

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



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Club News

February Club Meeting

Our next club meeting will be on Wednesday, February 16, 2022, at 3:00 p.m. at the GVR East Center. Our speaker will be Rob Lamb, Owner of the Green Valley Bike Hub. His topic will be: *Buying an e-Bike*. Bring your experience and questions – e-Bike or otherwise.



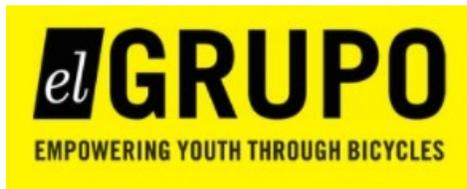
GVR Cycling – Happy Birthday to Us!

January 29th marked the second anniversary of the GVR Cycling Club. That is the official date that GVR recognized the club but initial meetings took place in late 2019 and then, of course, the covid pandemic began in March of 2020. The club has much to be thankful for and to be proud of. Achievements include a paid up membership of nearly 70, a robust and growing website, regular meetings that have been held in person and on Zoom, growing relationships with organizations like SCVBAC, Bicas, and El Grupo, and a regularly published newsletter, as well as two new informal biking groups: 10-10-10 for shorter, slower rides, and a new Saturday ride that's less than 20 miles. Who knew when this all started what some senior

volunteers could accomplish. So take a moment to pat yourself on the back, keep attending meetings, get out on rides, take advantage of volunteer opportunities and communicate your ideas and wishes/wants to your club board. After all, it's your club.

[A Note from the President/ VP Team - Karen Rainford and Joanie Rogucki](#)

2022 promises to be a busy year, with an engaging group of speakers for meetings. We're refining our vision with a project called Mapping Our Route. Many of you have indicated an interest in working on cycling safety and advocacy. Tech support is always needed as well as a Membership chairperson – you can define the role as you see fit if you volunteer. Contact us at gvr cycling@gmail.com to get involved, or call Joanie or Karen.



[Introduction to El Grupo – January Club Meeting](#)

If you weren't at the club's January meeting, you missed a great introduction to youth cycling in Tucson. Sean Pantellere, the Executive Director of El Grupo, provided a great overview of its efforts to encourage young people to ride -

<https://www.elgrupocycling.org/>. El Grupo serves riders from ages 7 to 18 and requires only that each child come to the group wearing shorts, a T-shirt and sneakers and El Grupo provides the rest of the equipment. Activities include Team El Grupo, El Grupito for younger riders, a summer biking camp, a bike packing program, and a biking program at Manzo Elementary School. If you are interested in volunteering, go to:

<https://www.elgrupocycling.org/volunteer/>.

Local Cycling News

[News Flash: From the Road to Nowhere to the Cycling Path to Somewhere](#)

Several years ago, Sahuarita announced that it would create a road connecting Quail Creek to Nogales Highway at the entrance to the Walmart shopping area. It began by building a road from Nogales Highway that ended just short of the Santa Cruz River because there was no funding to build a bridge and complete the road. The new road was smooth and lovely but has no bike lanes. Fast forward to 2022 and work has begun on the completion of the road. The bad news is that there will be NO bike lanes. The good news is that there will be a separate biking/walking/hiking lane that runs parallel to the road that begins at Old Nogales Highway/Quail Creek and ends at Nogales Highway/Walmart. The path will be two miles long and offer a safe and short way for cyclists to travel from Quail Creek to the shopping area/restaurants around Nogales Highway. The road and path are due for completion by the end of 2022.

Green Valley Dedicates Its Newest Biking/Hiking Trail



Several dozen cycling and softball aficionados gathered on Saturday, January 22nd, to open Green Valley's newest hiking and biking trail. The trail runs for 1.8 miles from the Abrego Trailhead on South Abrego Drive to the Canoa Preserve Park on South Camino de Canoa Road. It parallels the Santa Cruz River and then cuts through a portion of Fico's pecan grove. The trail is named for Bill Adamson who led SCVBAC's effort to build the trail and Chuck Catino, who spearheaded the effort to purchase the park and build the Baja softball fields. If you are looking for something new, try it out!

If I Can Do It, Anyone Can! by Erin McGinnis

Editor – I first met Erin when we both served on the GVR Board. At that time she often limped and used a cane. I met her a couple of years later when she was out riding with a group of women. On that day she rode 70 kilometers to celebrate her 70th birthday. Here is an inspiring story of someone overcoming a handicap and going further and faster with age as many of us are beginning to slow down. Enjoy her ride!

