

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



No. 47
December 22, 2022

Next Newsletter Deadline: January 3, 2022

Table of Contents

| | |
|---|---|
| December 15th Cycling Club Meeting | 2 |
| Sheriff's Auxiliary Volunteers (SAV) – Cycling News You Can Use | 2 |
| Mapping the Route – The Future of the GVR Cycling Club | 2 |
| Local Cycling News | 2 |
| Continental School Cycling Club | 3 |
| Tucson and Eastern Pima County Are Golden | 3 |
| Building Mechanical Skills | 3 |
| National and International News | 3 |
| Cycling Tax Incentives | 3 |
| Bullitt Cargo Bikes | 3 |
| Cycle Racing | 4 |
| Pro Cycling: Is It Worth It? | 4 |
| Cycling Gear | 4 |
| Repairs: DIY (Do It Yourself) Versus LBS (Local Bike Shop) | 4 |
| E-Bike: A Golf Cart Alternative? | 5 |
| Used Cycling Jersey – Worn Only 18 Days - \$3,000 | 5 |
| Bicycle Health and Safety | 5 |
| Riding More As You Age: That's A Good Thing | 5 |
| Cycling Accidents and Drug Dependence | 5 |
| Cycling History | 6 |

| | |
|--|----------|
| Australia-New Zealand Cycling Corps..... | 6 |
| 1891 – Two American Cyclists in Athens | 6 |
| Interesting Cycling Stories..... | 7 |
| The Bicycle Bus | 7 |
| 2021 Best Cycling Books..... | 7 |
| Advice You Didn't Need..... | 8 |
| Today's Cycling Quotation | 8 |
| Today' Photograph..... | 8 |
| Today's Funny..... | 8 |
| For Sale | 9 |
| 2020 Raleigh Cadent 3..... | 9 |

December 15th Cycling Club Meeting

Sheriff's Auxiliary Volunteers (SAV) – Cycling News You Can Use

At the last Club meeting, Sheriff's Auxiliary Volunteers Bill Hill and Paula McCloskey gave an interesting and informative presentation both on what the SAV does as well as a very comprehensive introduction to bicycle safety. A copy of the power point presentation can be found on the club website at:

https://www.gvrcycling.org/uploads/1/2/9/9/129954210/sav_presentation.pdf. This is great information for every cyclist.

Mapping the Route – The Future of the GVR Cycling Club

At the Club's November meeting, members were asked for their input on what issues/changes/ideas needed addressing for Green Valley to become a great biking community. There were lots of interesting ideas and that input was pulled together into a single document – *Mapping The Route* – by the club's incoming President, Karen Rainford, and Vice-President, Joanie Rogucki. At the December meeting, Joanie presented both a PowerPoint description of the ideas that were brought up by club members as well as a one-page synopsis. Both of these documents can be found at: <https://www.gvrcycling.org/mapping-our-route.html#/>. Some of the ideas that are listed are already being developed while others await the enthusiastic involvement of club members. Take a moment to read either the full or condensed version of the document and think about where and how you can participate. The discussion will continue in the coming months.

Local Cycling News

Continental School Cycling Club

Continental School sponsors a cycling club for its students. It temporarily ceased during the covid crisis and is now reorganizing. The plan is for Saturday morning mountain bike rides twice each month from 9-11 a.m. In addition to the teacher/leader, they need volunteers to help with the rides. If you are interested, contact Byron Curtis at Continental School - (520) 625-4581 or byron.curtis@csd39.org. Volunteers must undergo a background check because they will be working with young people in a school sponsored program.

Tucson and Eastern Pima County Are Golden

For the fourth year in a row Tucson and Eastern Pima County have attained gold level recognition as a bicycle friendly community - <https://content.govdelivery.com/accounts/AZPIMA/bulletins/30025c0>. The designation was made by the League of American Bicyclists as part of their Bicycle Friendly America Program. Tucson/Pima County was one of thirty-five communities across America to be included in this category. The only higher ranking is Platinum which was achieved by just five cities: Davis, CA, Madison, WI, Ft. Collins, CO, Boulder, CO and Portland, OR. To achieve the award, the community is given a "report card" of strengths and weaknesses which provides areas where the community can expand and improve its cycling program.

Building Mechanical Skills

BICAS in Tucson is offering a number of classes for those interested in learning more about bike components and how to maintain them - <https://mailchi.mp/bicas.org/bicas-a-happy-holiday-donation-drive?e=d29e167f52>. Classes include the four session long Build-A-Bike program as well as shorter sessions on bike maintenance, brake and gear adjustments.

National and International News

Cycling Tax Incentives

Cycling has seen explosive growth over the past couple of years. Such growth has been good for the environment but cars and trucks still dominate the transportation scene. Countries across the world are turning to tax incentives as a means of encouraging cycling for commuting and even for inner-city commercial use - <https://cyclingmagazine.ca/advocacy/are-tax-incentives-for-bike-buyers-a-good-thing/>. Some countries with E-bike tax incentives include England, France, Sweden and Finland. While the passage of the U.S. Build Back Better legislation is still in doubt, it does include tax credits for E-bikes - <https://www.bicycleretailer.com/industry-news/2021/11/19/house-approves-build-back-better-act-now-goes-senate#.Ya9gG1XMJaQ>. As the world looks for ways to improve the environment, will cycling lead the way?

