

CHAINRING

Newsletter of The
GVR Cycling Club
www.gvrcycling.org



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Table of Contents

Club News	2
Next Club Meeting	2
Hear Ye! Hear Ye! Hear Ye! National Bike Month is Coming	2
Interested in investing in a Hi-Vis Vest? -Karen Rainford, club president	3
LINK	3
Club Membership Chair.....	3
Local Cycling News	3
Losing a Cycling Friend.....	3
Your Voice Is Needed!	4
A Regular Saturday Ride	4
National and International News	4
Trek on Time Magazine’s List of Most Influential Companies	4
A California Biking Extravaganza	5
Will the War in Ukraine be a Tipping Point toward Environmentalism?	5
Crazy Cycling Stories from Canada, the UK and New York	5
Cycle Racing	6
What to Do When You End Your Bike Racing Career?	6
Cycling Gear	6

<i>Bicycle Magazine's 2022 Annual Bike Awards</i>	7
The Wheel-less Bicycle	7
Gravel and Off-Road Wheels.....	7
Lightweight Bike Locks	7
Leaving for the Summer: Proper Storage Techniques	8
Why Is Cycle Equipment So Expensive?	8
Bicycle Health and Safety	8
Summer Heat and Hydration	8
Riding at Altitude: It Helps to Be Born in the Mountains.....	8
Cycling History	9
Collecting Bikes	9
Cycling History through Jerseys	9
Interesting Cycling Stories	9
A Bike Shop on a Boat.....	9
Biking and Eating – It Doesn't Get Better Than That!	10
A Sort of Cycling Book.....	10
Death of the Bike Wanderer	10
From Skiing to Mountain Biking.....	11
Why Does a Bike Stay Vertical?.....	11
Today's Cycling Quotation	11
Today' Photograph	11
Today's Funny	12

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. Our meeting safety tip will focus on rider hydration.

Hear Ye! Hear Ye! Hear Ye! National Bike Month is Coming

Established in 1956, National Bike Month is celebrated every year during the month of May. A few volunteers are investigating some ways in which we can celebrate here in Green Valley or wherever you, our members, may be during the month. Some ideas include reporting on longest mileage ridden in a day, the most interesting riding destination or substituting riding

miles instead of a trip in the car. We'd love to hear your ideas about how to celebrate. We will be discussing this at our Club meeting on April 20th but in the meantime pass along your ideas to: gvr cycling@gmail.com. If you might like to volunteer for planning some of the fun, click on this LINK and add your name.

Interested in investing in a Hi-Vis Vest? -Karen Rainford, club president

[LINK](#)

We've been toying with ideas for getting more folks in Green Valley to wear hi-vis (high visibility) clothing while biking. One idea is to sell hi-vis vests with our logo and club name. This could be a way to create buzz for the club as well as making a safety difference.



I had one vest made and I'm testing it. Before we spend more time on this idea, I'd like to get some feedback on the concept. I know most of us prefer adding to our jersey collection but a club jersey isn't in the cards just yet. Each vest would probably cost about \$15 and we could get them in a variety of sizes.

Please click on this [LINK](#) and take this brief survey about quantity

and sizes and alternatives and any other comments.

Club Membership Chair

Your club board is seeking an active and enthusiastic member to serve as its membership chair. This creative individual will seek out ways to grow our membership. They will have the benefit of a detailed database with member information to help them contact members as well as surveying non-renewing members to discover what the club needs to meet their needs and interests. If this sounds interesting, please contact Club President Karen Rainford at: GVRcycling@gmail.com.

Local Cycling News

Losing a Cycling Friend

Chuck Huckleberry, a strong proponent of Pima County and Tucson cycling, has resigned as Pima County Administrator - https://tucson.com/news/local/govt-and-politics/pima-county-administrator-chuck-huckleberry-to-resign/article_f4ba419c-b1e6-11ec-90ef-47c0f9774161.html.



Chuck worked for Pima County for forty years and for twenty-eight of those years he was its chief administrator and headed an agency of 7,300 employees. Chuck was an active cyclist as well as being a strong cycling supporter throughout his long tenure with Pima County. It was fitting that The Loop bears his name as he was an enthusiastic proponent of this great Tucson riding trail. However, he did much more than just manage the creation The Loop for area cyclists. He supported the addition of bike lanes as roads were being repaved and could always be called upon to support county cycling needs. It is ironic that his cycling enthusiasm resulted in his need to resign as he was injured when a car struck him while riding in downtown Tucson resulting in broken bones and a head injury. He continues to recover and we wish him well in retirement.