There were no sport programs for girls when I was a child. By the time Title IX was enacted I was married with 5 children. I occasionally played golf in the late 1980's and I walked maybe a mile. I was born with a hip issue and received a new one in 2003. In 2010, I had a back injury that left me with drop foot and some nerve damage in my lower leg. I walked with a limp and occasionally with a cane as my foot dragging caused me to trip frequently. In March of 2012, I tripped and broke my wrist. It took time to recover and I really didn't do much of anything except feel sorry for myself. During an early morning drive, I saw a woman running with a "blade leg". I thought about my feeling sorry for myself while she's able to be out there running. I found out later she was a Sahuarita school teacher as well as a triathlete.



Erin's Ribbons in Her Bike Room

That same morning I went to Simply Feet where they were having a shoe sale and bought some walking shoes. A young clerk helped me and invited me to join their running club. I pointed to my car in handicap parking and told him I was unable to walk a block. He said he'd walk with me if that was all I could do but at least I should try. I don't know why but I was tired of my current condition and I went. Anthony, Simply Feet's owner, brought a brace that supports "drop foot" and put it into my shoe. I somehow managed to walk 2 miles and I was hooked. I ran my first 5K 3 weeks later. I was late finishing but with lots of applause and I couldn't wait to do it

again.

At the race, I met a woman who encouraged me to take up triathlons but I had no bike and didn't know how to swim. I took swimming lessons and bought a new bike. At first I couldn't

get my bad leg over the bike's bar but Robin Kremer of Excel Tri Coaching helped and at the beginning as I had to lay the bike on the ground in order to get on. She also began swim coaching. My first bike ride of 4 miles on Abrego Drive took over 30 minutes and I had to stop twice to rest.

I've come a long way since then. In 2017 and 2019 I won first place in my age group in the Arizona Time Trials. In 2020, just before the pandemic hit, I won 2 state time trials in my age group and rode in my first bike race. While I was nervous, I came in first place and amazed myself. This year I am training for the 100 mile El Tour. I've done 35 mile race once and the 50 miler twice. When I rode the 35 in 2015, my average speed was 9.4 mph and I cramped badly with 5 miles to go. By the time I finished, I was exhausted and unable to unclip my bad leg. Luckily my support team was waiting and helped take the bike out from under me. At the 2019 El Tour I was able to complete the 50 miles at an average speed of 12.7mph. I've come a long way and at 75 I'm still getting better.

Would Better Bike Infrastructure Make a Difference?

Moving from Green Valley to La Posada a couple of months ago, I found there were a lot more bike riders than I expected. The largest number ride the full-size trikes but others are on two wheels and others are on recumbent trikes. What I also found is that most ride within the confines of La Posada because of the volume and speed of the traffic beyond the campus and the fact there are no dedicated/separate bike lanes. However, La Posada residents are not the only ones being held back by the lack of cycling infrastructure. A recent study done in Melbourne, Australia found that only one person in five owning a bike rode at least once a week - <https://theconversation.com/3-in-4-people-want-to-ride-a-bike-but-are-put-off-by-lack-of-safe-lanes-172868>. More than three-quarters of those not riding cited the lack of dedicated cycling lanes as their reason for staying off their bike. If we want more people riding and enjoying the ride, we need to take the next step and get the "powers that be" to establish separate cycling lanes.

National and International News

Riding for Free

Would more people ride a bike rather than driving if riding is free? The city of Prague, Czech Republic, has just instituted a program that allows people with public transport passes to use shared public bicycles for free up to four times per day for up to 15 minutes per ride -

<https://cyclingmagazine.ca/advocacy/prague-just-made-their-bike-sharing-free-for-everyone/>.

In European and Asian cities, citizen commonly buy weekly or monthly buy transport passes for busses or trams and having access to bikes makes the public transport system even more flexible. This might be another experiment to try in large US cities like New York and San Francisco to provide a more holistic transport system.



Building Better Biking Bridges

The U.S. Department of Transportation recently released guidelines for the replacement of bridges under the recently passed \$27.5 billion fund from the Bipartisan Infrastructure Legislation - <https://bikeleague.org/content/biking-and-walking-access-now-required-bridges>. Included in the guidelines are requirements that when a bridge is replaced or repaired, the work must include biking/walking lanes. The only exceptions are when roads on either side of the bridge don't already have bike lanes or when adding bike lanes adds more than 20% of the cost of the bridge. This legislation should help cyclists riding in bike lanes who are suddenly pushed into traffic when entering a narrow bridge.

