

NEWSLETTER

April 28, 2021

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Next Newsletter Deadline: May 10, 2021

Joanie's Feed Zone – 2021 Earth Day by Joanie Rogucki

Reduce Food Waste



As a cyclist, every time we ride our bicycle we are reducing waste, lowering emissions, enjoying our ride and increasing an activity which enhances our lifestyle. What if I told you, you could decrease the amounts even more? Yes, you could decrease your carbon footprint, reduce food waste, and save money as well as find the time

to get out for a ride? Are you wondering what magic wand would you use? My magic wand: wielded education and awareness.

Americans throw away 219 lbs. of food per person per son year. For a four-person family that is \$1600 wasted. Also worthy of note “30% of what goes into the landfill is food”. I found this guide and a boat load of information on <https://www.rts.com/resources/guides/food-waste-america/>

So how did I celebrate Earth Day, BIG TIME! I was offered ~ 2 pounds of grape tomatoes that would spoil and would have been put into the landfill. That is a lot of delightful red orbs.

Here is what I did to prepare these awesome red bites for storage.

I washed and dried all the tomatoes and then sorted out the soft or damaged ones. I then decided to freeze the grape tomatoes to maintain their nutrients and extend their shelf life. Did you know you can store frozen grape tomatoes for up to 6 six months in the freezer? Best of all no peeling is required for grape tomatoes.



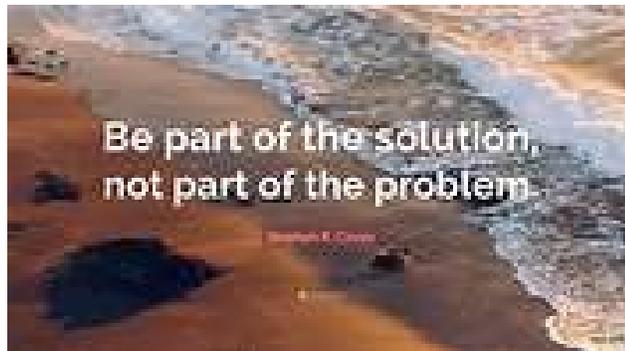
I laid the tomatoes on a single sheet by the amount I needed for the three recipes that would magically use all the mighty red tear drops. After two hours in the freezer the tomatoes were ready. Then I bagged in reusable individual freezer bags.

A day later I pulled one of the bags out. The pasta sauce recipe called for the grape tomatoes to be cut in half. I was pleasantly surprised as I started to cut them in half. The grape tomatoes were

very firm and as I cut them in half they stayed intact. I made quick work of the 4 cups of tomatoes. BONUS: no messy clean up and easy to cut with a serrated knife.

In addition to prepping the tomatoes I also offered bags of cleaned and dried grape tomatoes to friends and co-workers.

You, too, can make a difference, one day at a time.



www.forbes.com/sites/christinatroitino/2018/04/23/americans-waste-about-a-pound-of-food-a-day-usda-study-finds/

<https://cdn.foodbeast.com/wp-content/uploads/2019/08/enough-fruits-and-vegetables-e1543934084146-min.jpg>

https://healthyfamilyproject.com/produce-tips/?utm_medium=email&utm_campaign=Earth%20Day%20Newsletter&utm_content=Earth%20Day%20Newsletter+CID_b84c5e12471d0978b3b5113e932a2579&utm_source=Campaign%20Monitor&utm_term=Produce%20Tips

Cycling in Scotland

For those planning or wishing they could plan, you might want to think about Scotland as a cycling destination. Here are a couple of articles about cycling routes in Scotland where the scenery is fantastic. One focuses on some of Scotland's islands -

<https://www.visitscotland.com/blog/cycling/5-island-routes/> - where the rides are shorter and more level. The other provides a mix of trails for road, mountain and gravel biking -

<https://www.bikeradar.com/features/routes-and-rides/scotland-cycling->

[routes/?utm_campaign=Seven+must+ride+routes+in+Scotland+with+epic+views&utm_medium=referral&utm_source=AppleNews](#). All of them are very scenic but, if you go, be sure to bring rain gear.

Something Local Instead

Can't/won't travel to Scotland, how about a visit to Tucson? Tucson is full of bicycling murals – 35 to be exact. Many are tucked away so you need to know where they are located - <https://3mileride.com/cycling-cityscapes-tucson/>. If you can't bother to hunt them up, there are companies that organize tours for a fee.



If you are wanting to see the murals – biking and non-biking – in Tucson without driving, go to: https://tucson.com/news/local/a-map-and-107-photos-of-tucson-s-beautiful-murals/collection_3543709a-6f3c-11e8-bd83-e7539f28be25.html#17.

Bike Lane Planning

The Santa Cruz Valley Bicycle Advocacy Committee has provide the county and towns with plans and recommendations on where additional bike lanes are needed in the Green Valley area which is part of a new draft master plan. After further discussion and input, it will be shared publicly and discussed with county and city planners. A copy can be found at - <https://scvbac.org/docs/mp%20update%202021/master.plan.pdf>. You are encouraged to review the plan and share your thoughts and ideas. Responses can be sent to: Bill Adamson, bill9399@gmail.com or to the Pima Association of Governments - <https://pagregion.com/>.