Your Voice Is Needed!

The area's Regional Transportation Authority (RTA) covering Tucson and Pima County is currently embarking on an updated 20 year Regional Transportation Plan <https://rtamobility.com/wp-content/docs/2022/03/RTAnext-Process-Fact-Sheet.pdf>. The board has nine appointed members as well as a citizen's advisory group. It carries out various transportation projects with funding coming from a .5% city/county sales tax. The RTA seeks public input before planning begins as well an additional review as once a plan has been drafted. The projects and funding are used for a variety of transportation needs including cycle related projects so it is of interest to every cyclist. If you have a pet project or want to send input about a particular need go to the RTA website: <https://rtanext.com/contact-us/>.

A Regular Saturday Ride

If you are looking for a regular longer ride, there is a group ride every Saturday. It is approximately 20-25 miles long with speeds averaging 12 mph. The route varies and is decided by group consensus. The group meets each Saturday at 9:00 a.m. behind GVR's West Center next to the tennis courts. For questions or updates, contact: Bob George, telephone: (586) 463-6058 or e-mail: bobjeorge@gmail.com.

National and International News

Trek on Time Magazine's List of Most Influential Companies



Time Magazine recently released its list of most influential companies and included Trek Bicycle - https://www.bicycleretailer.com/announcements/2022/03/30/trek-bicycle-named-times-list-time100-most-influential-companies?utm_campaign=BRN%20-%20NL%20-

https://www.bicycleretailer.com/announcements/2022/03/30/trek-bicycle-named-times-list-time100-most-influential-companies?utm_campaign=BRN%20-%20NL%20-Editorial%20Newsletters&utm_medium=email&hsmi=208864420&hsenc=p2ANqtz-93oZUNUmByG6YNy9cgloBlydOCB-

[Rv0cH7BzSkTA5m9WgcS6l3Gnh3_kC1eFzp9pRZJD2flrkvUoyMCBTiKy61vni5g&utm_content=208864420&utm_source=hs_email#.YksgGpTMIb4](https://www.trek.com/press-releases/2022/03/09/trek-recognized-for-carrying-out-an-internal-emissions-audit-and-developing-a-public-sustainability-report). Trek was recognized for carrying out an internal emissions audit and developing a public sustainability report. Some of Trek's efforts include consolidating shipping to retailers, increased use of sustainable materials and encouraging bicycle use.

A California Biking Extravaganza

If you are reading this newsletter in Green Valley, you have missed the 2022 Sea Otter Classic. You may wonder what you missed. You only missed the largest bike celebration held each year in the United States - <https://www.seaotterclassic.com/>. The event is a combination trade show, bicycle race, festival and exhibition held in Monterey, California at the Laguna Seca Raceway. It draws about 70,000 visitors over the four day event as well as 10,000 riders who compete in road, mountain bike and gravel racing. All of the major manufacturers of cycle related items have displays at the event so it is a chance to see the latest and greatest all in one spot. The cost is not outrageous - \$70 for a four day pass – but parking and food and lodging will add up quickly. If you have attended or plan to attend in the future, let us know about your experience.



Will the War in Ukraine be a Tipping Point 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#.Yi8qpFXMJaq>. 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.

Crazy Cycling Stories from Canada, the UK and New York

Ben Bollinger, a Vancouver cyclist, was hit by a car when the driver failed to stop at an intersection. Bollinger continues to recover and has had surgery and physical therapy for damage to his right arm and side. Bollinger was recently surprised by a letter from the Insurance Corporation of British Columbia requiring him to pay \$3,700 for damage to the vehicle that hit him as British Columbia is a no-fault insurance province and the cyclist had no insurance coverage - <https://cyclingmagazine.ca/advocacy/this-vancouver-cyclist-is-being-charged-thousands-to-repair-the-car-that-hit-him/>.

Aileen Rice-Jones, was out taking a five mile ride in London when she was recently stopped and ticketed for not riding courteously - <https://cyclingmagazine.ca/advocacy/police-pulled-over-a-cyclist-for-not-riding-courteously/>. Rice-Jones was riding in the middle of the lane as recommended by Britain's new Highway Code but the police argued this caused motorists to go around her into the other lane.

