

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



No. 31
May 12, 2021

Table of Contents

News Flash – Your Newsletter Has a Name	2
Trails, Trials and Tribulations by Hank Deutsch, President, GVR Cycling Club	2
Books on [Bicycle] Wheels Program with the Pima County Public Library	3
It’s Your Newsletter, Too	3
National Bike Month	3
Bike Envy Got You Down – Here are Some Thoughts	4
So You Think <i>The Loop</i> Is Cool?	4
Mountain Biking off the Beaten Path	4
BICAS Is Slowly Reopening	4
Photo of the Week – You Want Light, I’ve Got Light!	5
A Bike Trailer You Don’t Have to Pull?	5
Would \$3,000 Get You to Trade in Your Car for an e-Bike?	5
What do Cyclists and Golfers Have in Common	5
Best Cities for Beer and Biking – But Not In That Order	6
El Tour Event Update – Loop de Loop	6
Spotlight on the U.S. Transportation Secretary	6
The Gravel Bike’s Impact	6
A Helmet is a Helmet is a Helmet?	6
Taking Your Dog for a Spin	7
Why Not Pockets	7
Is Riding to the Right Always the Law?	7
Sore Bottom – New Saddle!	8

Links to Other Interesting Articles	8
Move Over, Porsche!.....	8
When Is Our Dunkin’ Donut’s Bike Drive-Thru Lane Coming?	8
How Fast Did The Bike Industry Grow in 2020?	8
Best U.S. Mountain Bike Destinations	8
Going East or South This Summer?	8

Next Newsletter Deadline – May 24, 2021

[News Flash – Your Newsletter Has a Name](#)

In case you missed it, if you look above, your newsletter now has a name – **Chainring**. This name means something specific within the biking world and fits in well with our logo which sports a chain ring in the center. The newsletter header has also been revised and we are now adding an issue number with each publication in case you want to go back to read or find something later.

[Trails, Trials and Tribulations by Hank Deutsch, President, GVR Cycling Club](#)

“Summer time and the livin’ is easy...” is the opening refrain from the legendary song in the epic musical, *Porgy and Bess*. Summertime is a cyclist’s ideal riding time but also a time for reflection and commitment to better cycling.

As we traverse our roads and off-road trails several matters come to mind that thoughtful cyclists should consider.

Age. Some of us are finding that the “AA” (age and attrition) are beginning to take their toll. Recognizing our limitations is a sign of wisdom. Some of us need to adjust and adapt to our own age and the ages of our riding companions. Given the diversity of cyclists with the rise of the recumbents, tandems, E-bikes, tricycles, et al, it strongly suggests we are already changing and adapting.

Helmets. The arrival the pandemic increased cycling as well as the number of riders, many not wearing helmets. This is especially obvious in our own community. Maybe the senior cyclists believe there is nothing above the neck worth saving or believe, “Nobody is going to tell me what to do!” I personally have had a few ER incidents where the physicians said, “Your helmet saved your life!” Encourage the wearing of helmets by setting an example. Wear it!

TRAFFIC. Motorized traffic appears to be getting faster and more reckless. Encourage and support the efforts of our public agencies in the promotion and development of cycling safety programs including cycling lanes and increased law enforcement.

SAFETY. Remember when we were younger there were the “STOP, LOOK AND LISTEN!” signs at railroad crossings. Today that is an appropriate maxim for senior cyclists as they approach corners and anywhere where a collision may occur. By considering our age limitations and modeling good citizenship and safe cycling we may find... “Summertime and the livin’ REALLY is easy...!”

Books on [Bicycle] Wheels Program with the Pima County Public Library

The Joyner-Green Valley Library is restarting their Books on Wheels program, hopefully this summer. What is that program, you ask? It’s an opportunity for residents who are homebound to get library books delivered to them by bike.

The Power of the Pedal is a 501c (3) organization that runs the Bike Ambassador program: <http://www.thepowerofthepedal.org/> . It hires individuals to ride their bikes and deliver books for the Books on Wheels program.

