

CHAINRING

Newsletter of The
GVR Cycling Club
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Table of Contents

Olympic Revolutions by Hank Deutsch, President, GVR Cycling Club	2
Local Cycling News	2
GVR Cycling Club Member Chuck Hill Recognized as One of the Region’s Most Influential Citizens	3
Pima County Renews Youth Cycle Training.....	3
Bicycle Friendly Communities	3
National and International Cycling News	3
Update on Invest in America Congressional Bill	3
How to Get Into Space: Ride a Bicycle	4
Cycle Racing	4
And The Winner of the Tour de France Is: Specialized?	4
An Injured Rider Soldiers On	4
Cycling Gear	4
A Ninety-nine Cent Bike – No, That’s Not a Misprint!	4
When You Demand to Be Noticed	5
Best Women’s Helmets	5
Bicycle Health and Safety	6

Real Food, Real Enjoyment by Joanie Rogucki RDN.....	6
Biking Saved My Life: One Person’s Riding Story.....	7
Want to Sleep Better: Ride More.....	7
What Type of Cyclist Are You?	7
Why We Bike	7
Beware the Alligator.....	7
Cycling History	8
History of E-Bikes	8
Interesting Cycling Stories	8
A Real Lego Bike – Well Almost.....	8
Things Bicyclists Don’t Know.....	8
Oh, To Be Young Again	9
Cycling the Trail of Tears	9
Riding Without Cars	9
Photo of the Day	10

Olympic Revolutions by Hank Deutsch, President, GVR Cycling Club

My wife and I joined the online and TV throngs to witness one of the few international occasions where men and women of diverse races, creeds, colors and political persuasions come together for a short period of time in the joy and challenges of athletic competition.

Almost immediately I noticed an increase in new competitive events, specifically in cycling. No longer is road and track cycle racing the only thing to watch. With new bicycle engineering and materials, cyclists now have a wider community. The 2020 Olympics witnessed the expanding role of triathlons, mountain bicycling and for the first time, BMX events.

What we may be witnessing as the wheels turn is a revolution. Social, political and economic paradigms appear to be shifting in a positive direction. This change comes during an era of societal division which transcends national borders.

Olympic cycling demonstrates the unity of the human spirit and the joy of peaceful competition that enhances our humanity.

KEEP THOSE REVOLUTIONARY CYCLING WHEELS ROTATING!

Local Cycling News

GVR Cycling Club Member Chuck Hill Recognized as One of the Region's Most Influential Citizens

GVR Cycling Club member Chuck Hill (and our logo designer) was recently recognized as one of the Santa Cruz Valley's most influential people by the *Green Valley News and Sun* and the *Nogales International* newspapers. The award, the AZ 19, recognizes 19 people who have made a positive impact on the local area from Nogales to Tucson. Some of Chuck's contributions and achievements include: organizing the annual Ride of Silence honoring those in the local community who have lost their lives in cycling accidents, serving as a board member and webmaster of the Santa Cruz Valley Bicycle Advocates Committee, developing a local cycling map in conjunction with the *Green Valley News* and planning, building and publicizing local mountain biking trails. His contributions to the biking community are significant but, in addition, he also organizes and leads an effort to install replacement smoke alarm batteries in GV area homes in conjunction with the GV Fire Corps, teaches classes with the GVR Computer Club and was named the Rotary Club Volunteer of the Year in 2017. This recognition is a well-deserved honor.

Pima County Renews Youth Cycle Training

Beginning this fall, Pima County is renewing its youth cycling education program in 35 area schools - <https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=777600>. Trainers work with classes 3-8 and expect to reach over 200 students during the year.

Bicycle Friendly Communities

Each Year the League of American Bicyclists designates a number of communities, universities and businesses as bicycle friendly. Once designated, the organization retains that honor for a period of four years. A number of communities, businesses and organizations in Arizona are already listed including Tucson-Eastern Pima County, the University of Arizona and a number of businesses in Tucson - <https://bikeleague.org/bfa/awards#community>. Individuals and groups can nominate communities and businesses to be listed on the League's bicycle friendly database. The deadline for nominating communities is September 1st and for businesses it is October 5th. There is an online application - <https://bicyclefriendly.secure-platform.com/a>. Anyone out there want to lead an effort to designate Green Valley-Sahuarita as a bicycle friendly place?