A New York cabbie decided he needed to get his passenger to their destination on time. Since the streets were jammed, he saw an open bike lane and decided to take it. His shortcut was recorded by a bicyclist and when the cabbie couldn't go further, they moved over to the sidewalk - <https://cyclingmagazine.ca/sections/news/watch-this-cab-driver-who-decided-to-use-the-dedicated-blocked-off-bike-track-as-a-short-cut/>.

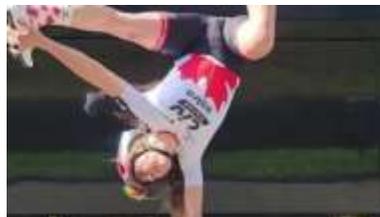
Cycle Racing

Hit By a Car During a Cycle Race?

Kevin van Melsen, a professional Belgian bike racer, fell during the Itzulia Basque Country race. As he hit the ground he was nearly run over by a motorcycle and then by a car that were following the riders to record the race - https://www.cyclingweekly.com/racing/time-to-act-rider-calls-for-new-rules-on-cars-and-motorbikes-in-races-after-near-miss?utm_source=SmartBrief&utm_medium=email&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFEA3E&utm_content=7B609FBF-E85F-41F6-ADB5-6B2C124B173B&utm_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a. Van Melsen has been joined by others calling for better monitoring of camera cars and motorcycles to ensure that riders are not injured or killed during professional races.

What to Do When You End Your Bike Racing Career?

Alison Jackson is the champion. competitive cycling. company Instead, she is going fans on Tic Tok. she hopes to and a crowd influencer - <https://cyclingmagazine.ca/sections/news/alison-jackson-quits-cycling-to-become-full-time-influencer/>.



current Canadian women's cycling However, at 32 she has decided to leave Her plan is not to become a cycling representative or a racing official. online to create content for her numerous Jackson is a dancer as well as a cyclist and promote her new career as both a dancer

Cycling Gear

Bicycle Magazine's 2022 Annual Bike Awards



In the market for a new steed or just curious about the best new cycle choices out there? You need go no further than *Bicycle Magazine's* annual bike awards. From those they have reviewed, they list the best of the best in road, gravel, mountain and hybrid bikes -

<https://www.bicycling.com/bikes-gear/a39410631/bike-awards-2022/>. It's a good read whether you are in the market for a new bike or not.

The Wheel-less Bicycle

Stephen Henrich, a German designer, is developing a wheel-less bicycle with a continuous loop track that acts as its wheels - <https://mashable.com/video/infinity-bike-stephen-henrich>. The inventor claims that it will have better traction than a standard bicycle and its unique design offers all-wheel drive.

Gravel and Off-Road Wheels

Are you taking your road bike off-road or wishing that you could? If so, maybe you need to consider a different wheelset. If you are riding on gravel or a soft surface you need a wider tire and one with a deeper tread that will probably require a wider wheel. *Cycling News* recently did a review of mixed terrain wheels with recommendations -

<https://www.cyclingnews.com/features/best-gravel-cycling-wheels/>. The listed all require disk brakes. Prices ranged from \$350-\$2,500 with most in the mid-\$500.

Lightweight Bike Locks

When thinking about bike locks, it is often a choice between peace of mind versus portability. If you are in the middle of a city and leaving your bike for hours at a time, you want a lock that will deter the most determined thief. If, on the other hand, you are running in for a cup of coffee at Posada Java, you may want something small that doesn't add pounds of weight to your load. *Cycling News* recently reviewed locks that fit into the mostly lightweight category -



<https://www.cyclingnews.com/features/best-lightweight-bike-locks/>.

Weights of the locks went from half an ounce to 2 pounds and ranged in price from \$10-\$70. I personally use a small retractable luggage cable lock that fits in my jersey pocket and weighs 2-

3 ounces - [https://www.amazon.com/QWORK-Retractable-Security-Password-](https://www.amazon.com/QWORK-Retractable-Security-Password-Luggage/dp/B094VTKHGF/ref=asc_df_B094VTKHGF/?tag=hyprod-)

[Luggage/dp/B094VTKHGF/ref=asc_df_B094VTKHGF/?tag=hyprod-](https://www.amazon.com/QWORK-Retractable-Security-Password-Luggage/dp/B094VTKHGF/ref=asc_df_B094VTKHGF/?tag=hyprod-)

[20&linkCode=df0&hvadid=532627623101&hvpos=&hvnetw=g&hvrand=176785815817237666](https://www.amazon.com/QWORK-Retractable-Security-Password-Luggage/dp/B094VTKHGF/ref=asc_df_B094VTKHGF/?tag=hyprod-)

[01&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9030196&hvtargi](https://www.amazon.com/QWORK-Retractable-Security-Password-Luggage/dp/B094VTKHGF/ref=asc_df_B094VTKHGF/?tag=hyprod-)

[d=pla-1399872328519&psc=1](https://www.amazon.com/QWORK-Retractable-Security-Password-Luggage/dp/B094VTKHGF/ref=asc_df_B094VTKHGF/?tag=hyprod-). While it won't deter a serious thief with wire cutters, it also

won't let someone quickly grab my bike and ride off.

