

CHAINRING

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Riding With My Grandson by Hank Deutsch President GVR Cycling Club

One of my privileges at my advanced age is I can still ride a bike! At least relatively! Another privilege is being able to ride with my grandson. My grandson is a Wisconsin 20-year old rambling mountain bicyclist who loves cyber-science.

Our weekly rides are through the scenic wooded bluffs of the Driftless Region of Western Wisconsin. Our conversations focus on the issues and concerns of the day. I realize our moments together are precious and time is fleeting! I am ever grateful that our collegial sojourns are brought together on bicycles where there are no distractions except the ride.

Cycling can bring together people of differing views and backgrounds into a common conversation. Senior cyclists especially can find new friendships and experiences.

Get on your cycle and you too can find new vistas and new friends.

Local Cycling News

Bicas Is Back!

Bicas' programs and services are nearly back to normal -

<https://mailchi.mp/bicas.org/celebrate-the-return-of-do-it-yourself-community-tools-5109297?e=c6330b332a>. They are currently on summer vacation and will reopen with their regular hours of Tuesday-Saturday 10-2 on July 12.

With their reopening on July 12th, they will revert to their community tools program. People needing cycling repairs will carry out the repair on their own bike with assistance and supervision by a trained Bicas mechanic.

Over the summer, Bicas will be offering a number of training opportunities. The first is a basic maintenance class that runs for three hours and costs \$30 - <https://bicas.org/classes/basic-maintenance/>. Open the link to find out dates and times.

They will also offer their Build-a-Bike program in August and September – This consists of 5 four hour sessions and costs \$100 -<https://bicas.org/classes/build-a-bike/>. This covers basic bicycle repair and adjustments of the bearing, brake and shifting systems. You can bring your own bike or work on one provided by Bicas. I have taken this course and can heartily recommend it whether you intend to become your own mechanic or just want to know more about the inner workings of the bicycle.

National and International Cycling News

What to Give a Prime Minister

During President Biden’s visit to Great Britain for the G-7 meetings, there was an exchange of gifts between the President and Prime Minister Boris Johnson. Since both Biden and Johnson are avid cyclists, Biden gave Johnson a one-off American-made bicycle and helmet made by the Bilenky Bike Company - <https://www.bilenky.com/> - located outside Philadelphia - <https://www.msn.com/en-us/news/politics/biden-gifts-uk-prime-minister-boris-johnson-a-cycling-enthusiast-an-american-made-bicycle-during-his-first-overseas-trip/ar-AAKX2i3>. Building the special red white and blue bicycle was a “rush job” and was completed in two weeks.

Cycle Racing

Tour de Crash

The Tour de France got off to an inauspicious start on its first day with a spectator trying to get onto the TV new camera and a cyclist brushing her sign and causing a huge pileup of bikes and riders - <https://www.firstpost.com/sports/tour-de-france-2021-spectator-who-caused-pileup-ashamed-of-stupidity-says-prosecutor-9772671.html>. The sign holder was found and arrested about a week after the crash and the Tour continues on to its finish - <https://www.washingtonpost.com/sports/2021/06/30/tour-de-france-suspect-custody/>.

Doing Something Cool!

The UCI World Cycling Center located in Aigle, Switzerland (East of Lucerne) – is open to the public - <https://www.uci.org/world-cycling-centre/about>. Visitors are welcome to watch world-class cyclists train and it is even possible for members of the public to test out UCI’s velodrome and BMX tracks during certain periods open to the public. If you are traveling to Europe, you might want to add this to your itinerary.

Cycling Gear

Women’s Cycling Clothing

I should not be writing this piece as what I know about women’s cycling clothing would fit into a thimble. However, I recently ran across an article on this topic that piqued my interest. The article in *Canadian Cycling* is about a Quebec company founded by two sisters that designs and

manufactures cycling clothing by and for women - <https://en.peppermintcycling.com/>. This led me to dig a little deeper and I soon found a piece in *The Femme Cyclist* on the best women's cycling shorts for 2021 - <https://www.femmecyclist.com/womens-bike-shorts/>. Digging deeper still, I found a site that provides women's cycling clothing for plus-size women riders - https://www.aerotechdesigns.com/plus-women-cycling-clothes.html?gclid=EAIaIQobChMImb3p24LP8QIVzz2tBh1DCQunEAAYAiAAEgLuJfD_BwE.

