

# CHAINRING

Newsletter of The  
GVR Cycling Club

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## National Cycling News

Riders Intentionally Injured During Show Low (AZ) Cycling Race.

Show Low’s *Bike the Bluff Race* is its 13<sup>th</sup> year. It began quietly as the first riders were off at 6:45 a.m. At 7:25 a black Ford pickup approached a group of oncoming riders, crossed two lanes and plowed directly into them -

<https://www.buzzfeednews.com/article/clarissajanlim/pickup-truck-driver-cyclists-race-injure-show-low-arizona>. (See front of the truck below) The driver attempted to escape and was shot by police during his capture. Six cyclists are in the hospital in critical but stable condition and numerous other riders were treated by first aid or emergency room personnel. It is unclear the driver’s motive but this is another example of a driver targeting cyclists resulting in deaths or serious injuries. For an eye-witness account of the incident, go to:

[https://sports.yahoo.com/driver-rams-racing-cyclists-arizona-165933108.html?soc\\_src=social-sh&soc\\_trk=ma](https://sports.yahoo.com/driver-rams-racing-cyclists-arizona-165933108.html?soc_src=social-sh&soc_trk=ma) (See additional article below about cycling safety)



## Local Cycling News

### Camino de Canoa Bike Lanes

With the opening of the new pickle ball courts combined with the Baja softball diamonds more and more cyclists are riding south off of Whitehouse Canyon Road on Camino de Canoa to reach these sporting venues. Camino de Canoa is a narrow paved road with several dangerous curves and several groups have recommended that bike lanes be added to provide protection for cyclists. The road is listed as in failing condition and Pima County does have plans to repave it. However, because the road carries significant bike and car traffic, the Santa Cruz Valley Bicycle Advocacy Committee and the GVR Pickle ball Club have recommended that bike lanes be added for safety as part of the repaving. This Santa Cruz Valley Bicycle Advocate Committee (SCVBAC), the GVR Board of Directors, the BAJA Sporting Club, the GVR Pickle ball Club, GVR Cycling Club, the Tucson-Pima County Bicycle Advisory Committee (BAC) have all written letters to the Pima County Board of Supervisors in support of the repaving and adding bicycle lanes since this is a county road. Stay tuned for updates!

### Golf Courses are for Golfing

There are reports from the Torres Blancas Golf Course that bicyclists (along with joggers and walkers) have been leaving the de Anza Trail and riding/running/walking on the golf course. While the cart paths may seem a welcoming alternative, remember that the golf course is private property. Groups entering the course will be reported to the sheriff and could be charged with trespassing.

### El Grupo Support

Tucson's El Grupo program is seeking local support in a number of areas. This includes planning for their Fall Fondo riding event, volunteers to help with other children's programs, financial donations and purchase of El Grupo socks and T-Shirts. More information can be found at: <https://www.elgrupocycling.org/>

### BICAS Seeking Support for El Tour Team

Bicas is organizing a team to compete in this year's El Tour in the fall. They are seeking both riders and financial support for this effort. More information can be found at: <https://team.bicas.org/join/>.

## Bicycle Health and Safety

### Cycling, Safety and Death

As we take our daily, regular or weekly ride we look forward to the wind in our face, the joy of pumping the pedals, the pleasure of new or familiar views and the actual movement and speed. Unfortunately we also know that being on a moving object with little protection has its dangers

when combined with the multi-ton missiles that often pass a few feet to the left of us traveling at 40, 50, or 60 miles an hour. Knowing that danger, we still ride hoping that the car coming behind stays in its lane, a driver is not intent on hitting us, the driver sees our blinking red tail light or stops at the traffic light as we pass through an intersection.

I feel like I am “beating a dead horse” on this issue but bike accidents, injuries and death keep popping up regularly. The first instance was an announcement that Gwen Inglis, the reigning U.S. National Bicycle Racing Champion in the 45 to 49 age group, was killed on the local streets of Lakewood, Colorado by a driver under the influence of drugs - <https://www.washingtonpost.com/sports/2021/05/18/cycling-champion-killed-colorado/>. She was in a bike lane and there was little she could have done to prevent the accident – save not riding that day.

Another example involved Canadian Max Merten’s father’s cycling death and the increase in bike deaths generally in Toronto during covid - <https://thewalrus.ca/life-and-death-on-two-wheels/>. Still other deaths are accidents caused by rider error - <https://www.nbcnews.com/news/sports/former-utah-jazz-player-mark-eaton-dies-following-bicycle-crash-n1269099>.

Another reminder about cycling and the potential for accident and injury comes from a report by a group called *Streetlight* entitled *Special Report: Bicycle Safety Shift* - <https://learn.streetlightdata.com/bike-safety-shift-special-report>. This group is attempting to create a more accurate way to rank states on their level of bicycle safety. The current method used by the National Highway Safety Administration measures the number of fatal bike accidents per number of state residents. By that measure Arizona ranks number 44 out of 50 in the riskiest states in which to ride. The Streetlight group does its ranking based on the number of accidents per miles traveled by bicyclists. On that ranking, Arizona ranks number 41. That is a bit better but we need to remember that we ride in a state where constant vigilance is important.