If you like riding your bike and talking to people this might be the opportunity for you! Once per month, library volunteers will select books for homebound customers living within a 5 mile radius of the Joyner-Green Valley Library, and a Bike Ambassador will deliver them. At this point all COVID precautions will be followed. In the future, this will actually be more of a visit and chat with folks who don’t often have a lot of outside visitors.

This program is only open to year-round residents but being gone one month during the year is not a disqualification. To receive more information, you are invited to join an upcoming information session. These will be held virtually on Wednesday, June 2nd at 7 pm and Friday June 4th at 2 pm. Please sign up at the online Bike Ambassador Info Session page (<https://forms.gle/ajtp6m1ykdkZmMP18>) and let us know which session works for you. If you cannot attend either session, but you’re still interested, please e-mail one of the coordinators and they can make alternate arrangements: Karen.Greene@pima.gov or Donna@thepowerofthepedal.org

It’s Your Newsletter, Too

There are a number of club members writing for the newsletter, some regularly and some periodically. Topics range from food to fitness to safety. If you would like to write one or more pieces for the newsletter, your contribution would be welcome. Some ideas that come to mind are training for races, bucket list of rides, great riding trails, fabulous trips or use your imagination. If you want to discuss an idea, the editor’s contact information is at the end of the newsletter.

National Bike Month

You may not know it, but May is National Bike Month when all cyclists can celebrate their love of cycles and riding. The League of American Bicyclists takes the lead in this effort with a whole range of programs and activities - <https://www.lovetoride.net/usa>. Some of these activities include a bike challenge that encourages people to ride further and record reaching their goals. This can be an individual or a group project. Let us know if there is someone in the club that wants to take the lead on this effort. There is even a blog on their website to report your

progress. Whether you sign up or not, let people know that this is a month to support your favorite form of exercise.

Bike Envy Got You Down – Here are Some Thoughts

Two recent articles focused some attention on whether buying a better, lighter, higher end bike or investing in higher-end components is worth the investment. The first article appeared in *Popular Science* and focused on the advantages and disadvantages of going for a high-end versus an entry level bike - <https://www.popsci.com/story/technology/cheap-expensive-bike-difference/>. The article looked at the various bicycle components and the advantages of a higher investment. The article may be a bit basic for experienced cyclists but for new riders seeking a better ride, it should be helpful. The second article focused on the issue of a bicycle's weight and what advantages you gain from a lighter bike - <https://www.roadbikerider.com/bicycle-weight-importance-measured/>. The article looked at the issue of cost-benefit for upgraded components and the cost per grams saved versus dollars spent. One of the article's bottom lines was that the least expensive way of lowering your bike's weight would be for the rider to go on a diet and lose ten pounds.

So You Think *The Loop* Is Cool?

Tucson's loop is pretty cool but what do we have to compare it with? Attached is a story about some of the "World's Coolest Bike Paths" and they ARE really amazing - https://www.thediscoverer.com/blog/6-coolest-bike-paths/XvHyVpKgiwAG5a2m?utm_source=blog&utm_medium=email&utm_campaign=1208273399.

Mountain Biking off the Beaten Path

If you are looking for somewhere different for your next mountain bike adventure that is within a day's driving distance, you might consider Baja California - <https://www.bicycling.com/rides/a35879332/mountain-biking-baja/>. Todos Santos, Baja California Sur is the center of an area with forty miles of bike trails. There is a bike shop in town as well as restaurants and hotels.

BICAS Is Slowly Reopening

For many months, Bicas has only been providing service by drop-off and not allowing anyone besides staff into the building due to Covid concerns. Beginning April 27th, they began allowing the public into the building. Repair services are still only being done by staff members and masks and appropriate distancing are required to enter the building. For more details about their restrictions, go to: <https://mailchi.mp/bicas.org/welcome-back-inside-bicas-limited-services-and-masks-required?e=c6330b332a>.

Photo of the Week – You Want Light, I’ve Got Light!



A Bike Trailer You Don't Have to Pull?

