

# CHAINRING

Newsletter of The  
GVR Cycling Club

[www.gvrcycling.org](http://www.gvrcycling.org)



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## Club News

February 16<sup>th</sup> – 3pm – is our next meeting

Wear something bright! Our safety tip for the meeting is visibility, so let's be visible. We can take a group picture!

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.



March Club Meeting – Mapping Our Route

The Club's March meeting on March 16 will focus on club planning and a detailed look at *Mapping Our Route* - [https://www.gvrcycling.org/mapping-our-route.html#/. This document reflects an earlier club discussion. It outlines what you, our members, listed as important goals and aspirations that should be achieved by our club to make cycling a fun and safe experience](https://www.gvrcycling.org/mapping-our-route.html#/)

in Green Valley. We hope as many of you as possible can attend that meeting because we need everyone's input. We know that we can't achieve every goal at once so we need not only your help in prioritizing our list but also who is willing to volunteer and help lead in one of those efforts. We look forward to a lively and enthusiastic discussion. We'll be at Las Campanas instead of East Center for the March and April Meetings.

## Local Cycling News

### Ride of Silence - Save the Date



After two years of Covid pandemic cancellations, the Ride of Silence is scheduled this year for Wednesday, May 18<sup>th</sup>. The ride commemorates those riders who have died or been injured in bike accidents while cycling on our roads and highways. Riders will gather at the GVR East Center parking lot at 5:30 p.m. and the ride begins at 6:00 p.m. For those who don't like public roads, it is a slow, single file ride with Pima County deputies, the Sheriff's Auxiliary Volunteers, and the Fire Department leading and following. Get it on your calendar and more details will be forthcoming.

### Tucson Bicycle Classic Volunteers Needed

In an earlier newsletter, we announced that the Tucson Bicycle Classic is coming our way. The race brings riders from across the country and there is prize money totaling \$10,500. Below is the race schedule:

March 4<sup>th</sup>, 2022, the Prologue Time Trial event east of Vail, AZ.

March 5<sup>th</sup>, 2022, the road racing event in Sahuarita, AZ.

March 6<sup>th</sup>, 2022, the Criterium race event will be at West Campus, Pima Community College.

Volunteers are needed to help carry out this event. Volunteer positions are 3 to 4 hours long, and volunteers receive an event t-shirt, cycling socks, and a goodie bag. In addition, the sponsors will provide bagels, coffee, and refreshments to keep volunteers going.



If you are interested in volunteering go to:

[https://www.signupgenius.com/go/9040b49a8a92eab9-tucson.](https://www.signupgenius.com/go/9040b49a8a92eab9-tucson)

### 2022 El Tour de Tucson

While it seems like just yesterday that the 2021 El Tour riders came through Green Valley, planners are already at work on the 2022 event. The riding loops have been finalized and the

102 mile loop will continue to run through Green Valley. Other distances will be 63 and 32 miles. Stay tuned for more details.

## National and International News

### 2021 – Lots of Bikes Imported

2021 saw nearly two million bikes imported that were valued at just under \$2 billion dollars according to the *Bicycle Retailer* - [https://www.bicycleretailer.com/studies-reports/2022/02/08/industry-imported-nearly-2-billion-bikes-last-year?utm\\_campaign=BRN%20-%20NL%20-%20Editorial%20Newsletters&utm\\_medium=email&hsmi=203757635&hsenc=p2ANqtz--Db0MM2nWyTNnU3kd9crbsdfpoJuPOu9k26ypcXu9FaJ88htagn4AulxgH6xtt\\_qhKFQ6mT9RFsFm p1WmXaaWHe5-ygw&utm\\_content=203680783&utm\\_source=hs\\_email#.Ygg6fFXMJJaQ](https://www.bicycleretailer.com/studies-reports/2022/02/08/industry-imported-nearly-2-billion-bikes-last-year?utm_campaign=BRN%20-%20NL%20-%20Editorial%20Newsletters&utm_medium=email&hsmi=203757635&hsenc=p2ANqtz--Db0MM2nWyTNnU3kd9crbsdfpoJuPOu9k26ypcXu9FaJ88htagn4AulxgH6xtt_qhKFQ6mT9RFsFm p1WmXaaWHe5-ygw&utm_content=203680783&utm_source=hs_email#.Ygg6fFXMJJaQ). That was a nearly a 14% increase over 2020 and the most since 2010. Imports from Taiwan and China made up 70% of the total. However, there were significant increases in imports from Malaysia, Indonesia, Thailand and Italy. What is interesting about these statistics is that they do not include eBikes that were rolling out of bike shops as fast as they could be stocked. Unfortunately, eBikes are counted under the motorcycle import category so it is harder to get accurate numbers.