Dwelling on statistics and reports of death or injury doesn’t make our rides any safer nor should it keep us from riding. What it should and must do is make us more safely conscious: follow the rules of the road, ride defensively, and wear a helmet (see this Danish video if you are still avoiding a helmet - <https://bikerumor.com/2021/06/12/danish-safety-video-is-the-best-psa-weve-seen-promoting-bicycle-helmets/>), take a rest when we are getting tired, and be constantly aware of our surroundings. Taking these precautions can keep us alive to enjoy today’s ride and the ones in our future.

### Need Bike Insurance?

Have you ever worried about replacing your valuable bike if it were stolen or damaged in an accident? Would your homeowner’s insurance cover the cost or should you take out bike insurance? A recent *Bicycling* Magazine article provides some insights on what may be covered under both types of policies - <https://www.bicycling.com/culture/a36607164/guide-to-bike-insurance/>.

## Treating Road Rash

*Cycling Magazine* recently published a good article on 8 tips for treating road rash - <https://cyclingmagazine.ca/sections/training-guide/training/road-rash/>. While none of their tips are totally new, it does bring treatment information together in one place.

## Cycling Gear

### More Manufacturing Delays from Shimano

Shimano's Malaysia factory had been at 60% capacity due to the high number of local covid infections. It is now closing the factory effective June 16<sup>th</sup> with no set date for reopening - <https://www.bicycleretailer.com/international/2021/06/10/shimano-forced-shut-malaysia-component-factory-latest-blow-supply-chain#.YMP4KNVKhaQ>. Kent, another bicycle manufacturer located in Malaysia, has also been affected by this required drop in capacity.

### Learning to Use Clipless Pedals

Clipless pedals are actually pedals on which you clip your cycling boots. For those wanting to move from non-clip-in flat pedals (that won't be your editor), *Cycling Magazine* recently did an article on how to make this transition and the value that this type of pedal provides - <https://www.cyclingweekly.com/fitness/bike-fit/clipless-pedals-how-to-323672>.

### Folding Bikes

Folding bikes are probably not on most of our members' wish lists. However, if you are a traveler or if you are an apartment dweller, a folding bike might be just what you need. *Women's Health* recently did an article on what it considered the best folding bikes which provides a window into both regular and e-folding bikes - <https://www.womenshealthmag.com/fitness/g36500861/best-folding-bikes/>.

### Best Bike Racks

Everyone has their favorite bike rack. Just ask a cyclist and they will have an opinion. If you are looking for another opinion or option, you can read a recent article in the *Spy Newsletter* for suggestions - <https://spy.com/articles/hacks/travel-hacks/best-bike-racks-1202766204/>.

## Bike Gear a Mess – Maybe You Need a Bikebox



A German company called *Riders Gonna Ride* recently developed a storage system called the Bikebox - <https://manofmany.com/living/bikebox-bike-carry>. For apartment dwellers, it can stand on the floor next to a wall but there is another model designed to be hung on a garage wall getting not only your gear but your bike off the floor. For those of you wanting better organization of your bike gear and with limited space, this might be a solution.

## Another Item You Didn't Know You Needed

Living in Arizona, riders mostly worry about having enough water bottles to keep hydrated. However, if you want to take a leisurely ride with your morning coffee, where do you put the mug? *Spy* Magazine recently reviewed cup holders for both hot and cold drinks that provides a variety of options - <https://spy.com/articles/gear/accessories/best-bike-cup-holders-1202760670/>.

## Changing Cleat Positions – Another Little Known Cycling Adjustment

Those riders who use clip-on pedals probably don't give much thought to cleat positions. You clip in and away you go. Bike fitters and physical therapists, however, have been studying the location of the pedal on the shoes and have come up with recommendations for adjustments - <https://www.msn.com/en-us/news/fitness/perfect-your-bike-shoe-cleat-position-for-powerful-pain-free-riding/ar-AAKza5J>. With proper adjustment, riders can increase their power and speed while avoiding knee and hip problems.

## Lyft Builds a Bike

Rental Company Lyft is designing and building its first e-Bike that it will offer to riders first in the San Francisco and in the Chicago areas - <https://www.slashgear.com/lyfts-first-in-house-electric-bike-is-reflective-and-packed-full-of-sensors-03676220/>. Plans include a number of unique features that may eventually translate to both regular and e-Bikes. Some of these

include: fully reflective paint on bike surfaces, hydraulic brakes, battery range of 60 miles, and an LCD screen with speakers.

