

# CHAINRING

Newsletter of The  
GVR Cycling Club

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



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**Next Newsletter Deadline: November 22**

## Table of Contents

<b>Next GVR Cycling Club Meeting</b> .....	2
<b>Membership Information</b> .....	2
<b>Local Cycling News</b> .....	2
Last Call for GABA Swap Meet and El Tour .....	3
End of Year Tax Deductions Benefiting Cycling.....	3
Reaction to Chuck Huckleberry's Crash .....	3
Bicycle Tourism – Something to Consider for Arizona.....	3
<b>National and International News</b> .....	4
My First Bike Foundation .....	4
If Paris Can Do It, Why Can't American Cities Do The Same? .....	4
Climate Change – One Cyclist Takes a Stand (A Ride Actually)! .....	5
Bentonville, Arkansas – America's New Cycling Hub? .....	5
Beware Of Bears in Alaska.....	5
<b>Cycle Racing</b> .....	6
If In Doubt, Get a Bike! .....	6
<b>Cycling Gear</b> .....	6
A Solution for Attack Dogs and Careless Drivers .....	6
Do You Have The Perfect Bike? .....	7
<b>Health and Safety</b> .....	7

Do Cyclists and Other Physically Fit Individuals Drink More Alcohol? .....	7
Sustenance for the Long-Distance Rider .....	7
Becoming a Nerdy Rider .....	7
<b>Cycling History</b> .....	8
Cycling Couriers .....	8
<b>Interesting Cycling Stories</b> .....	8
What Were They Thinking? .....	8
Is This Punishment Enough? .....	9
Great Mountain Biking Trails for Beginners and Beyond .....	9
<b>Today's Photograph</b> .....	10
<b>Today's Funny</b> .....	10

### Next GVR Cycling Club Meeting

Our next club meeting will be held on Wednesday, November 17, 2021. It will again be held at 3:00 p.m. in at GVR's East Center auditorium.

The meeting will begin with an election of our club officers for 2022.

Then Bill Adamson and J.P. Pilger will do a two-part presentation on the Santa Cruz Valley Bicycle Advocates Committee. The first part will cover its history, programs and accomplishments. The second part will be an open discussion about what changes are needed make to make Green Valley an outstanding bicycling community. Bring your ideas, thoughts, and gripes to the discussion which we will capture and, hopefully, follow up on over time. We are hoping for a great turnout so we can hear from as many people as possible.

### Membership Information

We're updating our files for GVR Cycling. You'll receive an email from us showing the information that we have on file for you – name, GVR number, email address, and local address. Responses about your interests will also be shown if we collected them.

Please reply to the email stating that your info is correct or provide updated info.

You're also welcome to renew your membership for 2022. You can pay online, mail a check, pay by check or cash at a meeting, or pay by credit/debit card at a meeting. It's easy and affordable at \$10 per member. The [membership page](#) on our website is a great resource.

### Local Cycling News

### Last Call for GABA Swap Meet and El Tour

Just a reminder about two upcoming events. The GABA swap meet will be held Sunday, November 14, from 7 a.m. to 1 p.m. The event is free and you will find just about anything cycling there. For more information, go to: <https://m.facebook.com/GABABikeSwap/>.

The following Saturday, November 20<sup>th</sup>, the El Tour de Tucson will be held - <https://eltourdetucson.org/>. It's not too late to register but you will pay a premium for registering this late in the process. Current cost is a riding fee is \$195 + \$145 fundraising fee.