### Speaking of Sales

Shimano had more to celebrate in 2021 besides its 100<sup>th</sup> Anniversary. Its bike division hit record sales of \$3.8 billion dollars in 2021, a 49% increase over 2020 - <https://www.bicycleretailer.com/industry-news/2022/02/08/its-centennial-year-shimano-hits-record-revenues-and-earnings#.YgrgW1XMJaQ>.

### New Report on Evaluating Cycling Networks



The *League of American Bicyclists* recently issued a report on how to evaluate biking infrastructure and networks -

<https://bikeleague.org/sites/default/files/Benchmarking-Bike-Networks-Report-final.pdf>. The forty-four page report, *Benchmarking Bike Networks*, focusses on both the network location and the types of traffic in which people are riding. It indicates that there is no “one size fits all” but that bike infrastructure needs to be designed to specific situations. The report provides case studies from five cities as large as New York or as small as

Missoula, Montana. It is a useful read when thinking and planning for improved infrastructure for Green Valley.

### Another Travel Option

Got an in-box note from a company called *Bike Tours.Com* - <https://www.biketours.com/start-here/>. They represent over 100 local tour operators in 70 countries. They offer both guided and self-guided options using local companies and appear to be much less expensive than some of

the larger American competitors. They get good online reviews. If anyone has used them and can comment, I'd like to hear from you. Also, if you would like to write a story about one of your past cycling adventures, we could include it in a future newsletter

### Cyclists in Counter-Protest to Canadian Truck Convoy



Truckers in Canada have recently been in the news by carrying out protests across Canada over Canada's strict covid mandates. Cyclists in Vancouver recently took matters into their own two wheels by blocking or slowing down the protesters -

<https://cyclingmagazine.ca/sections/news/cyclists-block-vancouver-truck-convoy/>. While they did manage to slow the convoy, cyclists and other protesters were

unable to stop the trucks from moving and gathering.

### Trek Raises \$1.8 Million for World Bicycle Relief

In November 2021, Trek Bicycles made an \$800,000 matching grant to the World Bicycle Relief foundation. Founded in 2005, World Bicycle Relief provides bicycles, mechanic's training and parts for bicycles in Africa, Southeast Asia and South America - <https://worldbicyclerelief.org/>. The organization has developed "Buffalo Bicycles" that are designed for hard use in rough terrain and are used by students, entrepreneurs and others as their primary means of transportation. More than \$1.8 million dollars was raised including Trek's original donation in support of World Bicycle Relief -



*Buffalo Bicycle*

<https://www.bicycleretailer.com/announcements/2022/01/13/trek-bicycle-retailers-and-world-bicycle-relief-raised-1-818-918-support#.Yf1aiVXMJaQ>. If you feel like this is another cycling group you want to support, information can be found at:

[https://worldbicyclerelief.org/donate/?utm\\_medium=ppc&utm\\_source=adwords&utm\\_campaign=World+Bicycle+Relief-+Branded](https://worldbicyclerelief.org/donate/?utm_medium=ppc&utm_source=adwords&utm_campaign=World+Bicycle+Relief-+Branded).

## Cycle Racing

### World Cyclocross Championship Results

The World Cyclocross Championships were successfully held January 28-30 in Fayetteville, Arkansas. It is the first time they have been held in the United States since 2013 and featured a purpose built venue with the support of the Walton Family and Walmart. Winners were primarily from Belgium and the Netherlands. For a full account of the results, go to:



<https://www.bicycling.com/racing/a38940293/2022-cyclocross-world-championships-photos-results/>.

## Cycling Gear

### Specialized Cycling is Changing with the Times

Being a Specialized Local Bike Shop used to make you really special. Specialized didn't sell their bikes on-line and they didn't compete directly with dealers. Specialized first break from this pattern was purchasing local bike shops where they could focus on the sale of only their products in direct competition with other local bike shops. In late January, Specialized announced that it will begin a program of selling directly to individual customers -



<https://www.bicycleretailer.com/industry-news/2022/01/27/specialized-add-consumer-direct-sales-feb-1#.YgPdPVXMJaQ>. Bikes sold directly to customers will require little assembly and ship in larger boxes. Specialized is taking this step because Trek and Pons (Cannondale/Schwinn/Cervelo) have been buying up local bike shops that once may have carried Specialized bikes. As noted in an earlier article the times are 'achangin' in the bike industry and fast.