National and International Cycling News

Update on Invest in America Congressional Bill

Whether you are a fan or a foe of federal spending, it is useful to know how and where our federal dollars are going. Congressional "earmarks" are now being allowed. A significant portion of the \$715 billion dollar price tag for the Invest in America bill will go toward bicycle and walking related projects - <https://bikeleague.org/content/invest-america-earmarks-good-news-bicycling-and-walking>. The link provides a table listing which members of Congress have requested earmarks and their specific projects. A number were listed for Arizona.

How to Get Into Space: Ride a Bicycle

When Richard Branson went from his Virgin Galactic Headquarters to his space launch vehicle, it was not by car, truck or electric vehicle, it was by bicycle -

<https://cyclingmagazine.ca/sections/news/richard-branson-rode-a-custom-trek-domane-to-the-launch-of-his-virgin-galactic-flight/>. More specifically, it was a custom Trek Domane.



Cycle Racing

And The Winner of the Tour de France Is: Specialized?

I know, I know, Tadej Pogacar won the overall race riding a Colnago. But that is only half the story. If you look at which bike brand won various stages of The Tour, you find a different result - <https://www.cyclingnews.com/features/tour-de-france-tech-who-won-with-what/>. From that perspective, Specialized was first with seven stage wins, fully a third of the total. Second place was Cervelo with four and Colnago was third with three. So let's give a hand to American know-how and design.

An Injured Rider Soldiers On

Simon Clarke is showing some Aussie grit during the Tour de France -

<https://www.cyclingweekly.com/news/why-would-i-throw-the-towel-in-and-not-finish-simon-clarke-has-been-riding-the-tour-de-france-with-a-fractured-back>. Riding in his sixth tour, the Australian was in a crash and developed back pain. After a number of tests and diagnoses, doctors discovered a broken vertebrae in his back. While being slowed by his injury he continued the race. He commented, "I can still ride. It's not pretty, but why not keep going? We'll look back when I retire and I don't want to say, 'well, why would I just throw the towel in like that?' Why not go to Paris?"

Cycling Gear

A Ninety-nine Cent Bike – No, That's Not a Misprint!

Arizona Ice Tea (really headquartered in Woodbury, New York not Arizona) recently introduced a new alcoholic tea version called Arizona Hard in Canada. To publicize its new product, it had bicycles decorated with the logos of each of the three flavor -

<https://cyclingmagazine.ca/sections/gear-reviews/bikesframes/a-bike-for-less-than-1-arizona-hard-is-selling-99-cent-bikes/>. As a promotion, it began selling the bikes online for \$.99 Canadian on July 13th.



When You Demand to Be Noticed

For the 2021 Olympics Trek has unveiled its new custom bike that will be ridden by 50 Olympians - <https://hypebeast.com/2021/7/trek-bicycle-first-light-custom-paint-olympics>. Named "First Light" it is custom painted with flowing colors of blue, red, pink, and gold with a purple logo. While the Olympic version is a limited edition, copies will be for sale and more information can be found at the Trek website: https://www.trekbikes.com/us/en_US/project-one-icon/. It is ready to roll at ONLY \$13,999.99. I'll be waiting to see one pass me on my morning ride on Abrego.



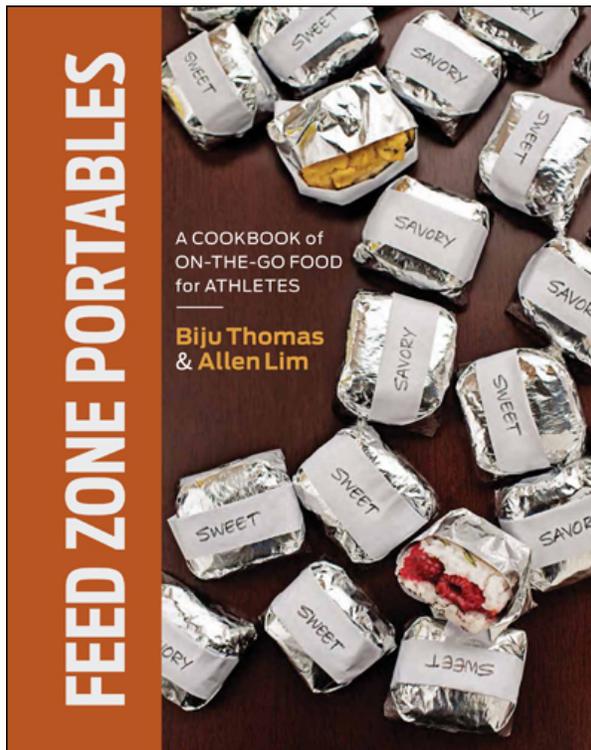
Best Women's Helmets

Shape Magazine recently did a report and review of the best cycling helmets for women - <https://www.shape.com/fitness/gear/best-womens-bike-helmets>. If you are wondering how to fit and wear a helmet, *Bike Radar* has you covered - <https://www.bikeradar.com/advice/sizing-and-fit/how-to-wear-bike->

