

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



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Next Newsletter Deadline: October 11, 2021

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Hear Ye! Hear Ye! Hear Ye: - The Real Date for Next Cycling Club Meeting is October 20th!

We screwed up! The next Club Meeting will be on October 20th and not October 19th as your last Newsletter announced. If all goes as planned, it will be at the GVR East Center at 3:00 p.m. If for some reason we cannot meet in person, we will let you know and the meeting will be by Zoom. Dale Brokaw will bring his E-trike and will discuss his personal journey of acquiring the most appropriate cycling equipment over time as his physical needs changed. He'll also introduce us to the Tucson organization - Spokes Fighting Strokes - <http://spokesfightingstrokes.org/> which helps stroke survivors, through adaptive cycling, get their lives back by regaining strength and ability, hope and freedom.

Riding and Racism by Hank Deutsch President, GVR Cycling Club

There have been a number of controversial articles in leading cycling publications lately regarding the bicycle community. Some have accused the cycling community of being racist and a home of “white privilege.” In my years of riding, I personally have never experienced direct racist comments or actions by cyclists having lived in over a dozen States including many in the Deep South.

When I was a young man just out of the university, I became active in an international organization that pledged itself to “... transcend the sovereignty of nations and that service to humanity is the best work of life.” This could just as well be our motto today. We can perpetuate and deepen the divisiveness of our time or we can find a common spiritual relationship by riding together that includes every rider. Cycling can bring us together and support a common and inclusive heritage.

Cyclists today are in a unique position to support racial unity and peaceful progress. Let us ride and reach out across the road to our brothers and sisters regardless of race, religion, color, gender or sexual orientation and work together toward a common goal of inclusiveness.

Local Cycling News

Ongoing Road Repairs

Pima County has announced road repairs that will be carried out over the next couple of months. The current list is all in the Amado and Arivaca areas

- Arivaca Road from the Town of Arivaca to Sasabe Highway, State Highway 286
- Ruby Road from Arivaca Road to the Pima County line
- Arivaca Road from the Town of Arivaca to I-19 Frontage Road
- Universal Ranch Road from Arivaca Road to Arivaca Ranch Road
- Arivaca Ranch Road from Universal Ranch Road to south of Cota Road
- Lakewood Estates Subdivision, Town of Amado

Work will begin on September 27th and should be completed by December 21st. There may be delays during construction and bike riding in these areas may be difficult during construction.

Nogales Classic Deadline

The Nogales Classic is on the horizon - Saturday, October 16, 2021. The registration fee is \$76 as of September 30 and you can find more information at:

<https://swsportsreg.com/viewevent.php?EC=643>.

Upcoming Local Cycling Events

Below is a full listing of events starting in November and going into 2022. The earlier you register, the cheaper the fee. Here are the events and the online contact information:

El Tour de Tucson - <https://eltourdetucson.org/> - November 20, 2021

El Tour de Zona - <https://eltourdezona.org/> - March 25-27, 2022

El Tour de Mesa - <https://eltourdemesa.org/> - April 2, 2022

National and International News

Congressional Infrastructure Bill and Cycling

Work continues on the \$3.5 trillion Infrastructure Bill. One item included is a tax credit to encourage the purchase and use of E-bikes. If the bill passes and the language remains the same, New purchasers of E-bikes will get a tax credit of \$750 -

<https://www.washingtonpost.com/transportation/2021/09/18/ebikes-reconciliation-carbon-emissions/>.

The bill would allow up to two credits per family and would begin phasing out for families earning \$150,000 or more. It is unclear whether the bill will pass or whether this feature will be included in the final legislation.

Cycle Racing

Mountain Bikers – Are You Up For The Challenge?

Are you a reality TV fan? Were you glued to the television during *The Survivor*, *Naked and Afraid* or *The Amazing Race*? ENVI cycling is seeking five adventurous cyclists to participate in a biking reality program they are calling The Ultimate All-Terrain Bike Adventure - https://bikerumor.com/2021/08/27/enve-all-terrain-bike-reality-show-casting-call/?utm_source=bikebits&utm_medium=email&utm_campaign=20210915_BikeBits. After selection, the adventure begins when each of the five participants is given an ENVI frame, wheels, tires and a SRAM group set and told to design their own bike selecting other components of their choice with the bike being constructed by ENVI mechanics. When their bikes are done, they will be dropped off at a secret 73 mile course with over 11,000 feet of gain. The entire adventure will be filmed but it's unclear where the program will be shown. Those completing the course in less than eighteen hours will be allowed to take home the bike of their dreams. The online application begins here: <https://atb.life/>. If you are selected, let us know, we'll be rooting for you!