Biking on Long-Distance Trails (BOLT Act)

United States Senators Ben Ray Lujan of New Mexico and Kevin Cramer of North Dakota have introduced a bill to establish a minimum of 10 new long distance trails on federal land open to hikers and bikers - https://www.lujan.senate.gov/press-releases/lujan-cramer-introduce-bipartisan-legislation-to-bolster-outdoor-recreation-promote-biking-on-federal-lands/?utm_source=BE&utm_medium=email&utm_campaign=20211208_Member+Newsletter. The bill calls for the Department of the Interior to identify, develop maps and signage for these new trails. If the bill passes, the new trails should be identified and established within two years.

Cycle Racing

Do Covid Vaccines Negatively Affect Professional Athletes?

Tennis star Novak Djokovic has been in the headlines for wanting to compete in the Australian Open while not having had covid vaccinations. The question of whether covid vaccinations affect an elite athlete's performance is unknown at this point and some athletes have avoided vaccinations as a result. Elite cyclist Greg Van Avermaet believes that vaccinations did have a negative effect on his performance - <https://cyclingtips.com/2021/09/greg-van-avermaet-blames-lack-of-form-on-covid-vaccination/>. While the medical profession believes that vaccinations will not impact an individual's health, Van Avermaet believes that the injection caused his body to believe it is fighting an infection lowering his ability to perform at his optimum rate thus affecting his riding results in 2021.

Cycling Gear

Should There Be a Minimum Standard for Bikes?

Bike mechanics are getting fed up trying to repair unrepairable bicycles. They claim that online sellers and retailers like Walmart are selling bicycles that are so poorly made that they break and become unrepairable soon after they are purchased - <https://www.vice.com/en/article/wxdgq9/mechanics-ask-walmart-major-bike-manufacturers-to-stop-making-and-selling-built-to-fail-bikes>. Bike shop owners and non-profit biking groups

have started a petition calling on bike manufacturers to build bikes that are designed to last a minimum of at least 500 miles of riding and be repairable if broken. So far over 1,000 individuals, groups, and bike shop owners have signed the petition.

Bike Riding Is on the Rise – So Is Bike Theft



The popularity of cycling during the covid epidemic combined with the increase in bike values has resulted in a significant increase in bike thefts in the past couple of years. Prior to covid nearly 100,000 bikes were reported stolen each year but police estimate that four times that many were stolen and not reported. Storing bikes indoors and having locks that require a metal grinder to break the lock do help even though the picture to the left belies this. British cyclists are calling on the British

government to make bike theft a higher priority - https://www.cyclingweekly.com/news/1100-bikes-stolen-every-day-in-the-uk-why-isnt-cutting-down-on-bike-theft-more-prominent-in-cycling-policy?utm_source=Selligent&utm_medium=email&utm_campaign=13012022_QYC-X_NWL_EO_cnewsletter&utm_content=13012022_QYC-X_NWL_EO_cnewsletter+&utm_term=9742678&mi=kTP0ARcvt6iR0xh529Bn6DqIziYHKILBcKPVFMhr24zanWxFp1I1f6kdXUKSHEe23JmNUEAOFwAG_jiibvs0x4ET7ngDkwkkkN&lrh=4fb39de5d01e0249290c307298262f76b2ba456a98628d11e7e16c4c84f3f1b5&M_BT=47461392561789.

They are asking for better and safer public parking for bikes as well as a greater emphasis by police on finding and returning bikes to their owners. Green Valley cyclists apparently feel fairly safe when you see the number of unlocked bikes in and around the Continental Mall. However, it only takes a thief a few seconds and your bike is gone and unlikely to be found.

Do Your Cycling Clothes Need a Makeover?

Are you still wearing a 2002 cycling jersey or do you have grease stains on all of your socks?



Well, maybe you need some new, chic cycling clothes. Britain's *Discerning Cyclist* says you don't need just cycling clothes but stylish clothes you can cycle in. The online newsletter comes out monthly and subscriptions are free - <https://discerningcyclist.com/best-bike-commuting-gear/>. Life doesn't end with having the best bike, you need stylish cycling gear to go with it!

Bicycle Health and Safety

Aren't You Looking Younger? – Maybe It's The Exercise

Kevin Murach, a professor at the University of Arkansas, has been part of a research team studying the effect of exercise on the aging process -

<https://news.uark.edu/articles/58733/late-life-exercise-shows-rejuvenating-effects-on-cellular-level>. The research team carried out exercise activities for near end-of-life mice having them run on a weighted wheel. The exercising mice were compared to sedentary mice of the same age and it was found that the active mice measured eight weeks younger than the non-exercising mice at the end of the experiment. Another good reason to get on the bike!