Leaving for the Summer: Proper Storage Techniques

So far I haven't seen a specific article on storing bikes in summer which is what you would do if you are leaving Green Valley. However, there are several articles which describe winter storage and the principles are basically the same. One of the better articles appeared in *Bicycle2Work* - <https://bicycle2work.com/how-to-store-a-bike-in-winter/>. It basically covers six areas: cleaning, lubricating, tire pressure, tune-up, correct location and removing things that would deteriorate in storage like electronics. A good read before you leave.

Why Is Cycle Equipment So Expensive?

This is a good question but one not easily answered. Matt Phillips in *Bicycling* magazine attempts to give an answer - <https://www.bicycling.com/bikes-gear/a36880321/why-are-bikes-expensive/?source=nl>. He points to the research and development involved, the quality of the various components, shipping, duty, etc. He argues that while the cost is high, bikes are not expensive vis-à-vis other types of recreational equipment like motorcycles. You can read it and see if you agree.

Bicycle Health and Safety

Summer Heat and Hydration

Hot summer weather will soon be upon us. Even riding at 6:00 a.m. will put you outside in 70-80 degree temperatures and after 10 a.m. temperatures are in the nineties to over one hundred degrees. Proper hydration is critically important if you don't want to be overcome by heatstroke. Even if that doesn't happen, calves and quads can begin cramping well before heatstroke. You should always have water or a fluid replacement drink with you so you can begin drinking as soon as you are thirsty or, better yet, take a small drink every 15-20 minutes.

Road Bike Rider provides a good guide on keeping hydrated -

<https://www.roadbikerider.com/cycling-hydration-guide/>.

Riding at Altitude: It Helps to Be Born in the Mountains

A new study in the *Medicine & Science in Sports and Exercise* recently released a study comparing pro-cycling team members' endurance based on whether they were born and raised at higher altitudes or were from altitudes below 6000 feet -

<https://pubmed.ncbi.nlm.nih.gov/35142712/>. The study found that riders from higher altitudes had a competitive advantage in their oxygenation abilities. So if you are riding faster than your peers and you grew up in Colorado high mountain region, you can claim better training but it is mostly the luck of geography.

Cycling History

Collecting Bikes



It seems like everyone collects something: cars, jewelry, political buttons -why not bikes? Granted, bikes take up more space than Faberge eggs but they are a whole lot cheaper. If you are mechanically inclined, it need not be an expensive hobby as you can restore the bikes yourself and be a regular at BICAS seeking out needed but unusual parts. If you have spare money to invest, you can begin buying already restored bicycles and have the enjoyment of not only looking at your collection but riding it as well. If your collection ever gets big enough, you might even start your own museum -

https://bikeparts.fandom.com/wiki/List_of_bicycle_and_human_powered_vehicle_museums.

If you are looking for already restored bikes, you might seek out someone like the Classic Cycle on Bainbridge Island, Washington. They have a museum as well as restoring and selling historic cycles as well as carrying the latest cycles in their inventory - <http://classiccycleus.com/home/>.

Cycling History through Jerseys



While most of us wear cycling jersey with a variety of logos and designs, these are relatively recent trend. This fashion developed out of cycle racing with teams gaining financial support for carrying advertising from their sponsors. *Cyclist* Magazine recently did a short history of cycle racing using the cycle jersey as markers - <https://www.cyclist.co.uk/in-depth/1187/a-history-of-cycling-in-15-jerseys>.