Let's Talk About Size – Not the Bike --- the Rider

As we move as a country and a world toward greater inclusivity, more and more groups are seeking acceptance and the ability to participate. Two women, Kailey Kornhauser and Marley Blonsky, are seeking to show that people of all body sizes and shapes should be equally involved in the cycling community. They were recently featured in an article in *Bicycling*

Magazine and in a Shimano film, *All Bodies on Bikes*. For more information, go to: <https://www.bicycling.com/news/a35950899/all-bodies-on-bikes-documentary/>.

Learning to Recycle the Hard Way

The Belgians are serious about recycling and litter. During cycling races, race organizers have designated areas where cyclists can throw partially eaten food or drink containers. During a recent race, a cyclist had mechanical problems and fell behind. When he threw an empty container into the crowd, he was reported to the organizers. His punishment was to be disqualified - https://cyclingtips.com/2021/04/michael-schar-dqed-from-flanders-for-littering/?utm_campaign=Feed%3A+cyclingtipsblog%2FTJog+%28Cycling+Tips%29&utm_medium=feed&utm_source=feedburner.

Photo of the Day

A bike “hitching post” in Galesburg, IL. The photo taken by our erstwhile president who thinks we should be seeking to install these around Green Valley.



Designing Bikes for Women

A number of women are entering the bike design and construction field and are experimenting with frames that specifically meet the size and shape of a woman’s frame. For more about these women who are changing one aspect of cycling, go to: <https://www.bicycling.com/bikes-gear/a35967341/women-custom-bike-builders/?source=nl>.

A “Heart-Warming” Story

Mike Cohen, a 38 year old avid rider, had once cycled across the United States but found his heart was failing. He needed a new heart but he waited and waited. He finally received his new heart as well as developing a new relationship with the family of the son who died and allowed his heart and other organs to be donated to others. This is the story of the heart and Mike Cohen’s second ride across the country to honor the donor and his family -

https://www.bicycling.com/rides/a30458648/heart-transplant-recipient-rides-1426-miles-to-meet-donors-family/?source=nl&utm_source=nl_byc&utm_medium=email&date=032121&utm_campaign=n123282569&utm_term=BIC_Bicycling_Membership_Newsletter_Master_PAID.

An Introduction to Frame Sizing

Bicycling magazine recently ran an article on bike frame sizing -

<https://www.bicycling.com/bikes-gear/a20047780/find-right-bike-size/?source=ca>. It provides a useful comparison on the actual size in centimeter versus the small/medium/large designation sometimes used by bicycle manufacturers. If you are buying online from a dealer or individual, this is a helpful guide but there is nothing that can replace trying out the bike in person as there are a variety of bike frame variables.

E-Bikes - How Much Exercise?

One of the arguments between standard and e-Bike advocates is the amount of exercise one gets on an e-Bike. Standard cyclists say e-Bikes are “too easy” while e-Bike advocates argue that they ride further because it is easier thus negating that argument. Rad Power Bikes recently carried out a study to get an idea of the amount of calories burned when riding an e-Bike - <https://electrek.co/2021/03/24/this-real-world-e-bike-testing-reveals-the-truth-about-pedal-assist-electric-bicycle-exercise/>. The study was not entirely scientific and results varied depending on the weight of the cyclist and the power level being used by the bike. It is interesting but is unlikely to provide either group a definitive answer.

Bicycle Theft: An Update

While we feel safe in our Green Valley bubble, bike thefts have thrived and increased during the pandemic - <https://www.npr.org/2021/04/02/980008727/bike-thieves-are-on-a-roll-during-the-pandemic-heres-how-to-protect-your-ride>. There are bike registries to try to find stolen bikes but the reality is that few stolen bikes are ever returned to their owners. As I ride around Green Valley, I see unlocked bikes outside of McDonalds, Safeway, Walmart and other locations waiting for a thief to strike. While a lock won't deter an ambitious thief it is a deterrent, so lock your bike when stopped during a ride and be sure to store your treasured cycle inside when you are at home.

Bumps Getting You Down With Too Much Vibration?

Polish cyclist Krzysztof Wierzbicki is on a mission to discover ways to lower the amount of vibration that is transmitted from the road into your bicycle wheels, seat and handlebars. He has set up a scientific study that mimics the impact on the bike as a rider is traveling along a bumpy road. His most interesting finding is that lowering tire pressure by 25% will have the greatest impact and lead to a smoother ride. For a more in-depth look at his experiment and to see his findings, go to:

<https://www.cyclingabout.com/lab-test-lowering-tyre-pressure-improve-bike-comfort/>.

The Joys of Gravel Biking?

Those who only ride on roads or paved cycling paths are not always aware of the challenges of gravel biking. On a road ride, one often hears complaints about having to ride on chip sealed roads, potholes, etc. If you want to know some of the potential challenges of gravel biking, this article on the *Seven Circles of Gravel Hell* will give you an introduction of some of the gravel surface types and their challenges - <https://cyclingmagazine.ca/gravel/7-circles-of-gravel-hell/>.