### End of Year Tax Deductions Benefiting Cycling

As the year comes to an end, we will be getting lots of letters asking us to donate to our college, charity or other groups. If you are an Arizona resident and have a tax obligation, there is a very beneficial tax benefit available to you. The state of Arizona allows taxpayers to deduct donations to Arizona charities and schools with a dollar for dollar reduction of state taxes for up to \$200 per individual and \$400 per couple. If you want to support cycling in one form or another, you might consider the following:

Continental School for Their Bike Club (please mark bike club on your donation) – [https://s3.amazonaws.com/scschoolfiles/2181/tax\\_credit\\_form\\_v20.pdf](https://s3.amazonaws.com/scschoolfiles/2181/tax_credit_form_v20.pdf)  
El Grupo Youth Riding Group - <https://www.elgrupocycling.org/donate/>  
BICAS Tucson - <https://bicas.org/donate/donation-drive/>

### Reaction to Chuck Huckleberry's Crash

Huckleberry's family has expressed it thanks to first responders who came to his aid after the crash. While his injuries were not immediately announced, a recent statement indicated that he suffered broken ribs and a head injury. A Tucson group, the Living Streets Alliance, focused on the fact that this was a crash and not an accident since it was preventable - <https://www.msn.com/en-us/news/us/after-huckelberrys-bike-accident-talk-about-safer-streets/ar-AAPXegF?ocid=sapphireappshare>. They are calling for lower speed limits in congested areas as well as bike lanes separated from traffic for cyclist's protection.

### Bicycle Tourism – Something to Consider for Arizona

Cyclists often complain about the lack of cycling amenities and infrastructure in Arizona. Thanks to one person's vision, we do have the Tucson Loop. However, juxtapose that with getting around Tucson or Arizona's other large cities where there are few dedicated bike paths and no real cycling infrastructure. Complaining to each other doesn't do much good but what are the options? One argument that can be made is that Arizona is becoming a cycling destination and there are dollars being made from tourism. A quick (very quick) search of the Internet found a list of companies already offering cycling tours in Arizona:

Adventure Cycling – Grand Canyon and Southern Arizona  
Backroads Adventure – Tucson/Southern Arizona  
Bubba's Pampered Peddlers – Southern Arizona

Chasing Epic Adventures – Sedona  
Lizard Head Cycling Tours – Southern Arizona  
Rim Tours – Central Arizona  
Sojourn Bicycle Adventures – Southern Arizona  
Trek Travel – Southern Arizona  
USA Bike Tours – Grand Canyon, Northern, Central and Southern Arizona  
VBT Tours – Southern Arizona

The list above is Arizona specific but there are many more companies offering cross country cycling trips from San Diego to Savannah or St. Augustine that also regularly cross Arizona. The loop has clearly become a draw for some companies but wouldn't it be great if there were something similar in Phoenix or even a bike trail from Phoenix to Tucson or one following Old Route 66. If cyclists want change in Arizona with an expanded and improved infrastructure, they need to build arguments that resonate with city, county and state officials. Talking tourism dollars is always a good place to start.

## National and International News

### My First Bike Foundation

Business leaders in Alberta (Canada) established the My First Bike Foundation in 2014 with the goal of getting bikes to disadvantaged children age 7-14. Their efforts began with encouraging ice hockey and then shifted to encourage outdoor cycling. Children who are considered low income based on a national Canadian income standard can apply - <https://myfirstbicycle.ca/our-program>. Based on the criteria, multiple children from the same family can also apply. Applications open January 1 and closes March 31. Bikes will be shipped to the family home with instructions on how to assemble the bike with a coupon to take to a local bike shop to receive a free helmet and lock. The program is funded by three major financial institutions in Edmonton but the program is national in scope. While we have small programs like BICAS and El Grupo, there is nothing comparable to this in the US. Perhaps the Walton family and Walmart might want to take this on (See Bentonville article below).

### If Paris Can Do It, Why Can't American Cities Do The Same?

Paris has set a goal of becoming a 100% cyclable city- <https://cyclingmagazine.ca/sections/news/paris-announces-four-year-plan-to-become-a-100-per-cent-cyclable-city/>. Over the next four years it will invest \$360 million in expanding and improving its cycling infrastructure. It will be adding an additional 30 miles of bike paths to bring the total to over 600 miles. It will improve links between existing cycling paths, lower the car speed limits and expand snow removal capabilities to allow better cycling in winter. If you want to see what a cycling infrastructure can do, read this article about rush hour cycling in Paris - <https://cyclingmagazine.ca/sections/news/this-is-what-its-like-to-ride-your-bike-in-paris-at-rush-hour/>. If Paris is willing to make such a huge cycling investment, which American cities are going to follow suit?