[helmet/?utm_campaign=How+to+%28and+how+not+to%29+wear+a+bicycle+helmet&utm_medium=referral&utm_source=AppleNews](https://www.apple.com/newsroom/2020/05/19/real-food-real-enjoyment/)

Bicycle Health and Safety

Real Food, Real Enjoyment by Joanie Rogucki RDN



When riding years ago, I found myself needing liquid nutrition during the ride. I found that my stomach prefers easily digested foods and liquid nutrition seemed to suffice. That was until I met Dr. Allen Lim, owner of “Skratch Labs” and author of the “FeedZone Cookbook”. Allen and his co-author Chef Biju Thomas developed their food knowledge working with pro cycling teams. Together they created solid food recipes with enough moisture content to be easily digestible and avoid any gastrointestinal issues while riding.

For example, as a dietitian I would have shied away from using white rice. That said, that is where the magic is. Using “sticky white” rice to make an energy bar portable and tasty can also provide better digestion. The recipes that Team Kim authored also included salt as well as sugar. As Dr. Kim notes “everything that is good for us when exercising is likely bad for us when sitting

on our butts”.

Today my rides are shorter especially after hand surgeries. For me and most riders electrolyte replacement is really important but so is the energy intake of “real food.” Eating before and after and hydrating/snacking during has been my model. I found though the solid foods (real food) that what I eat digests better and I enjoy them more. It certainly reminds me of the importance of a social bike ride. This quote is taken from the FeedZone Portables.

“Nourishment is something much greater than calories or individual ingredients. It’s the soul of a great dish, sharing with family and or friends, and taking care of our entire being.” Sadly during COVID that luxury was diminished. I am thrilled that group rides have restarted and soon we may be able to enjoy rides and the camaraderie of sharing snacks/meals during our rides once again.

<https://ilovebicycling.com/real-ride-food/>

<https://feedzonecookbook.com/portables/>

<https://realfoodbar.com/>

Biking Saved My Life: One Person's Riding Story

Californian Russell Curtiss, a lifetime rider at age 77, attributes riding to his quick recovery to two different heart incidents beginning at age 64. Here is his story -

<https://www.bicycling.com/culture/a37037033/how-cycling-changed-me-russell-alan-curtiss/>.

Want to Sleep Better: Ride More

A recent study in *The British Journal of Sports Medicine* highlights the impact of poor sleeping habits: higher risk of heart attacks, strokes and cancer. The study concluded that those who did regular exercise such as cycling at least 150 minutes each week had fewer health risks as a result of better sleeping patterns - <https://www.bicycling.com/news/a37034580/connection-between-sleep-and-exercise-study/>.

What Type of Cyclist Are You?

If someone asks you to describe yourself as a cyclist, what would you answer: avid, recreational, strong, or fearless? A couple of websites attempt to provide a framework where you can find an apt description of yourself. The first is from the Cycling House in Missoula, Montana - <https://thecyclinghouse.com/rider-levels/>. This provides a ranking based on the number of miles ridden per week, your average speed and your longest riding capability and is probably used when trying to match a rider with a bike purchase. The second list comes from the City of Portland, Oregon - <https://www.portlandoregon.gov/transportation/article/158497>. The latter list is more generic and was developed to try to understand the different rider needs when planning for a bicycling infrastructure.

Why We Bike

What is your primary motivation for being on your bike? Is it the exercise, the camaraderie, the excitement of the speed, the danger or something else? If your goal is weight loss, you might want to think again. Scientists at Duke and Baylor University suggest that exercise is not a magic bullet for weight loss. While exercise may result in an initial loss of weight, the body adjusts and weight loss slows or stops - <https://lifehacker.com/exercise-doesnt-burn-as-many-extra-calories-as-you-thin-1847333493>. The article recommends continuing exercise because it leads to good health but not to expect significant weight loss.

