

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



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November Club Meeting

GVR Cycling Club Board Elections

November is designated by GVR for club annual meetings and for clubs to elect or re-elect board members. The follow is a list of your board members for 2022: Karen Rainford, President; Joanie Rogucki, Vice-President; Neil May, Secretary, and Dale Brokaw, Treasurer. Karen and Joanie are continuing from the previous board, Karen having served as the club’s technical director, a role she will continue and Joanie served as the club secretary. Thanks to outgoing board members who helped in the founding of the club and established it as an ongoing GVR program: Hank Deutsch, President, Tom Wilsted, Vice-President and newsletter editor, a role he will continue in 2022, and Erin McGinnis, Treasurer.

SCVBAC and the Past and Future of Green Valley Cycling

Your GVR Cycling Club is a relative newcomer to the Green Valley cycling scene and piggybacks on the long-standing efforts of the Santa Cruz Valley Bicycle Advocate Committee founded in 1994. Bill Adamson, a long-time SVCBAC member, began his presentation with a brief history of their work and advocacy with various local, county and regional groups including the Green Valley Council, the Town of Sahuarita, Quail Creek, Tucson Bike Advocacy Committee, Pima County and the Regional Transportation Authority. Funding for both roads and bike lanes is supported by local sales taxes and SVCBAC built strong relationships bringing funding to support cycling in the area. In SVCBAC’s formative years bike paths were limited but as roads were repaved, bike lanes were slowly added and improved on streets like Camino Del Sol, Continental, Esperanza, La Canada and other roads in the area. The result has been more than 100 miles of bike lanes in and around Green Valley. The group has also been active in creating a number of mountain biking trails in the area working with both local government and private companies for both access and support with improving trails. Over the years, SCVBAC has

provided leadership for the Green Valley and the wider biking community through their website containing area biking information, the production of biking maps and biking jerseys as well as keeping a list of riding group contacts. The group plans to continue its advocacy efforts as there are more roads that need repaving and additional bike paths created as well as expanding mountain biking trails and access.

Prior to the meeting, attendees were given cards to write down their thoughts on what is needed to improve cycling in the Green Valley area. This led to a lively discussion with many creative ideas and issues being raised. These thoughts and ideas are currently being compiled and will be shared at future club meetings as well as being summarized in a future newsletter.

Local Cycling News

GVR Senior Games Will **NOT** Include Cycling

We noted earlier that there was a possibility of GVR and the GVR Foundation sponsoring the Senior Games would include cycling. The Senior Games will apparently go ahead in 2022 but cycling will not be included. GVR's insurance carrier raised liability concerns and the cost of insurance coverage.

The 2021 El Tour de Tucson Is History

The El Tour de Tucson brought riders to the Sonoran Desert for an exciting day of competition. Riding a variety of distances from 102 to 28 miles gave riders a choice of riding challenges. One of the exciting changes for this year's race brought riders in the 102 mile group through the center of Green Valley. With careful planning, most local roads were open although there were delays here and there. It offered non-riders an introduction to a top-notch competition with rider's friends and family cheering them on. A number of Green Valley riders participated. These included Tim Stewart who finished fourth in the male 71 category. Other local riders (apologies for anyone missed) included Robert Baldino, James West, John Pilger, Patricia Giannasi, Gary Yerke, Scott Rheingold, Tom Fisk, John Cousins and Karen Kolarik. Hopefully, 2022 will see the race continue to run through Green Valley. To assist the 102 mile riders, local volunteers from the Cycling Club and others manned a rest and aid station on Mission Road that provided water and snacks for those in need of a break.

National and International News

Update on Texas Teen Who Plowed Into Cyclists

After some delay, the driver of the truck that struck the six cyclists training for an Ironman event have been charged with six counts of assault with a deadly weapon - <https://www.nbcnews.com/news/us-news/teen-drove-cyclists-training-texas-charged-6-counts-assault-rcna5048>. Since the driver is under 18, it is unclear what punishment will be meted out.

Federal Infrastructure Bill and Cycling

The recent passage of the Bipartisan Infrastructure Bill brought a number of important benefits for the cycling community - <https://bikeleague.org/content/bipartisan-infrastructure-bill-passes-major-funding-better-biking>. Some of the changes are indirect such as improved car standards that benefit cyclists, research to promote walking and cycling while others are more direct such as a 60% increase in funding for transportation alternatives and requiring states to increase safety funding where a significant number of fatalities affect riders and walkers. The League of American Cyclists has been a prime mover in representing the cycling community with this bill.

The Interstate 80 of Cycling

Over the years the Adventure Cycling Association has been putting together biking maps that show cycling routes throughout the United States - <https://www.washingtonpost.com/travel/2021/11/19/new-us-bike-trails-guide/>. More recently, there has been a push to create one or more routes that would span the US, much like Interstates 10, 70, 80 and 90 do for cars. It has been a slow process as states and localities help build or designate trails or routes that can be added to such an interstate system. In August of this year, the Association announced the addition of 18 new itineraries totally 2903 miles bringing their grand total to 17,734 miles in 31 states and the District of Columbia. It's not an I-80 yet but it's getting there.

