

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



No.48
January 5, 2022

Next Newsletter Deadline: January 17, 2022

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Club News

Next Cycling Club Meeting – January 19, 2022

Our next club meeting will be on Wednesday, January 19th at 3:00 p.m. at the GVR East Center Auditorium. The speaker will be Sean Pantellere, Executive Director of El Grupo Youth Cycling, who will bring us up-to-date on the latest programs and activities happening with El Grupo and with youth cycling in Tucson.

Note from the President, Karen Rainford

Once again, our editor, Tom Wilsted, has collected an array of pertinent and entertaining information for your reading pleasure. We are lucky to have a talented and dedicated board and editor as well as members who step up. Thank you, all of you.

We continue to work on [Mapping our Route](#). Through this process, we’ll identify and prioritize actions that we, the club members, can take to live up to our mission statement. Plan to get engaged; there will be a role for each of you to participate.

I recently attended a meeting that included Pima County representatives from departments like Parks, Sheriff, Highways, Water, etc. They would like us to know that as the road work on Arrivaca Road continues to completion, they’ve already noticed increased vehicle speeds. They’d also like us to obey the stop sign, rather than blowing through the Calle Tres intersection when we’re riding on Camino del Sol. Safety is everyone’s goal.

We’re filling in the gaps for cycling groups. We’ve always had groups for faster riders, slower riders, mountain bikers, etc. Last year we added short, slower rides (10-10-10) and now there’s a new group starting for intermediate speed riders for shorter distances. Our list of informal cycling groups on the website gets a fair amount of traffic.

New Cycling Club Board Members and Contact Information

We monitor the club email, GVRcycling@gmail.com closely, so don't hesitate to use that email to reach the editor or the board.

President	Karen Rainford	karen.rainford@gmail.com	651-454-5487
Vice President	Joanie Rogucki	joanie.rogucki@gmail.com	520-343-0138
Secretary	Neil May	andrew@amay.net	949-923-8504
Treasure	Dale Brokaw	dbrokaw12@gmail.com	231-414-2727
President Emeritus	Hank Deutsch	hankdeutsch@gmail.com	608-498-5619
Webmaster	Eric Noyes	ernoyes@comcast.net	520-965-7518
Newsletter Editor	Tom Wilsted	tom.wilsted@uconn.edu	860-324-2822

Local Cycling News

Slower Saturday Rides Begin January 8th

Saturday rides begin on January 8th led by Jeff Krow and later by Bob George. Meet at the parking lot by the GVR West Center tennis court parking lot at 10:00 a.m. Ride speed will be approximately 12 miles per hour and the ride will be 20 miles or less. Those participating will choose the route. All cyclists and cycles are welcome: bi, tri, tandem, recumbent and E bikes.

Training - Who Will Do It?

If a school or a group came to our club and said, "Do you have an experienced trainer who can come and give us cycling instruction", who would we recommend? Clearly, we have many knowledgeable and experienced riders but who WOULD we suggest? A national group, the League of American Bicyclists, supports a Cycling Instructor Program with the goal of the participants becoming certified instructors - <https://bikeleague.org/content/become-instructor>. As we discuss a plan for our club (*Mapping the Route*), is this something we should include? Becoming a certified instructor requires an individual's time and effort but having certified instructors in our club would allow us to reach out to schools and other groups with both knowledge and confidence.

SCVBAC Continues to Advocate for Green Valley Cycling Needs

The Santa Cruz Valley Bicycle Advocate Committee is continuing its efforts to improve biking and bike trails in the Green Valley region. They proposed two new trails to be added to the Pima County Master Trails Plan. This is a first step in what may take months or years to accomplish. However, having a voice and a recommendation in the discussion is an important step in the process. The two trails suggested were connecting Canoa Reserve Park with Whitehouse Canyon Road and connecting the West Desert Trails with the Anza Trail. Below are maps of the proposed trails created by Chuck Hill.

**Proposed Connections to
Canoa Preserve Park**



**West Desert Trails to
Azna Trail Connections**



Local Bike Shops in the Age of E-Bikes and Covid

The past 18 months have seen a resurgence in cycling. There are more people on bikes while new and used bikes and parts have been in short supply. To get a different perspective on this cycling rebirth, your editor sat down with local bike owners Rob and Tiffany Lamb, owners of the Green Valley Bike Hub.

Editor – When did you first get involved in cycling?

Rob – I grew up in Monterey, California and Prescott, Arizona and started biking at an early age. I remember taking off my training wheels at age eight. I also started taking my bike apart soon after.

Editor – How and when did you get interested in the mechanical side of cycling?

