

CHAINRING

Newsletter of The
GVR Cycling Club
www.gvrcycling.org



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Club News

Next Club Meeting

April 20 – 3 p.m. GVR Las Campanas - Ocotillo/Agave Room. James Ertel will provide members with an introduction to cycling technology.

March Club Meeting – Karen and Joanie – Your Pres/VP team

The March club meeting focused on sharing member ideas for the future direction of the club with members meeting in groups to discuss different issues and concerns. The conversations were lively and positive. More detail will be provided on the website and at future meetings.

Check out the updated Mapping our Route document (attached to the email) and on our website at: <https://www.gvrcycling.org/mapping-our-route.html#/> . The items in red type are the items that seemed most popular during our multi-voting session.

We are lucky to have such a terrific group of dedicated cyclists with bright ideas.

Local Cycling News

Saturday Morning Cycling Dinosaurs

An article about our Saturday morning riders is attached to the email, and is also posted on the Home page of our website. <https://www.gvrcycling.org/#/>

The Word Is Out!

We all know about how great Tucson's Loop is but now everyone else is also finding out as well. The Chuck Huckleberry Loop has just been nominated at the best recreational trail in the United States - <https://content.govdelivery.com/accounts/AZPIMA/bulletins/310358f> as nominated by a panel of experts for *USA Today's* Ten Best.

GABA Seeks Volunteers for Swap Meet

In an earlier newsletter, we announced GABA's Spring Swap meeting to be held in Tucson on April 10 from 7:00 a.m. to 1:00 p.m. They are in need of volunteers for two functions:

Information/Direction Booth – Shifts - 5:00 - 7:00 AM, 9:00 - 11:00 AM, 11:00 - 1:00 PM

Ebike Fair table/area – Shifts - 7:00 - 8:30 AM, 8:00 - 9:30 AM, 9:00 - 10:30 AM, 10:00 - 11:30 AM, 11:00 - 12:30 PM, 12:00 - 1:00 PM

To volunteer, contact: Douglas Horn at GABA - douglas.horn@outlook.com

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>. Your editor has taken some BICAS courses and the instructors are top-

notch.



National and International News

Another State Passes the Idaho Stop Law

What has been called the Idaho Stop Law for cycles was passed by the Idaho legislature in 1982. Since that time nearly a dozen other states – mostly in the West – have passed a similar law. The latest state to approve this was Colorado this past week. The Idaho Stop Law allows cyclists to treat a stop sign like a yield sign. As the cyclist approaches a stop sign, they check for traffic and do not need to stop if there is no traffic. If a cyclist approaches a red stoplight, they must stop. However, if there is no approaching traffic, they may proceed before the light turns green. There has been discussion about passing a similar law in Arizona but there has been no success thus far.



Bike Support Organizations You Never Heard Of

NACTO is the National Association of City Transport Officials representing 92 cities and agencies across the United States - <https://nacto.org/about/>. Their members plan and are responsible for the cities' streets that cars and bikes ride on every day. As cycling has become more popular, this group has been a leader in expanding bike lanes and establishing standards that are used by cities across America - <https://nacto.org/publication/urban-bikeway-design-guide/>. They are continuing to assist cities to expand their bike networks by developing new working papers. They will release a new set of guidelines for bikeway design in 2023.



Will the War in Ukraine be a Tipping Point in the Move toward Environmentalism

\$4-\$5-\$6 gas has everyone complaining. However, will that be enough for people around the world to change their habits on how they travel? While cycles won't solve problems like a 60 mile commute, there are other situations where a bike can replace a car. Heather Mason in *Bicycler Retailer* offers suggestions to those in the bicycle retail business on how they can be proactive in assisting new and existing riders to make the switch - <https://www.bicycleretailer.com/opinion-analysis/2022/03/09/heather-mason-heres-how-retailers-can-help-us-switch-cars-bikes#.Yj8qpFXMJJaQ>. She recommends having lots of bike options in stock, displaying how each type can be used and training staff to welcome and explain bike options to new customers.