Bullitt Cargo Bikes

The original Bullitt cargo bike was created in Denmark and they are still making and selling both a standard and an E-bike version - <https://www.larryvsharry.com/en/bike-builder>. However, as the demand for cargo bikes has expanded, other manufacturers have designed their own

models - <https://yubabikes.com/>. It is hard to know if this is a wave of the future or merely an ongoing niche market. FedEx Canada has already started a pilot program to use Bullitt bikes to deliver packages in the downtown Toronto area and is finding that this is a viable financial alternative - <https://www.cycleto.ca/news/benefits-cargo-bike-parcel-delivery>. I recently had an encounter when I met a person bringing their personal cargo bike for service that they had purchased to replace one of their cars. A wave of the future, who knows?



Cycle Racing

Pro Cycling: Is It Worth It?

Cycling Magazine recently ran an article on professional cyclists' salaries. The top riders like Tadej Podarac and Chris Froome earn around \$8 million dollars per year. However, those further down the food chain don't fare as well. The minimum salary for European professional riders is \$44,000 and for women riders it is \$28,000 -

<https://cyclingmagazine.ca/sections/news/this-is-how-much-pro-cyclists-make/>. This pales in comparison to minimum salaries for U.S. professional football players at \$660,000 and basketball players at \$925,000 and the top U.S. athletes in football and basketball earn in the tens of millions each year. Clearly, biking has a long way to go to catch up with American professional sports salaries.

Cycling Gear

Repairs: DIY (Do It Yourself) Versus LBS (Local Bike Shop)

Here are a couple of scenarios – your rear derailleur is bent from a recent bike accident; you hit a pothole and you have a broken spoke on your front wheel. Can you tackle these repairs yourself or is it time to drop off your bike at your local bike shop? Your decision depends on a number of things including your technical expertise and confidence as well as whether you have the specialized tools that are required. A recent article in *Bicycling Magazine* offers insight into a number of potential repairs and provides recommendations on whether DIY or LBS is a better solution - <https://www.bicycling.com/repair/a38475318/bike-repairs-diy-or-professional-help/>. If knowledge and confidence are an issue, you might consider some additional classes and training – see the Building Mechanical Skills above article for BICAS classes.

E-Bike: A Golf Cart Alternative?

Is golf another sport you enjoy besides cycling? Is your golf cart on its last legs or if you still have to rent one when you play, there is another option. How about adding a bag carrier to your E-bike - <https://www.youtube.com/watch?v=G719H4Sjkk4>? This bag carrier attaches to the rear of your cycle frame and it also serves as a kick stand so that both your bike and your clubs stay in a vertical position. You can become a local trendsetter at the San Ignacio or Green Valley Golf Club while adding some additional miles to your yearly riding total.

Used Cycling Jersey – Worn Only 18 Days - \$3,000



Earlier this year Lachlan Morton followed the route of the Tour de France riding all the stages in eighteen days. He finished ahead of the “official” race and set a record doing it. While most riders use a different jersey each day, Morton wore the same Rapha jersey every day and is now auctioning it off for a charity -

<https://cyclingmagazine.ca/sections/news/2k-for-a-lightly-worn-jersey-used-gear-market-is-getting-out-of-hand/>. The bid as of December 10th was over \$3,000.

Bicycle Health and Safety

Riding More As You Age: That’s A Good Thing

A recent report in the *Proceedings of the National Academy of Sciences* studied the lives of our long-ago ancestors, the hunter-gatherers - <https://www.bicycling.com/news/a38441880/we-evolved-to-get-more-active-as-we-age-study/>. While it is thought that most died at a relatively young age that was not true for all. The study found that there were many who lived well into their seventies and their long lives reflected increased activity as they aged. So instead of “kicking back” and slowing down, it’s time to keep on riding and challenging ourselves for a longer life.

Cycling Accidents and Drug Dependence

Robert Mang was an active road and mountain bike rider who loved to challenge himself. He kept a record of riding 5-6,000 miles per year as well as climbing 400,000 feet during his rides. Eight years ago he had a serious mountain biking accident that resulted in seven broken ribs, a punctured lung and spleen, a concussion, and a broken pelvis -

<https://www.bicycling.com/culture/a38145854/how-cycling-changed-me-robert-mang/>. With his many injuries, he was put on oxycodone for pain. While the medication gave him relief he became addicted and took many months to finally break his dependency on the drug. It is a situation worth noting in case the drug is being prescribed for you in the future.

Cycling History

Australia-New Zealand Cycling Corps

In an era where automobiles were just emerging as viable transportation, the bicycle served an important World War I role. Both the Australian and New Zealand armies formed cycling corps that provided important services including reconnaissance and carrying messages between commands –



https://en.wikipedia.org/wiki/Australian_Cycling_Corps. The cycling corps provided a transition between what was once an army dependent upon horses to one transitioning to trucks and cars.