Is Your Local Plumber or Electrician Arriving By Bike?

Martin Broder, a Derby (England) plumber, has traded in the gas powered van for an electric cycle cargo van - <https://cyclingmagazine.ca/sections/news/this-british-plumber-traded-his-van-for-a-cargo-bike/>. He carries his tools and supplies in the front cargo hold and can easily get around traffic jams and finds many more parking spaces with his smaller footprint. Maybe we should be talking to local plumbers and electricians about this alternative.



Covid and Cycling Ridership

Streetlight Data is a company that focuses on gathering information about how city streets are used by people, cars and bicycles. It gathers information using public and smart phone data about traffic movement and is able to measure change over time. Its most recent report

focuses on cycling trends during the covid epidemic from 2019-2021 - https://learn.streetlightdata.com/hubfs/eBooks%20and%20Research/EB_2021%20Covid%20Bicycle%20Trends/StreetLight%20Data%20US%20Bicycling%20Trends%202021%20Update.pdf?utm_campaign=EB_Top%20100%20Cycling%20Cities%202021%20Update&utm_medium=email&_hsmi=178192013&_hsenc=p2ANqtz-. It looked at the level of increase in cycling ridership between July 2019 and July 2020 and between July 2019 and July 2021 and ranked cities on their level of increase or decrease. The cities with the greatest growth between 2019 and 2021 were Columbia SC, Tulsa OK, Greenville, SC, Knoxville TX and Birmingham AL. Interestingly, Tucson ranked 99th in the list as it actually had a decrease in the amount of use and Phoenix ranked 59th. Both Phoenix and Tucson has an increase between 2019 and 2020 and then had a decrease between 2020 and 2021. Overall, most cities had increases of the first year and then decreases in the second leading to a possible conclusion that the growth in cycling was a covid bubble. Perhaps long-term growth in cycling will be stagnant and the push toward better infrastructure may be unsuccessful. Hopefully, that prediction will be wrong.

Cycling Gear

Chain Lube Recommendations

Over the years, cyclists have used a variety of lubricants on chains and derailleurs. The problem with most of them is that dirt and dust thrown up by the wheels coats everything affecting shifting and requiring significant maintenance. Recent development include the use of “dry lubricants” that contain smaller amounts of oil as well as wax lubricants - <https://www.bicycling.com/repair/a38027572/how-to-use-dry-bike-chain-lube/>. If you aren't using one of the dry lubes, you should at least take a look for yourself.

The Season of Giving Is Upon Us

If you have a cycling partner or child who needs a Christmas or Hanukkah present or want to give someone an idea of what you'd like on your list, you might check out some of the recommendations from *Bicycling Magazine* - <https://www.bicycling.com/bikes-gear/g38124841/gifts-for-cyclists/>. It includes a variety of prices from \$15 to \$499 and something practical – Chamois Butter – to the more exotic – the Ultimate Tire Pump. Another option is Bicycle Warehouse which has gifts organized by type and price - <https://bicyclewarehouse.com/pages/holiday-gift-guide-2021>.

Shimano's New Shoe Line Is Breathtaking(ly expensive)

Shimano has just introduced a whole new road riding shoe line - <https://cyclingmagazine.ca/sections/news/shimano-road-2021/>. At the top is their Dura-Ace S-Phyre which is a limited edition and comes in at a budget-breaking \$629.99. It weighs in at 240 grams, has a variety of adjustments and an anti-bacterial insole (for those racers working up a sweat). There are some less pricey models that range from \$219 to \$359. It makes this month's cartoon below appear a little more real than funny.



Bicycle Health and Safety

Balance: Staying Vertical While Riding Is Critical

In a recent *Road Bike Rider*, Coach John Hughes describes the importance of both balance and stability when cycling - <https://www.roadbikerider.com/practicing-balance-important-skill/>.

The article focuses specifically on aging riders and provides a series of exercises to improve your balance.

Cycling History

Alfonsina Strada – The Devil in a Dress

Alfonsina Strada was born in 1891, one of either eight or ten children. At ten, her father traded 10 chickens for a bicycle and that started her on a life of cycle racing -

https://en.wikipedia.org/wiki/Alfonsina_Strada. As an adult, she entered whatever cycling races would allow women competitors and won thirty-six races riding against men. Her most famous race was the Giro d'Italia. Prior to her entering in 1924, no women had ever entered the race and when she tried to enter a second time in 1925, her entry was rejected. The race was a challenge for either a man or women. The race covered 2,245 miles, most of it unpaved, in 12 stages. Riders rode forty pound bikes with only two gears. Riders were required to remove the rear wheel to use the second gear as well as fix their own flats. As only woman, she held her own with the men. Of the 90 who started the race, she was one of 31 who finished and she scored very high in several of the stages. She set the women's world speed record in 1911 at 37 kph and set the one hour women's record in 1926 at 32.58 kilometers, a record which stood for 26 years.



