past efforts to provide more cycling infrastructure go back more than a century, have lasted for a short period of time and then slowly receded as interest in cycling declined. It's unclear whether today's cycling boom will continue but as avid cyclists, we need to continue the effort to expand and protect the cycling infrastructure we have and continue building if we hope to maintain and expand interest in this pastime.

Bicycle Wanderer Iohan Gueorguiev Dies at 33

Iohan Gueorguiev, a Bulgarian/Canadian, was an intrepid solo cyclist - <https://goodwordnews.com/desert-bicycle-wanderer-iohan-gueorguiev-dies-at-33/>. He sought out rides that brought both human, physical and mechanical challenge. His longest ride was a six year adventure from the Canadian Arctic Circle to the bottom of South America that began in 2014 and ended in 2020. He documented his rides on YouTube using a helmet mounted camera that drew more than 100,000 regular viewers. His film series is called *See The World* and can be found at - https://www.youtube.com/channel/UCqiYX6cqXQI9CqhH_kvHeOw.

Commuting In the Post-Covid World

Before covid, Amanda Long made her 17 minute commute by bike from her home in Northern Virginia to the clinic in Arlington where she worked as a massage therapist. She valued the time on her bike as a way to prepare for her day and to decompress at the end as she rode home. On her return to the commute, much had changed – there were more cyclists, more runners and more dog walkers - <https://www.washingtonpost.com/magazine/2021/09/29/how->

[pandemic-brought-new-meaning-my-commute/?no_nav=true](#). Her commuting time had now nearly doubled as she slowed for the expanded number of runners, walkers, dogs as well as dodging more cyclists. In the world of car commuting, an individual would curse the increased commuting time as well as those causing precious extra minutes on the road. Long, on the other hand, has embraced her new commuting reality. It has slowed her down to see what is going on around her and connect her with a different world. She has seen friendliness and helpfulness that take her away from the often awful news of the day. As the saying goes, “Take time to smell the roses’.” As retirees we have the time if we will only take it to connect and enjoy those people and experiences around us.

E-Bikes as a Rehabilitation Tool

Boulder’s Andrew Bernstein was in a horrible cycling accident in 2019 resulting in broken ribs, sternum, leg, shoulder, pelvis and vertebrae - <https://www.bicycling.com/health-nutrition/a37625739/pedal-assist-e-bike-athlete-injury-recovery/>. He had months of hospitals and physical therapy but eventually resumed riding a stationary bike and eventually riding outdoors. He soon found that he had lost strength and did not have the stamina to ride his regular bike and hills were too challenging. He finally bought a Specialized E-bike and began riding at past speeds and enjoying the riding more. As he gains strength, he hopes to return to his non-assisted bikes but the E-bike has been a bridge to his past riding skills and achievements.

Today’s Photo

Soon to Be Built On One of Green Valley’s Mountain Bike Trails?



Today's Funny

Do It Yourself Bike Lanes!



Courtesy Bikeyface.Com

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