### Climate Change – One Cyclist Takes a Stand (A Ride Actually)!

Sixteen year old Jessie Stevens is concerned about climate change and is doing something to bring her country's and the wider world's attention to the issue

<https://cyclingmagazine.ca/sections/news/a-british-teenager-is-riding-across-great-britain-for-climate-change/>. She decided to ride from her home in Devon, England to the upcoming United Nation's International Climate Conference in Glasgow, Scotland. The riding distance totals 917 km and she is averaging about 100 kilometers a day. A number of other riders have joined her along the way and her effort is getting a good deal of national and international attention.



### Bentonville, Arkansas – America's New Cycling Hub?

If Bentonville is not on your radar, it is enough to know that it is the headquarters for Walmart. Bentonville still hosts four of Sam Walton's surviving children and their combined net worth is \$250 billion. One daughter of the Walmart founder, Alice Walton, began collecting American art in the 1970s and opened a museum, Crystal Bridges, in 2011. Its collection is now valued at half a billion dollars and it is becoming recognized as one of the world leaders in the art museum community.

Two of her nephews, Stuart and Tom Walton, are enthusiastic and active cyclists. They have invested heavily in developing mountain bike trails around Bentonville and have purchased a number of cycling companies including Rapha clothing, Allied and Viathon Cycles. They have had an impact on the Walmart Foundation which is providing numerous cycling grants, particularly in the Arkansas region. Their reach has now become international as Walmart will sponsor and host the International Cycling Union's (UCI) 2022 Cyclocross World Championships in Fayetteville, Arkansas - <https://cyclingmagazine.ca/sections/news/what-the-internet-thinks-about-walmart-sponsoring-the-uci-cross-worlds/>. The Waltons are rapidly making their mark in the cycling world and it is unclear what their future role will be.

### Beware Of Bears in Alaska

A cyclist was riding near Cantwell, Alaska, when a bear charged him. The cyclist yelled at the bear, lay on the ground and started kicking. Apparently one of the kicks connected with the

bear after he bit the cyclist's leg and the bear retreated -

<https://www.cnn.com/2021/10/25/us/bear-attacked-cyclist-in-alaska-trnd/index.html>. Cycling in Alaska can be a dangerous pastime (See image below). I went cycling from a cruise ship in Seward several years ago and when I returned my rented bike I was asked if I left town (I had) because bears would chase and attack a moving human and were very fast. It would have been helpful to have this advice from the bike shop beforehand.



## Cycle Racing

### If In Doubt, Get a Bike!

The Olympic Pentathlon consists of five separate sports: fencing, swimming, horse jumping, running and shooting. At the last Olympics, a German coach punched a horse when it failed a jump and that incident received enormous negative publicity. The Pentathlon Committee is currently considering substituting cycling for the horse event -

<https://cyclingmagazine.ca/sections/news/are-bikes-replacing-horses-at-the-olympics/>. The decision will soon be shared with the country's Pentathlon Governing Bodies. If you are already a tri-athlete, maybe it's time to expand your horizons and take up shooting and fencing to conquer a new event?

## Cycling Gear

### A Solution for Attack Dogs and Careless Drivers

If you ride in an area where dogs are loose and inclined to chase cycles, the Airzound air horn is an option. The horn emits a loud blast that causes dogs to drop out of the chase. A video demonstration shows its the affect - <https://youtu.be/KNSESamdAcg>. The horn costs about \$45 and weighs about 8 ounces - <https://www.roadbikerider.com/airzound-bicycle-horn-review/>. The horn is loud enough to be heard by nearby drivers even with their car windows closed and could be used to warn a driver approaching too close/fast.

## Do You Have The Perfect Bike?

Everyone has the perfect bike when everything is working and in-tune. However, if you were asked about the one thing you don't like about your favored set of wheels, what would that be? Michelle Arthurs-Brennan recently posted an article in *Cycling Weekly* about some of her gripes about today's cycles and cycle manufacturers - <https://www.cyclingweekly.com/products/five-biggest-irritants-of-modern-bicycle-design>. Some of her gripes included: manufacturers who create non-standard seat-posts, internal cabling that is difficult to adjust or change, the high price of bikes, tire-wheel incompatibility and a variety of standards that make swapping bottom brackets between brands difficult if not impossible. If you have some gripes, send in a list and we can share them with your fellow club members.