Rob - My father had a garage so I got an introduction to mechanical things. My brother had a bike shop and I started working there when I was twelve. I worked for a number of years as a financial adviser as an adult before moving into the bike shop full time.

Editor – You’ve been at this bike shop location for nearly 14 years. What are the biggest changes you’ve seen in cycling?

Rob – In no particular order: the increasing acceptance and use of E-bikes, the use of new technologies including carbon frames, forks and wheels, electronic shifting, and higher bike prices.

Editor – Is there anything different about being a bike shop owner in Green Valley versus California or the Midwest?

Rob - Green Valley is a unique place with so many retirees. They have time and enthusiasm for riding and the weather here allows them to ride every day if they choose. If they lived in the Midwest right now their riding season would be considerably shorter. Also, from my experience as a financial adviser, I found that baby boomers were great savers and could afford cycling in retirement. Also, the baby-boomer generation has lived longer and healthier lives so they are still interested in exercise.

Editor – The Bike Hub is a family business. How do you and Tiffany divide your duties and is your young daughter involved?

Rob – I love doing the mechanical work – building and repairing bikes. I also do much of the research and buying. Tiffany is the public face of the bike shop working with customers and selling bikes.

Tiffany – While I was never a bike person before I met Rob, my experience has been in customer relations and service. Our daughter has some interest in helping but that interest can be fleeting.



Rob and Tiffany Lamb

Editor – What gives you the greatest pleasure about owning a bike shop?

Rob – Being able to work on bikes day in and day out. I love seeing people taking up cycling who are new to the sport and getting out and enjoying the ride and the outdoors. E-bikes have brought a whole new audience to cycling and older riders who might stop riding are finding new pleasure with E-bikes.

Editor – What is the most challenging and difficult thing about owning a bike shop?

Rob – Customers who are angry that repairs can't be done immediately. As the only bike shop in Green Valley, we have to deliver new bikes on schedule while balancing repairs. This means there is often a backlog of repairs so work can't be done instantly.

Tiffany – Being in a senior community, it's hard watching people age and having to give up biking.

Editor – When E-bike first came on the scene you were a bit skeptical. How do you view E-bikes today?

Rob – There has been a revolution in E-bikes. Companies have shifted from hub to in-line motors, batteries have improved and companies are shifting to carbon and lighter weight materials. There is clearly a bright future for E-bikes and this is reflected in sales.

Editor – What do you see are the most significant technological advances in cycling?

Rob – The use of carbon fiber throughout the bike, the use and acceptance of disk brakes, the integration of electronics including shifting and, of course, E-bikes.

Editor – How has the covid epidemic affected your business?

Rob – On the one hand, business has been booming over the past eighteen years as it has been with most bike shops. However, getting and maintaining an inventory of new bikes and bike parts has been a huge challenge. I spend a large part of my time chasing down new inventory. However, we have been pretty successful and first time visitors from outside of Green Valley are often surprised that we have a pretty good range of bikes and parts when their local bike shop back home is out of tires, chains or bikes themselves.

Editor – Have on-line retailers like Amazon and bike specific companies affected your business?

Rob – They have had a significant impact with people buying both bikes and parts online.

Editor – Do you have predictions about the future of cycling?

Rob - I think there will be more technology built into bikes and E-bike sales will continue to grow. E-bikes will also become more like regular bikes as batteries and motors get smaller and lighter.

Local Groups Supporting Cycling Safety

Tucson's Greater Arizona Bicycling Association is speaking up on behalf of cyclists regarding safety on Tucson's Loop, a favorite ride of many local cyclists -

https://www.bikegaba.org/content.aspx?page_id=5&club_id=307669&item_id=71471&. They recommended to Pima County:

- The Installation of pavement markers or bicycle friendly “rumble strips” to slow cyclists entering blind corners, tight turns and underpasses
- The creation of a standard for the distance trees, bushes and poles should be located off the cycling path
- The installation of a trail-long marker system so an injured walker or cyclist could provide a location to an emergency responder in case of injury or medical emergency.

Joe Cruz – Bike-Packer Talk in Tucson

Campfire Cycling is sponsoring a talk by Joe Cruz, a well-known bike-packer and the author of Bikepacking 101 entitled - *Bikepacking through Geography, Culture, and History*. The program is scheduled for January 25th at 7:00 p.m. at the Borderlands Patio in Tucson. Reservations must be made through Campfire Cycling. Seating is limited to 75 people -

<https://www.eventbrite.com/e/joe-cruz-is-bikepacking-through-geography-culture-and-history-tickets-225569944777>.