### Best Cycle Locks?

Do you always carry a bike lock on your rides or will you be the person who buys a lock only after their trusty cycle has been stolen? If you need a recommendation for a sturdy lock that you can be attached to your bike, *Spy Magazine* recently provided a list of sturdy chain locks with nylon covers that would protect your bike from scratching -

<https://spy.com/articles/gear/outdoors/chain-bike-locks-1202759429/> .

## Cycling History

### Bikes That Changed the World

For the bicycle's 200<sup>th</sup> anniversary in 2017, *Bicycle Magazine* ran an article on the most influential bikes that were created between 1817 and 2017 -

<https://www.bicycling.com/news/a20006634/25-of-the-most-influential-bicycles-of-all-time/>.

For those interested in cycling history, it is an interesting read.

## Cycle Racing

### Winning at All Costs

American Gravel Racer Kiel Reijnen was 25 miles into a 200 mile gravel race in Flint Hills, Kansas when he hit some rocks and broke his front wheel. He was not allowed to accept help from his team so he began running barefoot hoping to find another rider who had dropped out who could legally offer him a wheel. His effort made lots of news but unfortunately no wheel was found and he had to officially drop out - <https://www.cyclingweekly.com/news/trek-segafredos-kiel-reijnen-ran-18-miles-barefoot-after-breaking-wheel-at-unbound-gravel>.

### Tour de France

The Tour de France begins on June 26<sup>th</sup>. For a complete run-down on the various stages, TV coverage and news, go to: <https://www.cyclingweekly.com/racing/tour-de-france>.

## Interesting Cycling Stories

### Two Riders Crossing Two Continents Meet In the Middle of Nowhere

Wisconsin cyclist Noel Kegel planned to ride solo from Lisbon, Portugal to Beijing, China. British native Leon Whitely planned a ride from Gumi, South Korea to his home in Southeast England. This is the story about the two solo, long distance riders meeting in the middle of the lonely desert of the Kazakhstan - <https://www.bicycling.com/rides/a31245986/two-strangers-meet-bike-ride-journey/>. A long and interesting story.

## Biking is for Everyone!

If you are 78 and Harrison Ford, you still enjoy cycling. He was recently seen near New Castle, England stopping in a local restaurant on a personal cycling trip - <https://www.cyclingweekly.com/news/harrison-ford-spotted-in-full-cycling-kit-near-newcastle>.

## Cycling's Most Picturesque Cities

*Moneybeach*, a British website, recently listed the twenty most beautiful cycling cities in the world - <https://www.moneybeach.co.uk/the-boardwalk/most-beautiful-cycling-cities/>. It ranked Chiang Mai, Thailand as its number one. Number 2 on the list was Miami Beach and number 3 was Paris. Of the top twenty, the only other U.S. cities to make the list were Atlanta (#15) and Seattle (#16). You might want to add some of these cities to your bucket list if you are traveling in their neighborhood.

## Picking Up Your Bike at the Factory

For many years, European car manufacturers offered programs that allowed you to pick up your car at the factory, take a driving vacation in Europe and then ship your car home. Josh Reid of Newcastle, England, decided to do something similar when he bought his new Giant bike. He flew to Shanghai, China, where his bike was built, and then proceeded to ride it across Asia and Europe back to Newcastle. This is his story of his 9000 mile solo ride through fifteen countries - <https://www.dailymail.co.uk/travel/escape/article-9096289/The-incredible-story-cyclist-bought-Giant-bike-China-rode-home-Newcastle.html>.

## Cycling Nowhere but Getting Somewhere

The covid epidemic has hit India particularly hard. The Indian community in London wanted to help in some significant way. Organizers put together a bank of 12 stationary bikes with the goal of riding 4,777 miles in 48 hours – the distance from London to Delhi – to raise a total of \$690,000 - [https://arizonadailystar-az-app.newsmemory.com/?publink=06cdf55e\\_1345d6a](https://arizonadailystar-az-app.newsmemory.com/?publink=06cdf55e_1345d6a). The project attracted 750 riders with each rider putting in 50 minutes with 10 minutes for bike cleaning. They rode nowhere but they really did get somewhere!

## Coast to Coast Fund-raising for the Hole-In-The Wall Gang Camp

Two University of Connecticut Health School students will spend a good part of their summer cycling from Anacortes, Washington to Connecticut to raise fund for the Hole-In-The Wall-Gang Camp - <https://today.uconn.edu/2021/05/traditional-student-bike-tour-returns-to-cross-country/>. For the two, UConn dental student Alexandra Estanislau, and Medical student June Chu, this will be their first ever major cycling trip. The camp, founded by actor Paul Newman, is located in Connecticut and each student has a strong connection with the program. This will be the 16<sup>th</sup> year that a pair of students from the UConn Health School program will do a cross-country trip with a goal of raising funds for a chosen charity.

Today's Photo

The Sociable – a Side-by-Side Tandem, circa 1920



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