Danish inventor/designer, Jens Martin Skibsted, has invented a bike trailer that can be pulled without the rider adding any pedal effort - https://www.fastcompany.com/90626888/this-bike-trailer-just-made-it-way-easier-to-ditch-your-car?partner=rss&utm_campaign=rss+fastcompany&utm_content=rss&utm_medium=feed&utm_source=rss. This is accomplished by the trailer having a computerized electric motor that adjusts the speed of the trailer to match the rider's speed whether speeding up or slowing down. The trailer can be set up to haul people or goods and it is expected to cost just under \$900.

Would \$3,000 Get You to Trade in Your Car for an e-Bike?

France is currently planning to offer an incentive of 2,500 Euros (\$3,000) for each family that will trade in a car for an e-Bike to help improve the environment. For more details, go to: <https://cyclingmagazine.ca/sections/news/france-wants-to-give-e2500-to-citizens-who-trade-in-their-cars-for-an-ebike/>. Some Canadian provinces are investigating this as well. Will this trend be coming soon to the US?

What do Cyclists and Golfers Have in Common

A recent article in *Road Bike Rider* drew some comparisons between golf and cycling. For you golfers out there, you might want to take a look - <https://www.roadbikerider.com/golf-lessons-for-cyclists/>.

Best Cities for Beer and Biking – But Not In That Order

If you are looking for a city where you can get a good brew after a long ride (but never before) have a look at this article from *Vinepair* Magazine - <https://vinepair.com/articles/the-5-best-u-s-cities-for-biking-and-beer/>. It lists five cities with the best local brews plus three honorable mentions with San Diego on top. If you are a beer aficionado, this may help you plan your summer.

El Tour Event Update – Loop de Loop

El Tour de Tucson is still scheduled for Saturday, November 20, 2021. An additional event – Loop de Loop - is being planned by Perimeter Cycling and Pima County to precede it. Loop de Loop will take place on Saturday, September 25th (tentative) around the Chuck Huckleberry Loop - <https://eltourdetucson.org/loop-de-loop/>. This is a fun ride that riders can join anywhere on the loop from 6:00 a.m. to noon. There will be booths along the route with information from event sponsors. An after-ride party will take place at noon at the MCA Annex, Mercado St. Augustin, 100 South Avenida del Convento, with live music and a beer garden.

Spotlight on the U.S. Transportation Secretary

If you are the U.S. Transportation Secretary and trying to put a positive spin of e-Bikes, be prepared for lots of Monday-Morning Quarterbacking. Secretary Pete Buttigieg put out a video on his Twitter feed of him riding to work on an e-Bike. He got lots of reader suggestions including his seat adjustment, looking down instead of forward, etc. For more on this story, go to: <https://cyclingmagazine.ca/sections/news/twitter-pete-buttigieg-bike-fit/>.

The Gravel Bike's Impact

The gravel bike has entered the cycling arena with the same speed and impact of the e-bike. Prior to the gravel bike and e-Bike, there were three choices – road, mountain and hybrid – now there are five two-wheeled options. Some of the changes that the gravel bike is bringing to the road bike world include wider tires, single-speed crank, tubeless tires and more comfort orientated frames. For more discussion of these changes and their impact on cycling, go to - <https://road.cc/content/feature/6-ways-gravel-bikes-have-improved-road-bikes-282375>.

A Helmet is a Helmet is a Helmet?

How old is your helmet? Is it an old-faithful that is comfortable to wear and, after ten years, it is as shiny and unblemished as the day you bought it? Is your helmet still pretty new but it looks a bit battered having traveled the world, been dropped a few times and has some dings here and there? In either case, you might want to consider replacing that helmet as helmets have an expiration date just like food labels. *Road Bike Action Magazine* did a recent article on helmet issues and provides some guidelines on how often you should replace your helmet, even if it is an old faithful - <https://roadbikeaction.com/why-do-helmets-have-an-expiration-date-and-how-serious-is-it-2/>.