Beware the Alligator

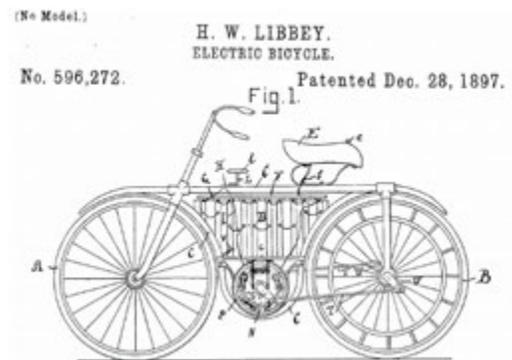
In Arizona we have snakes, spiders, mountain lions and other cats we need to avoid. If you live in Florida, you have to contend with alligators. A cyclist in Martin County, Florida lost control of his bike on a curve and fell into a waterway adjacent to the roadway - <https://www.nbcnews.com/news/us-news/cyclist-attacked-alligator-after-falling-bike-florida-park-n1274448>. Unfortunately he fell near an alligator which attacked him causing serious, but not life-threatening, injuries.

Cycling History

History of E-Bikes

E-bike history goes back more than a century when inventors first matched batteries to the two wheeled bicycle. Here is a timeline and a brief history -

<https://www.radpowerbikes.com/blogs/the-scenic-route/the-history-of-ebikes>.



Interesting Cycling Stories

A Real Lego Bike – Well Almost

A Lego creator who goes by the handle Sleepy Cow has created a functioning miniature bicycle made completely from Lego pieces (see below) - <https://laughingsquid.com/miniature-bicycle-made-out-of-lego/>. I've challenged my son and granddaughter to make one for me but I am still waiting.



Things Bicyclists Don't Know

Road Cycling UK recently published a list of 24 things they wish they had known when they first started riding - <https://roadcyclinguk.com/riding/24-things-wish-knew-started-cycling.html>.

Some are pretty basic and it is interesting to see some of the cultural differences between the US and Great Britain.

Oh, To Be Young Again

Carolyn Whelan, a New Mexico cyclist, has been describing her 2000 mile adventure cycling trip online with her two friends. Her last installment describes arriving back in New Mexico and their travails of food poisoning, finding sleeping arrangements in public parks and back yards along with the inevitable difficulties of punctures, hills, finding a bathroom and mud (see below) - [https://www.adventurecycling.org/blog/wild-beasts/?ruid=1073482&utm_source=bikebit&utm_campaign=20210707 BikeBits&utm_medium=email](https://www.adventurecycling.org/blog/wild-beasts/?ruid=1073482&utm_source=bikebit&utm_campaign=20210707%20BikeBits&utm_medium=email).



Cycling the Trail of Tears

The Trail of Tears refers to the route that the Choctaw, Creek and Cherokee Tribes traveled after they were forced off their land in Georgia, Tennessee, and South Carolina by the federal government in the early 19th century. Over 16,000 Cherokees were forced to make the trek and more than 2000 died before the group reached Oklahoma. Beginning in 1984, groups of Cherokee descendants began an annual bike ride following the 950 mile trail that their ancestors had to walk from the Southeastern United States to Oklahoma. The ride was a commemoration as well as an educational experience for the participants. Although the ride was cancelled in 2020, it resumed again in 2021 -

<http://www.theonefeather.com/2021/06/nine-choerokee-cyclists-return-from-950-mile-journey-retracing-northern-route-of-trail-of-tears/>.

Riding Without Cars

The *Travel* website recently listed the ten cities that offered the most streets that could be ridden without having to interact with cars - <https://www.thetravel.com/car-free-cities-visit-cyclists-dream/>. The number one city on the list was Bogota, Columbia which bans cars from all streets on Sundays from 7 a.m. to 2 p.m. There were a number of cities in Holland and Belgium on the list and the only U.S. city was Portland, Oregon.

Photo of the Day

For those of you returning to a colder climate during the winter and don't want to miss any riding days, here is an option, an ice bike –

https://www.youtube.com/watch?v=y_bwKW6V1lw&list=RDCMUCZdGJgHbmQcVZaJCKqDRwg. If you want to build your own, watch the YouTube video that gives a detailed description of how the bike was built. Those of you who brag about your narrow 21mm tires, how about riding on a 3 mm saw blade (see below)?



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