Not Enough Challenge – Maybe You Want To Become a Triathlete

If you already are a swimmer and a rider or a runner and a rider or some combination thereof, maybe you want to expand your sporting challenge to include a triathlon - <https://www.nytimes.com/guides/well/triathlon-training>. There are different distance events and, of course, your times will be measured against your own age group. There are a number of triathletes in our club, including our Secretary Joanie Rogucki (joanie.rogucki@gmail.com), so talk with them if you are thinking of trying this new sport.

A Solo Tour de France

Australian Jack Thompson always wanted to ride the Tour de France. This year he did. Thompson, an ultra-cyclist, holds the Guinness World Record for the most miles ridden in one week – 2,178 miles – so the Tour de France was not out of the question. The race began on June 28th but Thompson's ride did not begin until July 5th as he planned to ride two of the Tour's stages solo each day instead of one. Thompson caught up with the Peloton in Andorra and arrived in Paris on July 15th, three days before the leaders (See photo below). He averaged 215 miles per day riding 13-14 hours each day. For more detail, go to: <https://www.bicycling.com/culture/a37291253/jack-thompson-tour-de-france-route-the-amazing-chase-wahoo/>.



Cycling Gear

Can You Kwiggle?

Karsen Bettin, a German engineer and cyclist, had been seeking a cycle that was capable of folding and that allowed you to pedal in an upright position - <https://robertisenberg.medium.com/behold-the-kwiggle-270de04339d3>. While the Brompton folding bicycle has been around for many years, it is heavy, gears are limited and by folding in the middle it isn't that small. Enter the Kwiggle – twelve inch wheels, three gears, twenty pounds of weight and folding to 10 X 15 X 22 inches – a very small suitcase (See photo below). What makes the bike unique is that the seat post swivels allowing the rider to pedal upright without having to move the body from left to right to left – hence the name wiggle with a K in front for the inventor's last name - Kwiggle. It is in production in Europe but not yet available in the United States. Stay tuned!



E-Bikes and Exercise

E-bike sales have exploded. It is estimate that more than 220,000 bikes were sold in 2017 and will grow to more than 550,000 in 2021. E-bikes are a reflection of an aging population combined with the demand to get more exercise and be outside during the Covid epidemic. If you already own a road or mountain bike, adding an additional E-bike to your stable is an expensive proposition. In addition, you may feel that adding that battery “push” will lower the amount of exercise that you get with each ride. A recent study at Miami University and published in the *Translational Journal of American College of Sports Medicine* compared exercise using both standard and E-bikes - [https://journals.lww.com/acsm-tj/Fulltext/2021/04150/Metabolic and Cardiovascular Responses to a.5.aspx?context=LatestArticles](https://journals.lww.com/acsm-tj/Fulltext/2021/04150/Metabolic_and_Cardiovascular_Responses_to_a.5.aspx?context=LatestArticles). It found that persons riding E-bikes were at or near moderate exercise intensity and riders benefitted from the exercise level. Depending on the bicycle assist level riders burned between 68 and 83% of the calories compared to those riding standard cycles - https://www.washingtonpost.com/health/ebikes-calories-health-exercise/2021/09/24/09035020-17ec-11ec-b976-f4a43b740aeb_story.html. This discussion and comparison will undoubtedly continue in the future. However, if E-bikes get more butts on bikes exercising and enjoying the great outdoors that can only be a good thing.

Keeping It Clean – The Bike That Is!

Are you a fanatic about a clean and well-maintained bike or do you procrastinate or never clean it at all? If you fall into one of the two latter categories, The *Family Handyman* offers a detailed instruction about how to clean your bike including products and tools – <https://www.familyhandyman.com/project/how-to-clean-and-maintain-a-bike/>. A regular cleaning should take a half hour or less and is a good investment. A careful cleaning also gives you time to examine your cycle and carry out any needed maintenance beyond just the cleaning.

Bicycle Health and Safety

Being Safe – Cycling Etiquette

With many new riders, proper bicycling etiquette is a popular topic. While trail riding can be thrilling and invigorating, it can also be dangerous. *Bicycling Magazine* recently carried a story on the proper etiquette to follow when you are out on a trail either alone or with a group - <https://www.bicycling.com/skills-tips/a37613169/trail-etiquette/?source=nl>. Suggestions included not only proper riding but minding/maintaining the trail itself.