Cycles as a Teaching Aid

Two University of Buffalo faculty members, Noemi Waight and Sarah Robert, used cycling in a unique way in conjunction with their course studying the urban community. They began their course with a four hour cycle ride throughout downtown Buffalo getting their students outside the four walls of a classroom. Their 2021 class drew fifty-five students and they were able to gather enough bikes by collaborating with Slow Roll Buffalo, a non-profit cycling group - https://www.buffalo.edu/ubnow/stories/2022/02/gse-cycling.html?utm_source=bikebits&utm_medium=email&utm_campaign=20220316_BikeBits.

Responses to Bike-Hating Friends/Acquaintances



If you have friends or acquaintances who complain about cyclists who are taking up their road space, you might want to try educating them. *Edmund's* website has a great piece on 10 rules for drivers and how they can learn to co-exist with cyclists -

<https://www.edmunds.com/car-safety/coexisting-with-bicyclists-10-rules-for-drivers.html>.

Thieves Are Even Stealing Bike Parts

Pacific Northwest Components (PNC) is a maker of bike parts including seat posts, bike packs and handlebar grips - <https://www.pnwcomponents.com/>. The company recently reported that over \$500,000 worth of parts were stolen from a delivery truck in San Bruno, California while on their way to a PNC warehouse - https://www.bicycleretailer.com/industry-news/2022/03/16/pnw-components-valued-500k-reported-stolen?utm_campaign=BRN%20-%20NL%20-%20Editorial%20Newsletters&utm_medium=email&hsmi=207446269&hsenc=p2ANqtz-95EWrnqIqPgRAMIQWvithvZMB9sBpejyt82Ci_qWCEeP_7aS-zNJaLTQNX6gGGgD8MEQb_H9LP23cZU905h668ZCEuTA&utm_content=207446267&utm_source=hs_email#.Yjsa61XMJaQ.

https://www.bicycleretailer.com/industry-news/2022/03/16/pnw-components-valued-500k-reported-stolen?utm_campaign=BRN%20-%20NL%20-%20Editorial%20Newsletters&utm_medium=email&hsmi=207446269&hsenc=p2ANqtz-95EWrnqIqPgRAMIQWvithvZMB9sBpejyt82Ci_qWCEeP_7aS-zNJaLTQNX6gGGgD8MEQb_H9LP23cZU905h668ZCEuTA&utm_content=207446267&utm_source=hs_email#.Yjsa61XMJaQ.

Cycle Racing

Riding For Dollars in a Good Cause



Lachlan Morton, a professional road and mountain bike racer, was in Spain when he heard about the invasion of the Ukraine by Russia. Although Morton is Australian, he was directly affected because a teammate, Mark Padun, is Ukrainian and has family and friends in the war zone. Morton decided to try to help and set up a fund raising goal of \$50,000. He planned to raise the money by getting

sponsors and riding over 1,000 kilometers (600 miles) from Munich, Germany to the border of the Ukraine in forty hours - https://www.cyclingweekly.com/news/lachlan-morton-raises-over-dollar200000-for-ukraine-crisis-relief-fund-with-mega-bike-ride?utm_source=SmartBrief&utm_medium=email&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm_content=C3E30AEB-1926-4A2A-9FB5-7CF56259051B&utm_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a.

https://www.cyclingweekly.com/news/lachlan-morton-raises-over-dollar200000-for-ukraine-crisis-relief-fund-with-mega-bike-ride?utm_source=SmartBrief&utm_medium=email&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm_content=C3E30AEB-1926-4A2A-9FB5-7CF56259051B&utm_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a. Morton just completed his ride in 42 hours and raised more than \$200,000 toward Ukrainian refugee assistance.