Taking Your Dog for a Spin

It's not unusual to see a Green Valley cyclist towing a child's bike trailer with their dog inside. Cliff Brush, who lives in Florida, goes one better. He rides with his 75 pound Golden Doodle, Brodie, in a doggie back-pack - <https://www.bicycling.com/culture/a36062594/brodie-the-goldendoodle-bike-rides/>. If you'd rather be carrying rather than pulling, you can find doggie backpacks at: https://www.k9sportsack.com/collections/dog-carriers?gclid=Cj0KCQjwyN-DBhCDARIsAFOELTkg27rFbGgY0KMrIXQa641aMq6UwB2Kc8ij-gvPrDL1Cn4wsj2U5eAaAu6cEALw_wcB.



Why Not Pockets

A recent article in *Road Bike Rider* suggests that that lack of pockets in biking shorts is the result of bike racers' interest in lighter weight on the bike and clothing sleekness to avoid drag and cut through the wind more easily. For us non-racers this means always wearing a jersey or a vest that does have pockets to carry a phone/wallet/ID/etc. A number of bike clothing manufacturers are now creating shorts and bibs with pockets but they are not always easy to find or recognize from an on-line description. This article - <https://www.roadbikerider.com/cargo-pocket-cycling-shorts/> - provides a good list of manufacturers and models that provide a rider with the pockets he/she craves.

Is Riding to the Right Always the Law?

While riding as far right as possible whether in bike lanes or on regular roads is recommended, there are times when cyclists may need to ride further left or in the main traffic lane. The Arizona Supreme Court recently decided a case where a cyclist was ticketed for not being to the far right - <https://www.cazbike.org/the-need-for-better-law-enforcement-training/>. The cyclist challenged this in court and the judges decided in the rider's favor.

Sore Bottom – New Saddle!

If you have tried everything – new shorts and chamois, Chamoisbutt cream, etc. – is it time to consider a new saddle? Cycling Magazine recently published an article on factors to consider when choosing a saddle - <https://cyclingmagazine.ca/sections/training-guide/training/three-factors-you-should-consider-when-shopping-for-a-new-saddle/>. It suggested that everyone's body and every saddle is different so there is no perfect choice for everyone. The factors mentioned were: sit bone width, pelvic tilt and a choice of a flat or curved saddle.

Links to Other Interesting Articles

Move Over, Porsche!

Not to let Porsche get ahead of it, Harley Davidson is planning a new e-Bike as well. For more information go to: <https://cyclingmagazine.ca/sections/news/the-harley-davidson-ebike-is-really-happening/>.

When Is Our Dunkin' Donut's Bike Drive-Thru Lane Coming?

Dunkin' Donuts recently opened its first bike drive-through lane at its Quezon City, Philippines store. It has been so successful, it will soon be adding similar lane in other locations - <https://cyclingmagazine.ca/sections/news/dunkin-donuts-now-has-a-ride-thru-for-bikes/>. When do we start picketing the Sahuarita Dunkin' location to get our own dedicated bike lane?

How Fast Did The Bike Industry Grow in 2020?

Taiwan is the largest exporter of bicycles and bike parts to the United States. A recent report talks about the huge growth in the export of bikes and parts from Taiwan in 2020 and future company plans for 2021 and beyond - <https://cyclingmagazine.ca/uncategorized/just-how-explosive-was-this-year-for-the-cycling-industry-lessons-from-taiwans-cycling-brands-online-product-launch/>.

Best U.S. Mountain Bike Destinations

A recent article listed five areas in the United States as the best places to mountain bike and included Tucson as one of the five - <https://www.mensjournal.com/travel/best-new-mountain-biking-destinations-in-the-u-s-mens-journal/>.

Going East or South This Summer?

Bicycling Magazine recently listed the 10 best long rail trails ranging from 44 to 240 miles in length from South Dakota to Pennsylvania to Alabama - <https://www.bicycling.com/rides/a20021215/10-of-the-best-long-rail-trails-in-the-us/>. If you are traveling with your cycle in one of these areas you might check out a ride where you don't have to compete with cars.

Tom Wilsted, Vice-President And Newsletter Editor

E-mail: Tom.Wilsted@uconn.edu

Phone: 860-214-2822