What to Bring On A Bike Ride? By Diane Sawyer

No one likes last minute scramble to gather items for a bike ride. By planning ahead for your bike rides, you are more likely to ride and be prepared for emergencies.

Some Initial Planning Tips

1. Have a check list.
2. Have a place where you keep your cycling gear so it is easily and quickly accessible.
3. Consider having a riding partner. Knowing there is someone going with you and depending on your participation will make it more likely that you get out and ride.

Here is my list of what I always bring with me on a bike ride.

1. A helmet
2. Biking gloves
3. Water- bring more water than you think you need in case you have a flat or have some other emergency. I have two bottle cages on my bike.
4. Energy bar
5. House keys
6. Credit card and a twenty-dollar bill
7. Medical & ID Cards These are critical in the event of an accident and you need to be transported to the emergency room. I carry photocopies and leave the originals at home.
8. Cell Phone
9. Emergency contact information listing who to call in case of an emergency. I keep a laminated card with this information and carry this with my medical cards. Critical medical information can be added to this card as well.
10. Spare tube
11. Patch Kit
12. Tire levers for removing tires when you have a flat.

13. CO2 Inflators or air pump. CO2 Inflators are small, efficient and easy to use. If you still prefer a pump consider buying the Topeak Mini Morph. A full sized pump can be attached to the underside of your cross bar if you prefer.
14. First Aid Kit (a few band-aids and some antibacterial ointment)
15. A few wipes and some disposable gloves – great keeping your hands clean when dealing with flats.
16. Headlight and flashing rear light
17. A Multi tool with a hex wrenches in mm sizes, a flat and Philips head screwdriver for repairs or adjustments. These can adjust bike parts such as a loose seat, off-center handle bars, loose reflectors, etc.

This may seem like too much to carry but most items fit into a small space. I use a small wedge bag under my saddle that carries the inner tube, tools, disposable gloves, wipes, and CO2 canisters. I have another small bag about 8 in by 5 inches attached to my cross bar that carries a wallet, cards, energy bar, keys and cell phone.

Is Cycling Making Life Worse For the Poor?

A recent article in *Streetsblog NYC* argues that Covid has made it more difficult to the poor and people of color to access and use cycling to improve their lives -

<https://nyc.streetsblog.org/2021/03/24/opinion-how-the-budget-bike-trap-creates-inequality-in-nyc/>. The author argues that the types of cycles that the poor can generally afford are used cycles of dubious value or new cycles of the lowest quality. One of the outcomes is that owners of these types of bikes are least able to afford adjustments or repairs from local bike shops and the cycle ends up on a porch unriden. One possible alternative is the development of bicycle coops such as BICAS in cities and towns that encourage bicycle education and individual maintenance so that purchased bikes keep moving and serving a useful purpose.

Park Tool Wants to Help

Park Tools is the premier manufacturer of specialized bicycle tools in the United States. Several years ago they released a series of self-help videos on tire and tube installation -

<https://www.youtube.com/watch?v=eqR6nIZNeU8>, flat repair -

<https://www.youtube.com/watch?v=58STtUM-Wow>, and tube patching -

https://www.youtube.com/watch?v=TOF_hibWHIU. These are worth a look if you want to expand your mechanical skills.

Links to Other Interesting Articles

The Porsche E-Bike is here!

Porsche has announced the release of its new e-Bike. You, too, can have the coolest e-bike in your neighborhood for only \$8,500 - <https://coolmaterial.com/rides/porsche-is-expanding-into-the-world-of-ebikes/>. They come in two models – Sport – for everyday riding and Cross – for off-road adventures. Get out your credit card!

REI and Bike-Packing

REI provides a number of pack-packing tips and ideas on its blog. Their main article describes a trip through Arizona's Sky Islands in Southeast AZ but there are also a number of auxiliary pieces that introduce various aspects of bike camping: https://www.rei.com/blog/a-ride-through-the-sky-islands?cm_mmc=email_com_gm_-20210410_TFD_VCFordGravelCycle-041021-CTA1_Cycle_21_00591&ev36=24902642&rmid=20210410_TFD_VCFordGravelCycle&rrid=59945118&ev11=1&redirect-pup=false.

Must See – A Dog's Tale

Shimano recently released a video of mountain bikers and their dogs riding and running trails in the mountains and forests - <https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FUb697GgOE8M&data=04%7C01%7C%7C992fb76b8cb445f3749f08d90973a462%7C17f1a87e2a254eaab9df9d439034b080%7C0%7C0%7C637551214719571745%7CUnknown%7CTWFpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCI6Mn0%3D%7C1000&data=r9REkKwlvjWHia2%2FYc1rtu1Pr2SoeZTU3y6US0M67ng%3D&reserved=0>. Whether you are a mountain biker, a dog lover or enjoy a cycling story, you will not want to miss this video.