New Year's Resolutions – Biking Wise

It's the New Year and time to make some resolutions – some we'll achieve and some not. I'd love to hear if you have made some riding resolutions – training for the El Tour 102 miler, increasing your average speed by 2 miles per hour, or planning a four day bike packing trip. Send me your resolutions and I will list them without names attached for the next newsletter.

Restoring Catalina Mountain Cycling/Hiking Trails

The Bighorn Fire in 2020 had been devastating to hiking and biking trails in the Catalina Mountains north of Tucson. Since that time the U.S. Forest Service, with the assistance of several local groups - the Tucson Off-Road Cycling Association (TORCA), the Arizona Trails Association and the National Forest Foundation's Southern Arizona Forest Fund, has worked together to restore and reopen trails for both cyclists and hikers. More details on the restoration and what trails are open can be found at: <https://aztrail.org/trails-reopen-but-hazards-remain-after-bighorn-fire-north-of-tucson/>.

Help Wanted – Bicycle Mechanic

Do you have experience as a bicycle mechanic and are interest in a part time job? Campfire Cycling in Tucson is looking for a part-time mechanic working mainly weekends. More information can be found at: https://www.campfirecycling.com/bike-mechanic?utm_source=Customers&utm_campaign=5ce0696d2b-EMAIL_CAMPAIGN_2019_06_10_11_04_COPY_04&utm_medium=email&utm_term=0_a2cf29c32-5ce0696d2b-233519097&mc_cid=5ce0696d2b&mc_eid=1561878249.

National and International News

Cyclists Giving Back

Bicycling magazine recently did a story on 14 cycling organizations worthy of cyclist's financial support - <https://www.msn.com/en-us/autos/motorcycles/-ways-cyclists-can-give-back-to-the-community/ar-AAS7reF?ocid=sapphireappshare>. The organizations were located across the country and their efforts promoted cycling within specific communities or with programs aimed at specific groups such as young people, the poor or the homeless. BICAS in Tucson was recognized as one of the fourteen. Our club already has a good working relationship with them and has supported them through donations and bike drives. They can always use additional support so if you have a few dollars left after the holidays or if you have an extra bike or biking gear sitting around the garage, it would always be welcome at BICAS - <https://bicas.org/donate/>. Your editor continues to do pickup if you have a donation and don't get to Tucson.

Treating a Cycle Like a Car

A petition movement in Great Britain sought to move bikes and scooters into the country's motorized legal framework - https://www.cyclingweekly.com/news/petition-for-number-plates-and-enforced-cycle-lane-use-fails-measures-at-odds-with-plans-to-boost-cycling?utm_source=Selligent&utm_medium=email&utm_campaign=23122021_QYC-X_NWL_EO_cnewsletter&utm_content=23122021_QYC-X_NWL_EO_cnewsletter+&utm_term=9742678&m_i=lq4Akg24IM_xXKApgBLyiUU4iCY1u9J0fk_wmo6oi_eti0wmgst%2BQrUbNVgHm7gIO15Te_Dk81m9kuESmovJUdiWMSw_m%2Bg7II5&lrh=4fb39de5d01e0249290c307298262f76b2ba456a98628d11e7e16c4c84f3f1b5&M_BT=4746139_2561789. The petition, signed by more than ten thousand people, would require all bikes to be licensed with a visible ID, require cyclists to use bike lanes when available and introduce a

penalty points system for cycling and scooter riders breaking the law. The petition received a very negative response from the British government's Department of Transport which declared that the "introduction of a system of licensing would likely to lead to a reduction in the number of people cycling."

Cycling Gear

A Bike With Electronic Everything



Greyp (pronounced Grape), a Croatian cycling company, is currently offering a mountain bike with most of the features found on your current cellphone - <https://spectrum.ieee.org/greyp-ebike-porsche>. Described as the Porsche of E-bikes, its G6 model is equipped with front and rear wide-angle cameras, an internet connection, telemetry and rider data, gaming features, GPS, Strava, remote anti-theft features, and a 250 watt electric motor. The company only produces about 2,000 bikes per

year and it plans to profit from licensing its technology to other cycling companies rather than the sale of bikes themselves. It is available in the US at 10% off the \$8999 list price - <https://ryddo.com/product-category/e-bikes/>. Toddle on down and you can be an electronic whiz on the trails when the bike comes back into stock again.