### A Lighter Bike: Is It Worth It?



*Aluminum vs. Carbon*

Is buying a lighter bike cost effective? What about upgrading bicycle parts? Should one upgrade their components to save a few ounces or even a few pounds? Does it matter whether you are a pro racer or a weekend warrior riding a few dozen miles? *The Pro's Closet*, a Colorado used-bike seller, recently provided a long article on just that topic in their online newsletter

- [https://www.theprosclot.com/blogs/news/the-weight-equation-how-important-is-a-light-bike?variation=A&utm\\_source=KlaviyoNewsletter&utm\\_medium=email&utm\\_campaign=020822 Newsletter WeightDebate&utm\\_content=READ%20MORE&k\\_profile\\_id=01FT3XK0MJR1Y5](https://www.theprosclot.com/blogs/news/the-weight-equation-how-important-is-a-light-bike?variation=A&utm_source=KlaviyoNewsletter&utm_medium=email&utm_campaign=020822%20Newsletter%20WeightDebate&utm_content=READ%20MORE&k_profile_id=01FT3XK0MJR1Y5)

[5A18NTJ5ABQM&k\\_external\\_id=&\\_kx=1dTbsliC3teVoADi4StwyvB4Qgwg3\\_pftjZjQFpPPc4%3D.NchG8q](#). While a lighter bike is clearly easier to ride, will the average rider notice a two or even a four pound lighter bike? Also, at what point will a lighter bike be less rugged than a heavier bike with a stronger frame or wheels. For those obsessed by weight or even with passing interest, it is worth a read.

### It's Not Just Bikes Being Stolen



Thieves recently made off with more than \$10 million dollars of Shimano e-Bike parts in Germany that were on their way to the Czech bike manufacturer *Bike Fun International* -

<https://cyclingtips.com/2022/02/e10-million-of-bike-parts-stolen-in-shimano-heist/>. Officials of the company indicated that the loss of the parts will mean a delivery delay of over a year for buyers waiting for new bikes. Beware of the sale of any “hot” Shimano e-Bike parts being

offered.

### Stealing – From Bikes to Cycling Shoes

With the price of Shimano and Specialized biking shoes going through the roof, it didn't take long for someone to decide they were worth stealing. A bicycle shoe thief has struck two cycling stores in Toronto making off with \$600.00 size 46 Shimano S Phyre shoes -

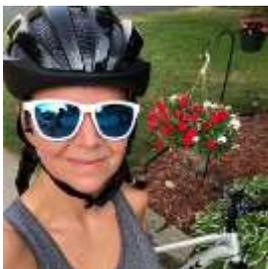
<https://cyclingmagazine.ca/sections/news/this-guy-has-been-stealing-shoes-from-toronto-bike-stores/>. He's not a terrible clever bandit as his image (in mask) along with his car and car license were captured on a store video camera. No arrest has been made as yet.

## Bicycle Health and Safety

### Is Not Wearing Biking Helmets Really Safer?

*Pedal Me*, a London-based bicycle cab company has banned its rider/drivers from wearing biking helmets - <https://www.bikebiz.com/pedal-me-bans-staff-riders-from-wearing-helmets-for-safety-reasons/>. The company claims that riders wearing helmets are more prone to accidents because the company believes riders take greater riding risks when wearing helmets. *Pedal Me* believes that through better training and bike maintenance they can lower accident risk more than compensating for the helmet ban.

### How Her Helmet Saved Her



Nicole Matheson was a relatively new mountain bike rider when she hit a wet patch on a trail and fell hitting her head on a metal bridge - <https://www.bicycling.com/culture/a38896306/how-cycling-changed-me-nicole-mathison/>. While she had a major concussion, the helmet absorbed much of the trauma and the top of the helmet sheared off where her head would have been without the helmet. While her concussion symptoms have lessened, she has returned to biking using an

indoor trainer. While she is not yet back on two wheels, the trainer is building her confidence to get back outdoors on her bike.

### News You Didn't Need – Winter Cycling in Minnesota



Winter cycling in Minnesota and the colder climates is a different animal. If you are from California, Arizona, the Northwest or the Southern states you probably haven't ridden on packed snow and ice in a below zero climate. Here is a description of how you cope – tires with studs, bar mittens, various types of multi-layered clothing, etc. - [https://sahanjournal.com/climate/winter-biking-minnesota-riders-of-](https://sahanjournal.com/climate/winter-biking-minnesota-riders-of-color/?utm_source=bikebits&utm_medium=email&utm_campaign=20220202_BikeBlts)

[color/?utm\\_source=bikebits&utm\\_medium=email&utm\\_campaign=20220202\\_BikeBlts](https://sahanjournal.com/climate/winter-biking-minnesota-riders-of-color/?utm_source=bikebits&utm_medium=email&utm_campaign=20220202_BikeBlts). For those of you with no interest in this or who just want to forget how cold you can get, feel free to move on to the next article.