Clearly there is a lot of information that is of value to our female cycling members just waiting to be uncovered. Hopefully, one of those members will take on the challenge and do a more comprehensive article on this topic. Your editor will be waiting – tom.wilsted@uconn.edu!

Is That New Bike or Bike Part Too Cheap?

We all complain about the price of this or that bike or bike related item so you wonder what I am talking about. A recent article in *Bicycling Magazine* argues that there are good reasons that expensive bikes are worth the cost due to the design, manufacture and quality involved in producing them - <https://www.bicycling.com/bikes-gear/a36880321/why-are-bikes-expensive/>. The author further argues that bike shops have low profit margins as well as underpaying their staff to keep prices low resulting in lower quality service. An interesting perspective and one to think about.

Are You Fast Enough to Wear This Jersey?

Jersey maker, *Go Faster*, is currently offering what it claims is a new type of jersey that allows the rider to “go faster” because of reduced drag from the material design and the removal of seams. As a marketing tool, *Go Faster* will only sell these jersey to cyclists who can ride at a certain speed as recorded on Strava - <https://cyclingmagazine.ca/sections/news/this-brand-will-only-sell-you-kit-if-you-can-prove-youre-fast-enough/>. A level 1 jersey requires a speed of 26 kph (16 mph) and a level 2 jersey requires a speed of 39 kph (24 mph) over a distance of 10 kilometers. Of course, the jerseys are not free (\$160) but if you have the speed and the cash, it gives you great bragging rights with your cycling friends.



Solving Chain Rub

When your crank is in the largest ring do you hear a grinding or noise coming from the front derailleur? If so, this is called chain rub. This can be a number of causes from an out-of-alignment front derailleur to failure to use your “trim” setting on your front shifter. A recent article in *Bicycling Magazine* offers more detail on this problem and potential solutions - <https://www.bicycling.com/repair/a36687269/how-to-adjust-front-derailleur/>.

A Cyclist’s Second Worst Nightmare

After a cycling fall or collision, a cyclist’s second worst nightmare is getting a punctured tube. The invention of the cellphone has made this a smaller trauma as we can communicate with someone to pick us up if the flat can’t be fixed. However the experience ends, a puncture usually interrupts and ruins a perfectly good ride.

Cyclists have been dealing with flats for over a century since the tube tire replaced the solid rubber tire used on the high-wheelers and the early safety bikes. Many of us continue to use tube tires while others have moved on to tubeless ones.

Living in Arizona offers many opportunities for a flat tire. These include road debris such as glass or metal as well as brush, cactus and thorns. If you are wanting to never/almost never have a flat what is a person to do? One option is the tubeless tire. This takes the tube out of the equation. However, it is still possible to puncture the tire. Many mountain bikers are using tubeless tires often in combinations with a liquid sealant which (hopefully?) seals a puncture at least until the rider gets home.

Riders who are loyal to tube tires have a number of options to lower the chance of a puncture. The first is to find the most puncture resistant tire available. There are a number on the market and *Cycling Weekly* recently published an article on ones they found the most successful - <https://www.cyclingweekly.com/news/best-puncture-proof-tyres-for-cycling-463093>.

However, even the best tire can still allow a sharp object to pass through and reach the tube. There are some additional steps one can take. First, you can select a heavy duty tube that is more difficult to puncture although it does add some additional weight. Second, you can add a sealant to the tube. This is not a permanent fix but it will hopefully allow you to return home from a ride without a flat. A third option is adding a tire liner. These fit between the tire and the tube and give the rider additional puncture protection - <http://mrtuffy.com/product-line.html>. Made from polyurethane, tire liner resists debris pushing through the tire from reaching the tube. Finally, if none of these keep you from getting a flat, you can go “old school” and install a solid rubber tire which can never, ever go flat - <https://www.cyclingweekly.com/news/latest-news/are-solid-tyres-worth-a-try-204133>. While this seems a perfect solution, solid tires do have drawbacks from more rolling resistance to difficulty of installation to a harder ride. As someone who has tried this alternative, I returned to tube tires after having a number of broken spokes.

There is, obviously, no perfect solution as yet. Hopefully, one of these alternatives will lead you to no, or at least, fewer flats.