Always Wear Your Cycling Helmet Except...

1. When you are standing on the cycling race winner's podium (unless you have a helmet contract with GIRO)
2. When riding on your indoor trainer (unless you live in California and fear an earthquake will cause your trainer to tip over)
3. When you are in a car traveling to or from a ride (unless you fear your driver may cause an accident)



Otherwise, there are no exceptions!

It's Not ALL About the Legs

When we talk about biking fitness, most of our thought/energy goes into the body core and leg muscles. However, without a strong grip on the handlebars where would we be? (On the ground perhaps?) A recent article in *Bicycling Magazine* focuses on the importance of an individual's grip strength - <https://www.bicycling.com/news/a38814764/good-grip-strength-can-boost-mobility-and-extend-life-study/>. The article emphasizes the importance of grip strength while riding, especially for mountain biking, but also provides data on grip strength as a measurement of shorter or longer lifespans. So if you still have a squeeze ball hanging around, maybe it's time to get it out.

Cycling History

Review – *Vuelta Skelter* by Tim Moore

Vuelta Skelter was one of the books I listed in the book titles people might want to buy for themselves or to give to a cycling friend for Christmas. It's not on everyone's bestseller list and even though I'm an Amazon Prime member, it took a couple of weeks to arrive. The book tells the tale of author Tim Moore's odyssey of following the 3000 kilometer trail of the 1941 Spanish Vuelta bike race won by Julian Berrendero. Berrendero was a well-known Spanish rider who competed in the Tour de France and when returning from the Tour in 1936 was

imprisoned by Dictator Francisco Franco for his left-leaning comments at the beginning of the Spanish Civil War. He was later released through the efforts of a cycle racing friend and then rode in the 1941 tour, the first race since the war began in 1935. Moore's book moves back and forth between his efforts to ride the tour route as closely as possible while providing a running commentary of the 1941 race itself. It also includes comments about the impact of the Spanish Civil War on the cities and towns on the Vuelta route as the Spanish Falangists retook territory held by the socialist government. It was a tough challenge for Moore riding the route solo as a 50 something while in the midst of the covid epidemic while at the same time trying to match the times ridden by 1940s elite cyclists. Moore's sense of humor is found throughout the book and it makes for an interesting and compelling read. I have a copy if someone wants to borrow it – The Editor

Interesting Cycling Stories

A Capital Tour

On August 1, 2021, Bob Barnes of Syracuse New York began his quest to visit every capital of the United States estimating that he will cycle about 15,000 miles before he is finished - <https://www.usnews.com/news/best-states/washington/articles/2022-01-17/man-cycles-through-new-mexico-on-journey-to-see-us-capitols>. His journey will take him across the U.S. three times to hit all the capitals and he hopes to complete the journey in twelve months. He had reached Santa Fe, New Mexico, his twenty-fifth capital, by January 2022 so he is pretty much on schedule. His daily ride is 40-50 miles per day.

Cycling and the Fake Commute

Chris Giza, a pediatric neurologist in Los Angeles, was tired of covid and tired of sitting in front of the computer working from home. He also missed commuting where he could relax from the daily grind and think about and plan his day - https://www.washingtonpost.com/lifestyle/wellness/fake-commute-home-work-transition-/2021/02/22/49f79d56-6cb7-11eb-9f80-3d7646ce1bc0_story.html. Giza decided to add a 'fake commute' back into his daily schedule to clear his head and provide some needed exercise. He now rides his bike about 100 miles a week sometimes riding alone and sometimes meeting with others on the trail.

The Family Pooch: Instead of a Walk How About a Ride

Pro mountain bike rider Alexy Vermuelen likes to take his dog Willie along on his training rides for company - <https://cyclingmagazine.ca/sections/news/this-dog-likes-biking-more-than-you-do/>. If you have a small dog that is no longer keen on walking maybe this is another way to get him/her out into the fresh air.

Today's Cycling Quotation

"The bicycle is a just as good company as most husbands/wives and, when it gets old and shabby, you can dispose of it and get a new one without shocking the entire community."

Ann Strong

Today's Photograph

A photo of the Saturday morning riding group BEFORE they ran into the 30 mph headwind.



Today's Funny

Police came round last night and told me my dogs were chasing people on bikes

My dogs don't even have bikes.

SAVE ALL ANIMALS

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