Cairo to Capetown by Bike – Henry Gold Plans an African Bike Excursion

Avid cyclist and African expert Henry Gold decided in 2002 to create an exciting cycling adventure (his first), a four month, 7,200 mile cycling trip from Cairo to Cape Town - https://www.adventurecycling.org/blog/henry-gold-bike-tour-neoteric/?ruid=437746&utm_source=bikebits&utm_campaign=20211103_BikeBits&utm_medium=email. While most pooh-poohed a trip across Africa with little or no infrastructure and many war-torn areas, he managed to recruit 31 willing participants who each paid a fee of \$6,000 (25% discount if you paid six months in advance). The thirty-one started the race in front of the Sphinx and twenty-nine managed to finish the trip and seven were noted as having ridden EFI (every fu*#king mile). It is a fascinating story.

Interesting Cycling Stories

Cycle Tour Guides: The Inside Scoop

Have you ever been on a supported/guided cycling tour? Did you wonder how everything went right and how the tour leaders managed to keep everyone together, fed and happy? Dan D’Ambrosio with Adventure Cyclists gives a behind the scenes look at cycling tours from the tour leader’s perspective - <https://www.adventurecycling.org/resources/bike-bits/reflections-of-a-bike-tour-guide/part-1-the-job/>.

The Perfect Cyclist Job

Shimano/Canada has an open position for a knowledgeable and enthusiastic cyclist who will represent the company at biking shows and events and introduce their new STEPS electric drive unit - <https://cyclingmagazine.ca/sections/news/shimano-canada-is-hiring-tech-rep-steps-demo-driver/>. The position requires significant travel and the ability to demonstrate the STEPS and other Shimano products. If only I were a Canadian citizen and thirty again!

Solar + E-bikes: What a Combination

Sushil Reddy, a graduate of the Indian Institute of Technology, did research on combining an electric powered cycle with solar power for recharging. In 2016, he cycled 4,200 miles across ten Indian states to bring attention to the potential of solar energy and cycling -

https://natgeotraveller.in/meet-the-man-who-cycled-7000km-across-india/?utm_source=BE&utm_medium=email&utm_campaign=20211110_Member+Newsletter.

In the process, his ride broke the Guinness Book of Records for the longest E-bike riding distance.

Fast forward to 2021 and Reddy has brought his solar cycle for the United States and is currently making a nearly 7000 mile circle around the United States. As solar panels get smaller, we may be seeing the future.



Billionaire Biker Crash

Billionaire Richard Branson takes his cycling seriously. He rides regularly and attributes his good health to a variety of exercise and his time on his bike. He was recently participating in a multi-sport event that included a 60 kilometer cycling race with an added 15 kilometer section of hills. During a hilly descent, his brakes failed and he chose to crash into a riding partner rather than hitting an oncoming car or going off a high cliff -

<https://www.cyclingweekly.com/news/richard-branson-injured-in-colossal-cycling-crash-in-british-virgin-islands>. Luckily neither he nor the other rider were seriously injured.



Integrating Cycling and Art

Denis Carrier is a French designer/illustrator who focuses on unusual cycle related designs - https://bikepacking.com/plog/riders-lens-denis-carrier/?utm_source=bikebits&utm_medium=email&utm_campaign=20211103_BikeBits#. He began working on cycling art about seven years ago when he went back to riding again to get out of his studio into the fresh air. He works with biking individuals, clubs and the biking industry in creating his designs.

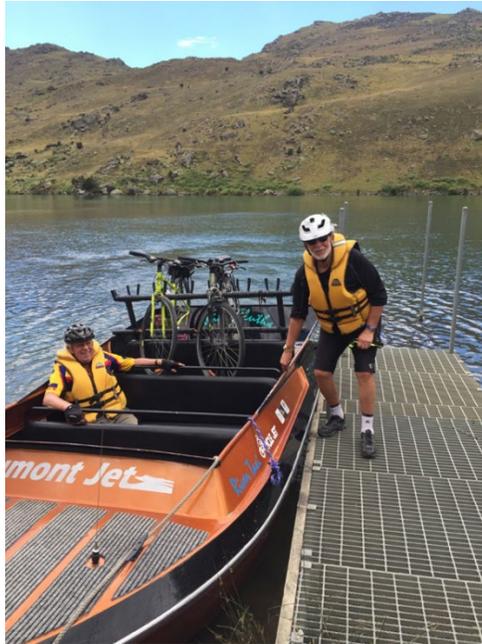


Today's Cycling Quotation

"When man invented the bicycle he reached the peak of his attainments."
Elizabeth West, author of 'Hovel in the Hills: An Account of the Simple Life'

Today' Photograph

When a riverside mountain biking trail ends in New Zealand, just hop on a Jet Boat to reach the next trail section.



Today's Funny



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