Bicycle Health and Safety

Eating Your Fluids



Thankfully, fruits and vegetables are excellent sources of hydration as well as being colorful and nutrient rich. They can be a valuable tool in hydrating yourself before riding.

Each meal you can hydrate with food. Here are three ways to hydrate and enjoy your colors.

First, you paint your plate with color colorful vegetables like those seen above and this assures that you are getting the full hydration affect! Another way is to add fruit to your cereal. I add berries and a banana to my oatmeal every morning. Third, you add some color when you grill with bell peppers. See below link for an easy recipe for grilling veggies.

<https://marketbasketnutrition.com/simplehealthyfood/5-steps-to-easy-grilled-vegetables>

Finally, you can hydrate with colorful vegetables with a tasty dip. See below

If you thirst for more information go to:

<https://www.healthline.com/nutrition/19-hydrating-foods>

<https://marketbasketnutrition.com/>



Colorful Layered Dip

Here is a lighter version of a summer party favorite for all ages!

Colorful Layered Dip & Dippers

Makes 8 to 12 servings.

Dip Ingredients:

- 1 can, 16 oz. Vegetarian refried beans, or Drained and mashed black beans
- 1-1/2 cups Greek yogurt, plain and nonfat
- ½-3/4 packet Taco seasoning, pre-mixed packet, 1.25 oz.
- 1/8-1/4 teaspoon Red pepper flakes (optional – for a spicy kick)
- 2 cups Shredded cheddar cheese, made with 2% milk
- 1 cup Avocado guacamole, prepared, or Cutup, fresh avocados spritzed with lemon juice
- 2-3 medium Tomatoes, chopped
- 1/4 medium each Multicolored Bell peppers, red, yellow, green and orange, seeds removed and chopped
- 1 medium Sweet onion, peeled and chopped
- ½ cup Fresh cilantro, chopped (optional as a garnish)

Dippers:

- 12 oz. bag Corn tortilla chips
- 8 oz. bag Baby carrots
- 4-6 stalks Celery, cut into sticks

Spread out refried beans in the bottom of a 9x9 inch pan, or oval baking dish

In a small bowl, mix together the Greek yogurt and taco seasoning mix. If you prefer a spicier dip then mix in red pepper flakes, too.

Spread the yogurt layer on top of refried beans layer.

Sprinkle shredded cheese as next layer.

Carefully spread avocado guacamole, or cut-up avocados as the next layer.
Chop tomatoes, multicolored Bell peppers and sweet onion.
Layer above 3 veggies as your final layers, or mix them together for a beautiful topping.
Garnish with cilantro, if you like it.
Arrange dippers on a platter with colorful dip in the center. Enjoy!

Better Safety Advice Than I Can Give

Michael Bluejay who puts out a website on Austin (TX) cycling recent published a piece entitled “How Not to Get Hit by Cars” - <https://bicyclesafe.com/>. His premise is not how to protect yourself in the event of an accident but offers recommendations on how you can avoid the ten most common accidents that occur between cars and cycles. Lots of good advice and food for thought.

Cycling Communication

Riding in a group requires regular communication if you want to avoid an accident or a collision with a fellow rider. Extended arms right or left indicate turns but there are a number of other signals that help others know what to expect in the road ahead of you. *Cycling Magazine* recently carried a story that provides a primer for those joining a group or a refresher for more experienced - <https://cyclingmagazine.ca/sections/training-guide/training/hand-signals/>.

Fueling for a Century

If you are training for a century ride or any type of riding competition, do you know the best foods to prepare for the event? *Bicycling Magazine* recently ran an article on the best foods to eat before, during and after a century but the information is useful for any type of long rides: <https://www.bicycling.com/health-nutrition/a36666822/century-ride-nutrition/>.