## Health and Safety

### Do Cyclists and Other Physically Fit Individuals Drink More Alcohol?

A recent study by the National College of Medicine has found that there is a correlation between those who are physically fit and the higher consumption of alcohol - <https://pubmed.ncbi.nlm.nih.gov/34431829/>. The study was not just limited to younger athletes but finds this to be true of all age groups which included 38,000 people ages 20 to 86. The study focused on those who were physically fit whether they were runners, cyclists or others doing heavy exercise. For women who were physically fit, it doubled their odds of being moderate to heavy drinkers and for males it increased their likelihood by 63% - <https://www.bicycling.com/health-nutrition/a37910249/athletes-tend-to-drink-more-than-their-peers-study-explained/>. The longitudinal study focused on outcomes and not on causation. Some possible causes are a work-hard/ play hard attitude, stress relief after exercise, and socializing with a group of peers.

### Sustenance for the Long-Distance Rider

Are you a rider who counts their rides in dozens of miles? If so, are you hydrating enough and putting some fuel into the body to keep yourself going? If you are doing both, congratulations. Keep up the water and be sure to be getting carbs into your body. In the latter case, are you getting tired of the gels and sugary pre-packaged snacks. If so, maybe it's time to experiment and start making your own. *Bicycling Magazine* recently provided a good introduction to the types of food needed to fuel riders and even provided some recipes to those chefs or do-it-yourselfers - <https://www.bicycling.com/https://cyclingmagazine.ca/sections/news/this-is-what-its-like-to-ride-your-bike-in-paris-at-rush-hour/health-nutrition/a38083270/homemade-snack-recipes/>. You have to try the Kansas Buffalo Turds – yum!

### Becoming a Nerdy Rider

Greg Conderacci has written a number of articles in *Road Bike Rider* that provide answers to issues that riders sometimes face. As he notes, his solutions look a bit nerdy but they work. He first suggests taping window screen material over the outside of your helmet to ensure that

unwanted bees or other bugs don't fly into one of your helmet's air passages - <https://www.roadbikerider.com/tip-screen-your-bicycle-helmet/>. A second suggestion involves adding a significant amount of padding to your handlebars to absorb the road bumps and protect your wrists, elbows and shoulders. We aren't talking about just a little padding - <https://www.roadbikerider.com/quick-tip-reflective-tape/>. A third suggestion involves an avoidance of knee pain using kinesiology tape following online video directions - <https://youtu.be/v2xYUxXrjxk>. So if you are into solutions that work but don't look cool or pretty, have a look.

## Cycling History

### Cycling Couriers

The bicycle brought significant mobility once the modern two-wheeler became readily available in the late 19<sup>th</sup> century. Beyond personal use, bicycles were adapted for a variety of commercial purposes. One of the most widespread was the couriering of messages from one location to another, particularly in larger cities like New York, Chicago, San Francisco, etc. Western Union used couriers to deliver telegrams but other companies found the couriers a quick way of delivering envelopes and small packages more quickly than the U.S. mail. The early 20<sup>th</sup> century found companies recruiting couriers as young as 11 - <https://rarehistoricalphotos.com/early-teen-bicycle-messengers-1908-1917/>. By 1908 state and federal government intervened to control the age and wages of these young cyclists who sometimes worked long hours and late into the night.



## Interesting Cycling Stories

### What Were They Thinking?

Thieves in France recently stole 22 Pinarello racing bikes valued at over \$1 million - <https://cyclingmagazine.ca/sections/news/are-the-thieves-who-stole-the-italian-track-bikes-the-dumbest-criminals-ever/>. The problem was, where can you resell and/or hide what are very distinctive gold colored bikes. It took only a few days for police in Romania to recognize and recover the bikes as part of a large drug bust.