A Day in the Life of a Professional Cyclist

Do you ever wonder what it would be like to be a professional cyclist? Ayesta McGowan, a member of the Liv Xstra Racing Team, was recently profiled in the *Washington Post* - <https://www.washingtonpost.com/lifestyle/2022/03/22/the-work-day-professional-cyclist/>. The article describes how she got into cycle racing and what she does on a particular day.



Cycling Gear

Switching to Tubeless Tires

Tubeless tires have made great inroads into the mountain and gravel bike world. However, road bike riders (like me) are still not convinced. Experience with quality tires and sealant has given really good flat protection but it's not always 100%. If you are thinking about making the switch, *The Pro's Closet Newsletter* provides a good introduction to making the switch and the tools and supplies you'll need - https://www.theproscloset.com/blogs/news/how-to-install-tubeless-road-tires-the-easy-way?utm_source=KlaviyoNewsletter&utm_medium=email&utm_campaign=031522_Newsletter_Tubeless_Monday_A&utm_content=LEARN%20HOW&k_profile_id=01FT3XK0MJR1Y55A18NTJ5ABQM&k_external_id=&kx=1dTbsliC3teVoADi4StwyvB4Qgwg3_pfitZjQFpPPc4%3D.NchG8g.

Helmet Camera Anyone?



I confess to being a Luddite. My wife and I were late-comers to computers and some of the last of our friends to ditch their flip phone for an I-phone. When helmet cameras came along, I didn't see the point. Do I need an image of the back of a person riding in front of me or a record of me falling off a bike? However, as I thought more about this and of the people taking trips abroad or riding through beautiful scenery, my opinion softened. If you

haven't yet bought a camera or are thinking about upgrading your equipment, *Bicycling Magazine* recently did a comparison of eight different cameras - <https://www.bicycling.com/bikes-gear/g39383782/best-helmet-cameras/>. Prices ranged from just under \$100 to nearly \$500. The article provides good data on sizes, prices and features.

Cycling Pumps – It's Not All Hot Air

Have you been stranded without an air pump or do you have a pump stand to check your tire pressure at home to fill your under-inflated tires? If you don't have one or your current pump is ready to expire, here is a website that provides a buyer's guide for those in need of a new pump: https://www.cyclingweekly.com/group-tests/best-cycle-mini-pumps-buyers-guide-114355?utm_source=SmartBrief&utm_medium=email&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm_content=3A9652CF-74DE-4715-B947-03B02C775A93&utm_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a.

Tire Pressure Calculator

Rene Herse Cycles recently posted an interesting article on optimum tire pressure along with a calculator that allows input for rider weight and tire width - <https://www.renehersecycles.com/tire-pressure-calculator/>. It describes the options and values between soft and firm and numbers for each. The only drawback is the narrowest tire allowed by the chart is 28mm.

Bicycle Health and Safety

What to Eat Before a Ride

How do you feel get an upset stomach have an impact on not. Selene Yeager in foods help or hinder



when you ride? Do you have lots of energy? Do you or feel bloated? What you eat before you ride can how you feel and whether the ride is pleasurable or *Bicycling Magazine* gives a good overview of what a ride whether you are out for an hour or for a longer ride - <https://www.bicycling.com/training/a20011394/how-to-fuel-on-rides-of-every-length/?source=nl>. It's worth a quick look.

It's Not Only What You Eat!

Recent studies have shown a correlation between how we eat and good health. Reports have found that eating the same food – a breakfast burrito, for example – in one setting versus another will have on heart health and blood sugar. Eating more slowly and in a non-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.

Cycling History

Gravel Bikes Were All the Rage – In 1993?

Gravel biking has become all the rage during the 2000s -

<https://www.insidehook.com/article/health-and-fitness/what-is-gravel-biking-bikes> Gravel riding offers an option between mountain and road riding and the sport really took off during the covid years. Gravel racing got serious when Unbound Gravel began its annual race in 2006 and Salsa Cycles released the modern iteration of the gravel bike in 2012. However, gravel riding is not new. As early as 1993, frame builder Bruce Gordon was building a drop bar bike with wider tires that looks very much like today's gravel bike - https://cyclingtips.com/2022/02/bruce-gordons-rock-n-road-titanium-a-gravel-bike-decades-ahead-of-its-time/?utm_source=bikebits&utm_medium=email&utm_campaign=20220316 BikeBits. Of course, 19th century bikes had many of the same characteristics as gravel bikes as they were designed to ride on unpaved roads and required the wider tires now seen on gravel bikes.

