

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



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Club News

April Club Meeting

James Ertel will be the Club’s April speaker. Ertel specializes in graphic design and has worked with a variety of Green Valley non-profits. He will be speaking about the integration of technology and cycling. The meeting will be held in the Agave/Ocotillo Room at the **GVR Las Campanas** Center on April 20th at 3:00 p.m.

Local Cycling News

Pima County Road Repairs

Pima County just announced some of its spring road repairs. Listed below are ones affecting our area. There will be further announcements as new contracts are announced.

Friday, March 25 through Monday, March 28: Fog seal N. La Canada Drive from Esperanza Boulevard to Calle de las Tiendas. Temporary striping: Wednesday, March 30 and Thursday, March 31.

Tuesday, March 29: Fog seal S. La Canada Drive from Continental Road to Mission Twin Buttes Road. Temporary striping: Thursday, March 31.

Bike Maintenance Training



Bicas in Tucson has a number of upcoming bike maintenance classes. These include a new offering on maintaining mountain bikes as well as their basic bike maintenance course and their five class build-a-bike course. Information on dates and costs can be found at:

<https://mailchi.mp/bicas.org/bicas-has-a-new-mtb-class?e=c6330b332a>

Cyclovia Tucson Returns

Tucson's unique Cyclovia event returns on Sunday, March 27th. It is a five mile long car-free ride from Tucson's downtown to South Tucson. There are food and events along the way with walkers, riders and hikers - <https://www.cycloviatucson.org/>. Activities run from 9 a.m. to 3 p.m.

Update - Ride to Nowhere Bike Trail

The bike trail that will parallel the new road being completed between Quail Creek and Nogales Highway (Walmart Shopping Center) is scheduled for completion in late November/early December. It will not only benefit Quail Creep residents but offer another safe trail for all Green Valley riders.

GABA Bike Swap Is Coming!

The Greater Arizona Bike Association's spring on Sunday, April 10 from 7:00 a.m. to Park, 221 West 6th Avenue. Individuals clothing and much more. If you haven't bikes or biking gear, put the date on your



swap meet will be coming to Tucson 1:00 p.m. It will be held at Armory and bike shops bring bikes, parts, attended before and you need some calendar.

Tucson Has Its Own Bicycle Frame Builder

Megan Dean, owner of Moth Attack frame builders, has moved her studio and workshop to Tucson after earlier lives in Los Angeles and Eagle, Colorado. She builds custom steel frames in Tucson for road and mountain bikes. For more details about her history and her frame building, go to: <https://theradavist.com/2022/03/moth-attack-custom-bike-review/>. In addition, she operates Handlebar Mustache, a



clothing company with her partner - <https://hbstache.com/>.

New Ride of Silence Coordinator Sought



After eighteen years, 2022 will be the last year that Chuck Hill will serve as leader/coordinator of Green Valley's Ride of Silence. With Chuck's leadership, this event has grown and become one of Green Valley's most important cycling events. Chuck would like to find a new coordinator/leader for the 2023 event who can work with him on the 2022 event to get a running/biking start. Here are some of the activities for which the coordinator is responsible:

1. Securing insurance permits from Greater Arizona Biking Association representative
2. Applying for special event permits – Town of Sahuarita and Pima County
3. Coordinating support from Green Valley Fire Department, Sheriff's Auxiliary Volunteers, Pima Sheriff, and Green Valley Recreation
4. Seeking publicity – Green Valley News, KGVY Radio, Quail Creek, etc.
5. Sending email and maintain list of addresses (mail chimp)
6. Serving as moderator at event

If this sounds of interest or you want more detail, contact Chuck Hill at: chill@newnorth.net or [520\) 829-7693](tel:5208297693)