When You Only Have Lemons Make Lemonade

When the covid pandemic began, Cambridge, England travel agent Gwyneth Horscroft saw her bookings and income plummet. As an avid baker and cyclist, she started up a baking business with delivery by bicycle - https://issuu.com/elbymobility/docs/ccmv12i2_tearsheets_med_fullmag - page 25. One of her new products is a riding snack called an English flapjack. See the recipe below:

English Flapjacks

Serves 12

Ingredients

$\frac{2}{3}$ Cup butter $\frac{1}{3}$ cup brown sugar $\frac{1}{4}$ cup golden syrup or corn syrup Pinch of salt 2 tsp ground ginger 3 tbsp. finely chopped stem ginger in syrup $\frac{1}{2}$ cup rolled oats 2 $\frac{1}{2}$ cups jumbo oats $\frac{1}{3}$ cup mixture of seeds $\frac{1}{2}$ cup coconut

Directions

1. Preheat the oven to 300 F. 2. Grease a 20-cm square cake pan. 3. In a large pan, melt the butter, brown sugar and golden syrup or corn syrup, salt and ground ginger. 4. Remove from

the heat and stir in stem ginger, oats, seeds and coconut. 5. Press mixture into the pan with a spatula or the back of a spoon. 6. Bake for 27–30 minutes. 7. Allow to cool for 15 minutes before cutting.

Newbies and Not so Newbies

If you have just started cycling or if you are a cyclist that is pushing the boundaries and expanding the miles or the number of rides per week, *Cycling Magazine* recently provides some recommendations on going further while protecting your health -

<https://cyclingmagazine.ca/sections/training-guide/training/just-started-cycling-more-often-heres-what-you-need-to-know/>.

Cycling History

Milestones in Cycling History

Icebike puts out a nice set of 58 milestones in cycling history - <https://www.icebike.org/58-milestones-from-bicycle-history-you-must-know/>. For those riders who think recumbents are the latest thing, the first recumbent was sold in 1901 and was banned from International Cycling Union races in 1934 after recumbents broke existing cycling speed records.

Interesting Cycling Stories

A Prom by Bike

Two competitive British Columbia cyclists, Analage Large and Jacob Lubriac, decided to celebrate their high school graduation by having a unique, cycling prom -

<https://eminetracanada.com/these-riders-celebrated-their-graduation-with-a-unique-cycling-prom/182462/>. Each bought and wore new cycling gear, had photos taken, road to their favorite beach and met with friends for a gourmet lunch. Both riders intend to pursue national and international cycle racing after graduation.

Today's Photo

A bike for someone taking up cycling but still wanting to get in their daily run.



A Man Walks Into A Brewpub...

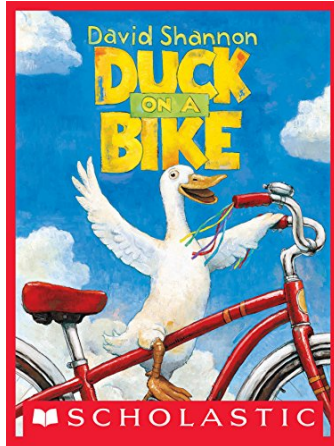
Wisconsin Cyclist Mark Scotch was on vacation in Louisiana when he met Hugh Smith at a brewpub. During the course of the conversation, Hugh mentioned he had kidney failure and needed a new kidney. Although they just met, Mark offered to donate one of his kidneys. Unfortunately, Mark's kidney was not a match for Hugh but Mark donated a kidney anyway which put Hugh at the top of the list to receive a kidney and so Mark's generosity saved two lives. Here is their story - <https://www.msn.com/en-us/news/good-news/cyclist-donates-kidney-to-complete-stranger/vi-AALjFK7>.

Staying In From the Heat – How About A Bike Book?

If you are looking for the best 2021 cycling books, you need go no further than *Bike Radar's* listing - <https://www.bikeradar.com/advice/buyers-guides/best-cycling-books/>. It is organized by topic; racing, planning, nutrition, etc., which makes it easy to find something of interest.

How to Interest Your Grand/Great-Grand Children in Cycling

If you need a gift idea or want to find a way to interest one of your offspring in cycling, how about giving/reading them a book? There are lots of award-winning cycling books out there. Here is one place to start - <https://rascalrides.com/5-childrens-books-about-bikes/>.



Cycling Facts and Statistics

Here are interesting facts and statistics about cycling as of June 2021 - https://www.bicycle-guider.com/bike-facts-stats/?gclid=CjwKCAjwT8uGBhBAEiwAayu_9TeSJjTme-ORiTUerTL9J41YnStbbfMErjB_kx5auVmmucD3k3vchoCFUQQAvD_BwE.