Interesting Cycling Stories

The Oscars Are Over: Let's Watch a Cycling Movie



Did you ever watch *Breaking Away* or *Bicycle Thieves*? If not, you have been missing something. *Canadian Cycling Magazine* recently compiled a list of the good, the bad and the ugly of cycling on film - <https://cyclingmagazine.ca/sections/news/forget-the-oscars-these-are-the-best-and-worst-cycling-films-in-pop-culture/>. They broke their story into three categories: where the bike is the central character, a supporting character or only plays a cameo. If you have a free evening, see if you can find/rent one of these classics.

A Love Letter to My Bike



How are you feeling about your bike? Do you love it or hate it or have no feeling about it one way or the other? Alison Tetreck is an American cycle racer. She comes from a family of cycle racing enthusiasts and has ridden in World Champion racing levels. In a recent *Velo News*, Tetreck penned a love letter to her bike describing how her bike played a role in making her the person and the rider that she is-

<https://www.velonews.com/culture/a-love-letter-to-my-bike/>.

An 85 Year Old Diary Leads to a Ride in the Scottish Highlands

Mary Harvie and her two sisters made a cycling trip across the Scottish highlands in 1936. Mary



kept a diary which described her ride and her son donated it to Hosteling Scotland in her memory. In 2021, the organization asked Lee Craigie and two friends do a commemorative ride following Harvie's original route. Here is the story of their ride with lots of hills, rain and wind:

<https://www. pannier.cc/journal/what-would-mary-do-hostel-bikepacking-scotland/>. It's a great story with wonderful photographs!

Riding New Zealand from Top to Bottom



New Zealand is beautiful and a great cycling country. The scenery is spectacular with a mixture of mountains, green pastures and ocean views. Father and daughter, Evan (age 55) and Zoe (age 23), decided to ride from the far north of New Zealand's North Island – Cape Reinga – to the furthest south of the South Island – Bluff – a total of nearly 1800 miles. They covered the distance in 23 days, climbing more than 125,000 feet with each

carrying 20 pounds of gear. Here is their story -

https://www.stuff.co.nz/travel/experiences/cycling-holidays/127775479/father-and-daughter-cycle-length-of-country-because-they-could?utm_source=bikebits&utm_medium=email&utm_campaign=20220316 BikeBits.

Two Friends Seek a Relaxing Time Riding from Santa Fe to Las Cruces



Andy Karr and his friend, Gary, had ridden from Las Cruces, New Mexico to Santa Fe in 2018. Covid curtailed their recent riding and they decided to ride the same trail again in the opposite direction – Santa Fe to Las Cruces

<https://theradavist.com/2022/01/bike-tour-from-las-cruces-to-santa->

[fe/?utm_source=bikebits&utm_medium=email&utm_campaign=20220316](https://theradavist.com/2022/01/bike-tour-from-las-cruces-to-santa-fe/?utm_source=bikebits&utm_medium=email&utm_campaign=20220316) BikeBits. Having ridden the route before, they expected the ride to be easier because of their familiarity and hence the phrase in their article title Chillest Known Time (CKT). However, it did not prove to be as easy or as chill a time as they expected. An interesting story of riding a route that could easily be found somewhere in the Arizona landscape.

Today's Cycling Quotation

There's no such thing as bad weather, just bad clothing. **Josie Hunsdon**

Today' Photograph

The future is here today? A foldable electric bike – only \$7,495 -

<http://www.yikebike.com/product/yikebike-model-c/>



Today's Funny



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