### Is This Punishment Enough?

Andrew Bernstein, a 36 year old former editor at *Bicycling Magazine*, was riding near his home in Boulder, Colorado, when he was hit by a van driven by Stephen Grattan in 2019 -

<https://www.bicycling.com/news/a38039388/driver-who-hit-andrew-bernstein-pleads-guilty/>.

Grattan did not stop and Bernstein was left unconscious with injuries including 35 broken bones, a massive blood loss, a spinal cord injury, two collapsed lungs and a concussion.

Bernstein spent a month in the hospital and two months in rehabilitation therapy and has continuing and significant medical issues as a result. Grattan was finally arrested in a routine traffic stop in 2021 and brought to trial charged with two felonies and three other traffic infractions. He ultimately pled guilty to three reduced charges and was sentenced to two years in prison followed by probation and restitution. Does the punishment fit the crime? Clearly not if you read the impact of the crash on Bernstein's life (See before and after pictures below).

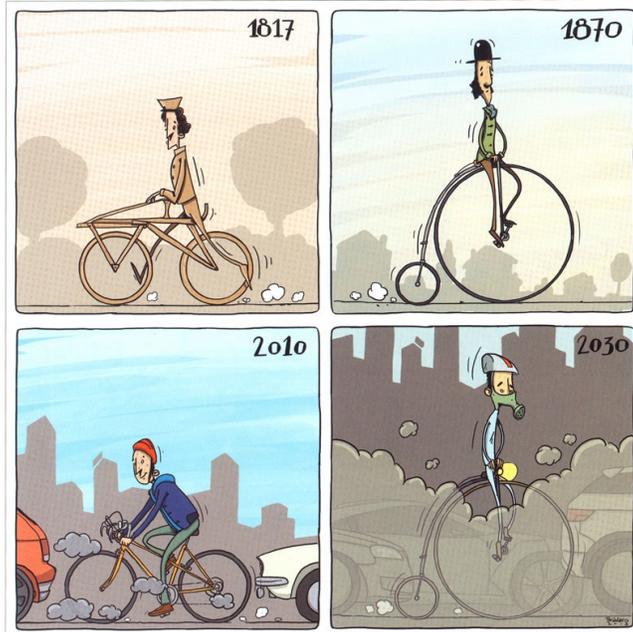


### Great Mountain Biking Trails for Beginners and Beyond

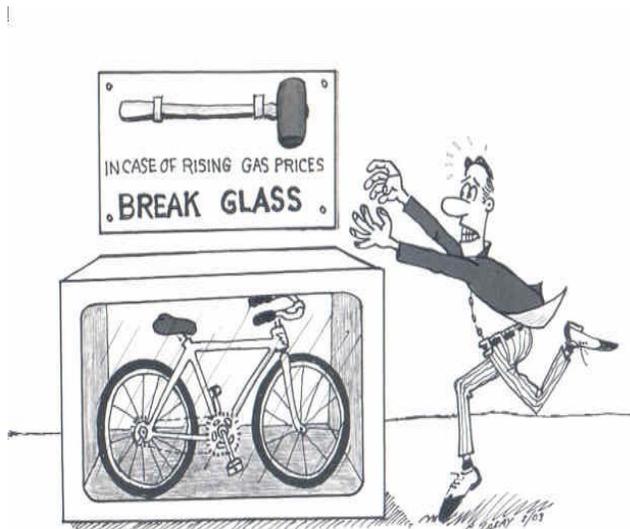
*Bicycling Magazine* recently ran an article on "Where to Learn to Mountain Bike." It lists trails across the country including Georgia, Texas, Arkansas, Maine, Utah, Colorado, Tennessee,

Minnesota and Virginia - <https://www.bicycling.com/rides/a38007997/mountain-biking-for-beginners-best-destinations/> . However, the article addresses more than just trails for beginners and lists good places to eat as well as where you can rent bikes in the area if you left your bike at home. If you are a mountain biker (beginner or beyond) and are traveling to one of these destinations, give this a look.

## Today's Photograph



## Today's Funny



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