1891 – Two American Cyclists in Athens

Two students at Washington University in St Louis, William L. Sachtleben and Thomas G. Allen



Jr., traveled to London following their graduation with the goal of circling the globe by bicycle. Arriving in England, they purchased two solid-tire Singer “safety” bicycles. They began their journey cycling around England recording their trip on the recently invented Kodak portable box camera. They crossed the English Channel, traveled through Italy before arriving in Greece where they decided to “winter” before beginning a trek across Asia, a journey which had never been accomplished by bicycle. The article noted below appeared in the Adventure Cycling Association newsletter describing their adventure and wintering experience -

<https://www.adventurecycling.org/blog/a-winter->

[pause-in-athens/?ruid=437746&utm_source=bikebits&utm_campaign=20211215 BikeBits&utm_medium=email](https://www.bikebits.com/?ruid=437746&utm_source=bikebits&utm_campaign=20211215_BikeBits&utm_medium=email).

Interesting Cycling Stories

The Bicycle Bus

With more car-bike collisions, parents are nervous about sending their children off to school riding a bike on their own. A movement begun in Barcelona, Spain called the bike bus is one alternative to keeping kids on bikes while keeping them safe - <https://cyclingmagazine.ca/advocacy/the-bike-bus-movement-is-spreading/>. The concept is to have children ride as a group with adult chaperones. The large groups have greater visibility and ride along a set route that is established each week – a concept only possible using modern Internet technology.

2021 Best Cycling Books

It's almost the end of the year and different groups are coming out with the "Best of..." and "The Person, Woman, Man of the Year." Cycling is not on everyone's radar so I will try to gather up a list of some books you might want to buy, borrow or read online as we come into 2022.

Cycle Racing

The Art of Cycling, James Hibbard, Quercus Press, 320 pages, \$22.86. Written by a cycling racer, this is not a traditional racing book as it written by a man who pursued a PhD in philosophy at the end of his racing career. It offers insights into racing, cycling and philosophy.

Vuelta Skelter: Riding the Remarkable Tour of Spain, Tim Moore, Vintage Publishing, 336 pages, \$30.95. This book could be listed under history as well as travel as well as humor. The book records the author's 4500 kilometer ride around Spain as he follows the 1941 Vuelta de Espana route. It has humor, history and the Spanish Civil War - what more could you ask for?

History

Women on Wheels: The Scandalous Untold Histories of Women in Bicycling, April Streeter, Microcosm Publishing, 192 pages, \$16.95. Begins with women's' 19th century efforts to ride and compete along with descriptions of famous women cyclists.

Health and Nutrition

The Cycling Chef: Recipes for Getting Lean and Fueling the Machine, Alan Murchison, Bloomsbury Sport, 192 pages, \$26.49. Ideas and recipes from a champion cyclist and Michelin starred chef.

The Mid-Life Cyclist: The Road Map for the +40 Rider Who Wants to Train Hard, Ride Fast and Stay Healthy, Phil Cavell, Bloomsbury Sport, 288 pages, \$20.00. The title says it all.

Advice You Didn't Need

Canada's *Cycling Magazine* recently ran an article on riding safely in the snow and slush - <https://cyclingmagazine.ca/sections/training-guide/training/five-tips-for-safer-snow-and-slush-commuting/>. Living in Arizona, we can feel good about the sunny, snowless days where in the odd year that it does snow, it has melted by 10 a.m. Feel free to forward this to your cycling friends back in Colorado, Minnesota, Iowa or Michigan with a "smiley face."

Today's Cycling Quotation

"I don't ride a bike to add days to my life. I ride a bike to add life to my days."

Unknown

Today' Photograph



Today's Funny



Bus Humor

Lijn, a Belgian bus company, makes some wonderfully funny commercials encouraging group travel by bus. Not bike related but enjoyable -

https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FMR_m6h9G2gw&data=04%7C01%7C%7C2e8510ed76c5437b367208d9beb26379%7C17f1a87e2a254eaab9df9d439034b080%7C0%7C0%7C637750495643553083%7CUnknown%7CTWFpbGZsb3d8eyJWlloiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEkaWwiLCJXVCi6Mn0%3D%7C3000&data=RzPeVZX3bMLdNoziKgCYtmPt4uZWV1MgDPptJ7sdr3o%3D&reserved=0

For Sale

2020 Raleigh Cadent 3



Medium frame (riders 5'-7" to 5'-10"). \$800.00 new. Current Bicycle Bluebook value -\$620 but asking \$250.00. Very good condition, low miles, disc brakes. 27-speed. Schwalbe Marathon Plus tires in excellent condition with Sunlight thorn resistant tubes and Ridlo Kevlar tube liners. Includes rear bike rack. Contact: Jim Woodward, (520) 777-8045 or (216) 262-0287 or jsw52745@aol.com.

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