## Cycling History

### Bicycles and In-Breeding- Who Knew

Britain in the 19<sup>th</sup> century was a country of small villages with the exception of large industrial towns like London, Manchester and Glasgow. Villagers all knew one another and most were interrelated to one another in the recent or the distant past. Railroads had opened up some travel opportunities but traveling was mostly limited by how far one could walk or ride in a buggy. Social historians are discovering that the bicycle brought a change not only in the cities but also in small county villages - <https://www.theguardian.com/environment/bike-blog/2015/jun/09/feminism-escape-widening-gene-pools-secret-history-of-19th-century-cyclists>. As the "safety bicycle" became less expensive, people in villages were able to buy them and travel further than they had been able to walk or ride on horseback. The bike allowed men and women to expand their social circle and meet someone unrelated rather than a second or third cousin. As one 19<sup>th</sup> woman cyclist wrote: "The bicycle is in truth the women's emancipator. It imparts an open-air freedom and freshness to a life hitherto cribbed, cabined and confined by convention." She describes her political experience of freedom with a spatial metaphor- no longer 'confined', but able to breeze through the 'open-air'.



## Interesting Cycling Stories

### The Dangers of Gravel Riding

California's Rock Cobber gravel cycling race turned out to be more dangerous than just a fall and some road rash. Crossing a field, riders discovered a bull who was not pleased to share the pasture with riders on bikes - <https://cyclingmagazine.ca/sections/news/this-guy-got-absolutely-clobbered-by-a-bull-at-a-gravel-race/>. One rider was attacked twice and three others were chased on the route. Beware the Bull!

### A Two-Part Crossing of America: A Cycling Adventure

Tyler Metcalfe relished his job as a photographer and photo editor at *National Geographic* but longed for the adventure that was being documented by others in the *Geographic's* magazine stories. While not an avid cyclist, he decided to ride the more than 4,218 mile Trans-America Bicycle Trail from Yorktown, Virginia to Astoria, Oregon - [https://www.adventurecycling.org/blog/transamerica-in-two-parts/?ruid=437746&utm\\_source=bikebits&utm\\_campaign=20220202\\_BikeBlts&utm\\_medium=email](https://www.adventurecycling.org/blog/transamerica-in-two-parts/?ruid=437746&utm_source=bikebits&utm_campaign=20220202_BikeBlts&utm_medium=email). National Geographic agreed to publish his story and he began his ride. He rode 30-50 miles per day and made stops and side trips as the spirit moved him. It was uneventful until riding near Pittsburg, Kansas he was struck from behind by a speeding SUV. Although the driver stopped, they were neither charged nor cited. He had a major head injury two spinal fractures, and a torn appendix and calf muscle. He spent 51 days recovering and doing physical therapy before he could continue his trek westward. The remainder of his ride describes how he overcame his riding fears following the accident and his eventual success at reaching his destination.

### The Super Bowl and Cycling

The Super Bowl is over and we can get back to cycling. If you think there are no parallels between football and cycling, you would be wrong. Retired NFL pro footballer Luke Willson is also an avid cyclist and in a recent article drew some parallels between the two that included clothing, safety equipment and the dangers involved - <https://cyclingmagazine.ca/sections/news/super-bowl-champ-luke-willson-shares-7-things-cycling-has-in-common-with-football/>. An interesting read!

### Cycling Around South Uist

*Around The Round Island* tells the story of cycling on South Uist, an island off the West Coast of Scotland, by bike and kayak. It is the story of a group of cyclists who are trying to not only to leave no trace of their travels but are trying to remove traces left by other less-ecologically savvy travelers - <https://bikepacking.com/plog/around-the-long-video/>. They do this by burying their feces, carrying



out any refuse and camping beside tracks rather than areas where there is native habitation or birds nesting or native vegetation. Their goal is to leave trash free trails as well as repair the thoughtlessness of others - <https://www.trashfreetrails.org/>.

### Explaining Your Cycling Passion to a Non-cycling Partner

If you are a “hard-core” cycling enthusiast, there are some things that your partner may not understand about your passion - <https://cyclingmagazine.ca/sections/training-guide/training/10-super-important-things-youre-going-to-have-to-explain-to-your-non-cycling-partner/>. Here are a few of the important ones:

1. I need lots of space because I have lots of bikes
2. Don't make me choose between you and the bike
3. Don't expect return calls when I am out riding
4. When we are socializing with cycling friends expect the conversation to be all about bikes
5. Of course my bike will always be traveling with me

### For Word Game Fans

Wordle, a new word game, seems to be everywhere - [Wordle explained: Everything to know about the viral word game \(msn.com\)](#). There is a puzzle a day where you try to guess a word by clicking on tiles that change color depending on whether your guess is getting closer. It didn't take long before there was a cycling version of the puzzle called Bikle - <https://www.cyclingnews.com/news/play-bikle-the-cycling-version-of-wordle/>. In the cycling version, puzzlers are seeking to guess the name of a current or past professional cyclist. If you are a gamer and have time in your day, you might want to check it out.



### Today's Cycling Quotation

*My ultimate fear is that when I die my spouse sells my bikes for what I SAID I paid for them.*  
**Sean Power**

### Today' Photograph



## Today's Funny

Once you have the helmet, you need one of these for your personal safety!



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