Bicycle Health and Safety

How Old Are You? A Calendar Is Not the Only Measure

Martin Sigrist, author of the *Outspoken Cyclist Podcast*, breaks down age and ageing into three categories: calendar age, metabolic age and fitness age -

<https://www.roadbikerider.com/three-ages-of-humankind/>. In some people – say the couch potato – they may all be the same. In others, the three ages may be quite different. Your metabolic age is in part determined by genetics. Some people come from long-lived families and smoke and drink into their ninetieth year. They might, however, live even longer if they follow a fitness routine. As scientists study the human condition, they are offering recommendations on how to extend our age. We can't predict the year of our death but we can live healthier (and, hopefully longer) if we keep on our bikes.

Dates: A Delicious and Healthy Snack

Dates are a snack that cyclists don't normally turn to for a burst of energy before, during or after a ride but maybe they should. Dates are 70% carbohydrates and would give every rider a shot of energy - <https://www.bicycling.com/health-nutrition/a38579755/benefits-of-dates/>. In addition to providing quick energy, they provide a wide range of nutrients including iron and magnesium. If you aren't into raw dates, they can be incorporated into an energy bar to carry

on your ride. Arizona is one of the largest US producers of dates so you also have the benefit of supporting the local economy. If you are looking for a multi-day biking/packing or road trip consider riding to Dateland, AZ. It's only 200 miles and their date shakes are out of this world.

Cycling History

Tour de France – Winningest Bicycle Company

Most of the interest in the Tour de France focuses on the rider and how many Tours an individual cyclist has won. They wouldn't have won, however, without something to ride on. Are you wondering which cycling company has the most wins of the Tour de France? You'll have to go to this article to find out: <https://www.cyclingnews.com/features/tour-de-france-winning-bikes/>. Hint: It's not a French company.

Interesting Cycling Stories

Feeling Guilty About a McDonalds Visit?

If I asked a group of Cycle Club members to raise their hands if they were NEVER in a McDonalds, I wouldn't see any arms raised. We may try to avoid McDonalds but their convenience, cheap prices or clean bathrooms beckon. If you lived in China, however, you could go to a McDonalds and not feel guilty as they have exercise cycles installed so you can pedal while eating your meal -



<https://cyclingmagazine.ca/sections/news/theres-a-mcdonalds-were-you-can-ride-a-stationary-bike-to-burn-off-big-macs/>. However, assuaging the guilt makes for a long lunch hour as it takes two hours to burn off a Big Mac Meal.

Today's Cycling Quotation

“Get a bicycle. You will not regret it, if you live.”

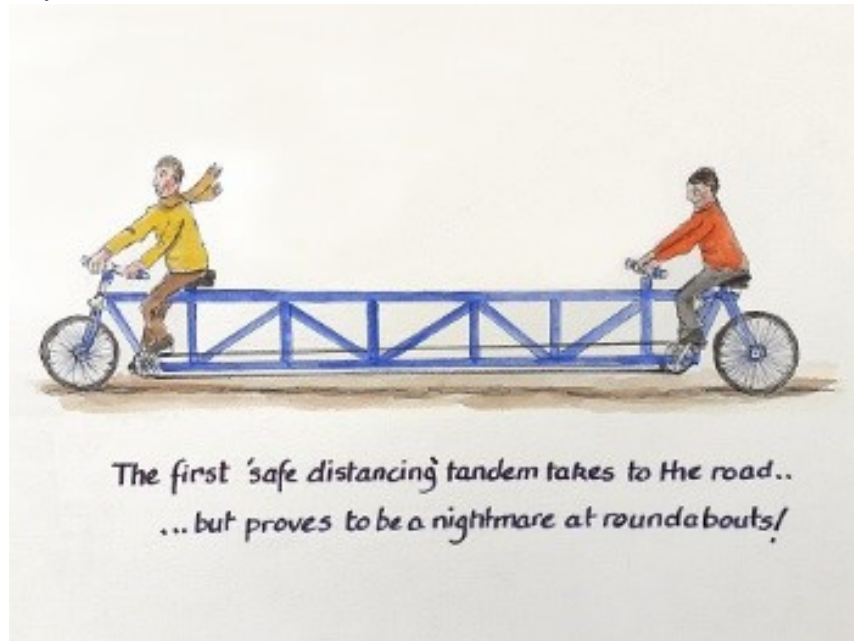
Mark Twain, American writer and humorist after attempting to ride a 19th century high-wheel bicycle.

Today' Photograph

It's never too late (or early) for Christmas!



Today's Funny



The first 'safe distancing' tandem takes to the road..
...but proves to be a nightmare at roundabouts!

Tom Wilsted, Newsletter Editor
E-mail: Tom.Wilsted@uconn.edu
Phone: 860-214-2822