National and International News

The Ukraine Invasion and Cycling

It has only been two weeks since Russia invaded the Ukraine but there are already ripples flowing across the cycling pond with more expected. It has affected bicycle racing and that story is below under the racing heading. Dmitry Nechaev, a Russian/Israeli citizen, has been building Triton titanium frame in Moscow since 2005 - <https://tritonbikes.com/>. However, with the beginning of the Russian invasion, Nechaev found that he could no longer source the materials needed to produce his frames -

https://www.bicycleretailer.com/international/2022/03/03/russian-framemaker-flees-country-asks-industry-support?utm_campaign=BRN%20-%20NL%20-%20Editorial%20Newsletters&utm_medium=email&hsmi=205956216&hsenc=p2ANqtz--jCfnEQABa8VfmVGwXqxNG6oxpIVoWBD3-2sIRBWih7Zp29gv5ZHTm8F8ELAU0ricRs4YRXKLHsWv0a3T-EW3tzfTkBA&utm_content=205956216&utm_source=hs_email#.YidSUTjMJaq. Most of his

frames were sold outside of Russia and half went to the Ukraine before the war started. He is hoping to re-establish his business outside of Russia but his future is unclear.

The Bike as a Tool to Fight Putin



As the war in the Ukraine continues and people seek ways to end the invasion and the killing, people around the world are seeking leverage against Putin and Russia. Some of these efforts involve economic sanctions and providing the Ukraine with military supplies. The most recent escalation involves banning the importation of Russian oil which accounts for about 40% of Russian income. The result has been a spike in gas prices in the US and around the world. However, cyclists and others are finding ways to blunt the pain. These include riding/walking to do errands, working from home and planning automobile trips to lower gas use. A new bike meme – **Fight Putin – Ride a Bike** has just hit the on-line airwaves - <https://cyclingmagazine.ca/advocacy/is-the-bike-becoming-a-powerful-tool-against-the-russian-invasion/>. Riders are adopting this and creating stickers for their bikes, bike helmets and other public places. I suspect stickers will be available for sale soon, but you can always print off copies from the article noted above for your personal use.

Bike Support Organizations You Never Heard Of

NACTO is 92 cities members bikes ride has been a are used by



the National Association of City Transport Officials representing and agencies across the US - <https://nacto.org/about/>. Their plan and are responsible for the cities' streets that our cars and on every day. As cycling has become more popular, this group leader in expanding bike lanes and establishing standards that cities across America - <https://nacto.org/publication/urban-bikeway-design-guide/>. They are continuing this work to assist cities to expand their bike networks developing new working papers. They will release a new set of guideline for bikeway design in 2023.

Stolen Colorado Bikes

Several issues ago the newsletter ran a story about a gang breaking into Colorado bike stores and making off with dozens of bikes with each break in. Police initially thought this might be the work of a gang of bike thieves from Mexico. Bike Index, a non-profit organization, seeks out stolen bicycles and tries to recover and get them returned to their original owners. They took on the task of finding where these stolen bike ended up and this led to a Mexico-only website - <https://bikeindex.org/news/closing-the-loop-a-deep-dive-on-a-facebook-reseller-of-bikes-stolen-in>. It is a long and involved story but a fascinating tale of how they matched items that were stolen with their owners.

Watching Cycling Films from Home

There is lots of cycling footage online, just go to Youtube and you can be watching all day. However, there are some longer films out there that cyclers might find of interest - https://ciclismoclassico.com/community/events/film-festival/?utm_source=bikebits&utm_medium=email&utm_campaign=20220302_BikeBits.

Ciclismo, a cycle touring company, has been sponsoring an annual film festival for over a decade. Before covid, the festival was shown in theaters in the Northeast but it has been available online more recently. All films are shown during one evening but if that isn't convenient, all of the content is available over a four day period. The cost is \$21 per household so you can see films at different times on different platforms with a portion of the proceeds going to the Adventure Cycling Association.

Cycling Consolidation Continues

Cycling company consolidation continues unabated. SRAM has just purchased apparel company Velocio and just before that it added Hammerhead GPS components- <https://www.bicycleretailer.com/industry-news/2022/03/09/sram-acquires-apparel-brand-velocio#.Yi-dydXMJaQ>. Dutch company PONS is expanding its Mike's Bikes dealer network and added Roseville Cyclery to its fourteen other stores- <https://www.bicycleretailer.com/retail-news/2022/03/07/mikes-bikes-acquires-roseville-cyclery#.Yi-egNXMJJaQ>. And the beat goes on....