On a similar topic, the *Washington Post* recently included an article on E-bike etiquette that might be useful to those new to the sport - . While some things are no different from standard cycling, there are some issues that E-bikers need to know.

https://www.washingtonpost.com/lifestyle/wellness/ebike-safety-etiquette-risk-rules/2021/09/20/ec78e958-163b-11ec-9589-31ac3173c2e5_story.html.

Avoiding Cycling Injuries

Bicycling Magazine recently included a comprehensive guide on how best to avoid cycling injuries and stay pain-free - <https://www.bicycling.com/training/a37484068/prevent-cycling-injuries/>. If you have knee, back, neck or other issues, you might want to take a look.

Training for Mountain Biker Wannabees

There has been a rapid growth in people on bikes – road, mountain and trikes. While some folks purchase a mountain bike, they are mainly used for neighborhood or road riding. However, if you are thinking about getting off-road and starting mountain biking, you might want to think about taking an introductory class before you start solo riding. REI in Tucson offers an introductory class in mountain biking on a regular basis - <https://www.rei.com/events/42/introduction-to-mountain-biking-class>. The most recent classes were in September (and were sold out) but they will undoubtedly be having more in the future.

Cycling History

Honoring America's First African American Cycling Champion

Marshal Walter "Major" Taylor was honored with a five story mural in Indianapolis <https://www.bicycling.com/news/a37545933/major-taylor-mural-indianapolis/> earlier this month. Taylor born in 1878 received the nickname "Major" for doing various bike stunts dressed in a military uniform outside of an Indianapolis bike shop where he worked before he became a professional racer. During his career he broke 7 cycling records and won one world championship (See photo below). His career covered the years 1896 to 1910 and included both an American and World Sprint Championship - https://en.wikipedia.org/wiki/Major_Taylor. He achieved this at a time of great national and international cycling popularity while overcoming racial prejudice.



Hidden History of Black Cyclists

Rapha Editions recently published a new book *Desire Discrimination Determination – Black Champions in Cycling* by Dr. Marion Mouncrieff. The author, a professor at the University of Brighton (England) and a cyclist and racer himself, focuses primarily on European and British cyclists beginning with the first non-white to ride in the Tour de France in 1914. The book includes interviews with many black cyclists who are well and not-so-well known. The book can be ordered through: <https://www.rapha.cc/ch/en/shop/desire,-discrimination,-determination-black-champions-in-cycling/product/ALI01XX> and the cost is 34€.

Interesting Cycling Stories

Riding 29,603 Miles in a Year – Really!

Beginning in 1911, Britain's *Cycling Magazine* held a riding contest for the most miles ridden by a male rider in a single calendar year. Until 1938 there hadn't been a women who competed for a similar title until Billie Fleming came along - https://www.adventure-journal.com/2021/09/historical-badass-endurance-cyclist-billie-fleming/?utm_source=bikebits&utm_medium=email&utm_campaign=20210915 BikeBits.

Inspired by what the men were doing, the 24 year old got a sponsorship from Cadbury Chocolate and Rudge-Whitworth cycles. She began her quest on January 1, 1938 and road every day of the year on her three speed cycle (See image below). She averaged 81 miles per day but rode over 160 miles per day on sunny days to make up for the slower, snowy winter days. At the end of the year she had ridden 29,603 miles, a record that was not broken until 2016, two years after she died at age 100.



Season – A New Cycling Video Game

An article in *Canadian Cycling Magazine* carried a review of a soon to be released video game/experience called *Season* - <https://cyclingmagazine.ca/sections/news/this-upcoming-game-lets-players-explore-a-new-world-by-bike/>. I had a look at the preview and it looked interesting. It raised the issue in my mind, are there other cycling games out there? Are there ever – lots and lots! Having never thought about this, the number and variety of games blew my mind. Perhaps we need to recruit a cycling video game reviewer to the newsletter. Any volunteers?

Riding Solo in Baja California

Alenka Vrecek began a solo ride in early November 2020 from Lake Tahoe, California with the goal of reaching the Bay of La Ventana at the end of the Baja Peninsula. Thirty-four days into her trek, she penned the following story - https://www.adventurecycling.org/blog/water-please/?ruid=1073482&utm_source=bikebits&utm_campaign=20210915_BikeBits&utm_medium=email – in the *Adventure Cyclist* magazine. It is an agonizing tale of searching for water and a cautionary tale of researching your route and planning ahead.

Today's Photo

Who's Bringing the Wine?

If you are biking to a picnic, maybe you need this accessory if you are bringing the wine.



Today's Funny



Courtesy of The Bike Exchange

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