Bringing Bike Manufacturing Back to America

The Coalition for a Prosperous America released a report late last year entitled [The Global Bicycle Market: A Comprehensive Plan to Re-Shore the U.S. Bike & E-Bike Industry](#). The report states that 97% of the bikes and bikes parts sold in America are produced overseas. It outlines the dangers of our dependence on overseas manufacturing and provides a plan to bring that manufacturing back to U.S. shores - <https://prosperousamerica.org/wp-content/uploads/2021/11/The-Global-Bicycle-Market-A-Comprehensive-Plan-to-Re-Shore-the-U.S.-Bike-E-Bike-Industry-1.pdf>. The report provides a good introduction and history as to why manufacturing moved off-shore and what will be needed to bring it back.

Cycle Racing

Cycle Racing and Politics

Russia's war in the Ukraine has had repercussions in the cycling world. Since the invasion of the Ukraine, Australian Cycling announced that no Russian or Belarus teams would be allowed to compete in the UCI Road Cycling Championships scheduled for September in Australia - <https://cyclingmagazine.ca/sections/news/russian-and-belarusian-teams-are-banned-from-the-road-worlds-but-not-all-cyclists-agree/>. The International Olympic Committee has also encouraged members to exclude teams or individuals from Russia or Belarus from any competitions as a result to the Ukrainian invasion. On another front, Look Cycling has dropped its sponsorship and technical support of the Gazprom-RusVelo Team - https://www.bicycleretailer.com/international/2022/03/01/look-cycle-ends-relationship-russian-road-team?utm_campaign=BRN%20-%20NL%20-%20Editorial%20Newsletters&utm_medium=email&hsmi=205956216&hsenc=p2ANqtz-uMglzsoofgMAvyziIYG0bNWB_kNV9ZEFoW3cN9Knfr2nfH76dVAGK-LZRFE4-ZKgn16cAbtagpbUUYwLPZvCwO3nj1Q&utm_content=205956216&utm_source=hs_email#.YiY6cTjMJJaQ.

Cycling Gear

The Latest and the Greatest?

Lemond Cycles is at work on a cycle a frame and fork with no metal parts - <https://bikerumor.com/lemond-8-carbon-road-bike/>. A new breakthrough uses foam to form the carbon parts and the foam remains inside the frame upon completion which the company claims will lower riding vibration. The bike is being manufactured in America at Lemond's Knoxville factory and you can get on the waiting list for purchase - <https://lemond.com/road>. They claim delivery will begin in July 2022 and the price (drum roll) - \$12,500.



Just One More Bike, Please?



Just when you thought you had all your riding needs covered, along came the folding e-Bike. If you are traveling this summer and want a personal bike available at your destination, maybe a folding e-Bike is the answer. *Bicycling Magazine* has a review of some of the top models if you have room in your garage for just one more bike - <https://www.bicycling.com/bikes-gear/a25102796/best-folding-e-bikes/>. After all, it's folding and it can't take up much space.

Not Enough Room for Even a Folding Bike?



If your garage isn't big enough for another bike or you don't even have a garage, how about a bike shed? If you have some outdoor space beside your garage/carport or in your back yard, a bike shed might be a solution. Sheds come in a variety of materials – metal, wood, plastic – as well as in different sizes. *Bicycle Magazine* recently did a review of bike sheds that include different materials and price points - <https://www.bicycling.com/bikes-gear/g39384317/best-bike-sheds/>. They even included a traveling bike shed for those wanting to protect their bikes away from home.

Is There A Perfect Cycle Frame Material?

Thinking about buying a new bike? What can I afford? Will this be the last bike I ever buy? What type of frame do I want? What type of wheels? One of the big questions when buying a bike is the type of frame material – steel, aluminum, carbon or titanium. There are lots of myths out there – aluminum is too inflexible, steel is too heavy, carbon is light weight but doesn't hold up as well, etc. A recent article in *Bicycling* magazine covered this topic in detail - <https://www.bicycling.com/bikes-gear/a39080998/does-frame-material-matter/?source=nl>. Their answer was - there is no easy answer. A bike is the sum of its parts and all those parts play a role in how a bike rides. Budget also plays a role in the equation. You want a carbon bike

in a certain price range which means you may have to compromise on the quality of your components and wheels. If you are thinking about a new bike, do some test riding to find you what suits you!

Need More Storage While Riding? Maybe a Frame Bag Is the Answer

When you go out riding are your jersey pockets stuffed with stuff? Maybe you need to add some more carrying capacity on your bike. If you are not a fan of racks or panniers, a frame bag might be just the answer for odd items or some food. *Bicycling Magazine* recently did a review of frame bags and did a top ten list of bags for various types of bikes and user needs – <https://www.bicycling.com/bikes-gear/g39263352/bike-frame-bags/>. A good place to start if a frame bag meets your needs.



What's In Your Bike Pouch?



Are you prepared for a bike emergency? Do have a spare tube, a pump and tire levers in your bike pouch? How about a multi-tool that has a screwdriver and hex wrenches? If you don't have the latter or you are looking for a new or expanded set, *Bicycling Magazine* recently ran a comparison article on some of the best sets available -

<https://www.bicycling.com/repair/g39264258/best-multitools/>. They come

in different shapes and sizes and can be the difference between walking and riding home if you are on a ride and an emergency repair is needed.

Bicycle Health and Safety

It's Not Only What You Eat!

Recent studies have shown a correlation between how we eat and good health. Studies have found that eating the same food – a breakfast burrito, for example – in one setting versus another on heart health and blood sugar. Eating more slowly and in a no-stressful environment has a minimal effect on increased blood sugar while gulping down the same food while walking between meetings or eating quickly at your desk has the opposite effect -

<https://www.bicycling.com/health-nutrition/a39194618/how-eating-while-stressed-is-bad-for-your-health/>. Clearly a diet of healthy food is good for us but how we eat it also matters.

Numb and Tingling Hands – What Next?

Many riders suffer from numb and tingling hands after an hour or more of riding. There are many recommendations to alleviate that. These include getting a bike fit, wearing gloves with good padding, changing your hand position regularly and build up your body core strength. However, if none of that works, what's next? Hand numbness is nerve related. One suggestion is to try nerve flossing - <https://www.bicycling.com/health-nutrition/a39135427/nerve-flossing-for-hand-numbness/>. Nerve flossing is a series of exercises that stretch the nerves allowing

them to function better and alleviate the numbness. The article referenced above provides a variety of exercises that you can do on your own or they could be done in conjunction with a physical therapist.

Cycling History

When Are Two People On a Bike Not a Tandem?

When cyclists today think about a tandem, it is two people riding on a two seat bike, one seated behind the other. However, there were many varieties of tandems in the early 20th century. One had the cyclists riding side by side and was called the “sociable” -

<https://onlinebicyclemuseum.co.uk/c1910-side-by-side-sociable-tandem/>. The cycle ushered in a new era of

freedom for both men and women as they were able to move about more freely and easily. The sociable offered men and women the opportunity to ride side by side and have a conversation while riding and offered a different “courting” opportunity.



Interesting Cycling Stories

Cycle Racing and Love



Professional cycle racers lead a very hectic life. There is the constant travel and when not traveling, they are training. With such a busy life, how do you find time for a partner and someone to love? *Bicycling Magazine* recently ran a story about three people who overcame the chaos and stress of pro cycling to find a partner and settle down -

<https://www.bicycling.com/culture/a39074093/cycling-pros-share-their-love-stories/>

Riding Your Age at 42 – With a Little Help from Your Friends

Candace Buckner got more serious about cycling after covid struck. She went out cycling more on her road bike that she named Dolce Luna (sweet moon). As she approached age forty-two she started evaluating her life and values and decided to set a goal of riding 42 miles on her birthday. She put her goal out on Facebook and five of her friends insisted on riding with her. Unfortunately, she had not trained for this longer ride and decided during the ride to drop out. This is her story about how her friends got her to ride the full forty-two miles and then some through the middle of the District of Columbia -

<https://www.washingtonpost.com/sports/2022/03/01/candace-buckner-birthday-bike-ride/>.



Today's Cycling Quotation

"Don't buy upgrades, ride up grades."

Eddy Merckx.

Today' Photograph

If your tandem keeps crashing, maybe you need this:



Today's Funny



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