Interesting Cycling Stories

A Bike Shop on a Boat

Green Valley may have a Bike Doc who arrives by van but London has a bike mechanic and bike restorer who arrives by boat on one of England's many canals -

<https://www.bicycling.com/culture/a39503361/floating-bike-repairs-most-whimsical-bike-shop-in-the-world/><https://www.bicycling.com/culture/a39503361/floating-bike-repairs-most-whimsical-bike-shop-in-the-world/>. Mechanic Sam

Skinner has a canal boat equipped with a workshop and tools that travel from one part of London to another where he restores historic and newer bikes. Cyclists seeking his services learn about him by work-of-mouth and reach him by telephone, text or e-mail to find out where he is currently located. He has been providing his services by boat for the past four years and enjoys seeing older bikes coming back to life for their owners.



Biking and Eating – It Doesn't Get Better Than That!

We know you love to bike or you wouldn't be reading this newsletter. I don't know whether you like/love to eat but I'm sure some of you do. If so, *Travel and Leisure* recently listed a number of cycling trips that focused on both riding AND eating. Some of the trips were in the US – Maine, Vermont, California – and some were in Europe – France, England and Italy and even South America's Patagonia - [https://www.travelandleisure.com/trip-ideas/bike-tours/cycling-food-tours-to-book-this-summer?did=761005-](https://www.travelandleisure.com/trip-ideas/bike-tours/cycling-food-tours-to-book-this-summer?did=761005-20220402&utm_campaign=just-in-newsletter&utm_source=travelandleisure.com&utm_medium=email&utm_content=040222&cid=761005&mid=83709888381&lctg=190765147)



[20220402&utm_campaign=just-in newsletter&utm_source=travelandleisure.com&utm_medium=email&utm_content=040222&cid=761005&mid=83709888381&lctg=190765147](https://www.travelandleisure.com/trip-ideas/bike-tours/cycling-food-tours-to-book-this-summer?did=761005-20220402&utm_campaign=just-in-newsletter&utm_source=travelandleisure.com&utm_medium=email&utm_content=040222&cid=761005&mid=83709888381&lctg=190765147). Enjoy and drool!

A Sort of Cycling Book

Author Bill Hayes has recently written a book that may be of interest to our riding audience: *Sweat: A History of Exercise*. He begins with the Greeks and carries through to American's gym on almost every corner, Hayes attempts to answer the question is exercise all about good health or about making ourselves look better. If it sounds interesting, here are some reviews to help decide whether to buy or borrow it: <https://bookmarks.reviews/reviews/all/sweat-a-history-of-exercise/>.

Death of the Bike Wanderer



Iohan Gueorguiev, also known as "The Bike Wanderer," spent six years traveling from the frozen north of Canada to the bottom of South America. He recorded his travels in forty segments that appeared on YouTube and other outlets. He is often seen with beautiful scenery in the background or with wild animals that cross his path. As covid descended in 2020, he returned to Canada. He tried to find some normality but suffered from continuing insomnia and an inability to connect with other people. Unfortunately, he committed suicide in

August, 2021 at age 33 - <https://www.bicycling.com/rides/a39431891/the-bike-wanderer-iohan-gueorguiev/>.

From Skiing to Mountain Biking

As ski areas seek to build year-around revenue, many are developing mountain bike parks. Using their uphill lift capacity, it allows mountain bikers an easy ride up and a fast downhill run -

<https://www.washingtonpost.com/travel/2022/04/01/downhill-mountain-biking-parks/>. Ski areas from California to Colorado to New Hampshire are developing downhill trails as well as



offering instruction to first-timers using the parks. It is an easy way to introduce younger (and older) riders to the joys of mountain biking since it eliminates some of the tough uphill pedaling. Of course, there is a cost with daily lift rates of \$40-\$70 but with season passes for those riding regularly.

Why Does a Bike Stay Vertical?

Early studies of bicycle movement argued that bikes stay vertical because of the spinning of the wheels (a gyroscopic effect) and the trail effect (the wheel following in the direction it is turned). The theory behind these factors goes back over a century. However, several years ago, a British scientist, James Papadopoulos, began a study of these factors and challenged their validity - <https://www.bikeradar.com/features/your-bikes-secret-to-staying-upright-is-actually-a-mystery/>. The outcome of his research were designs in which the rear wheel did the steering and the bicycle had wheels of different sizes. Both, Papadopoulos believes, would lead to fewer bicycle accidents and injuries. Thus far, bicycle companies have found this interesting but are unwilling to try these new models. His studies did disprove the theories but he was unable to uncover a rationale that tells the average bike rider while his bike DOES stay vertical. It is a complicated question and the article in *Bike Radar* is a good introduction to the many issues.

Today's Cycling Quotation

"Meet the future; the future mode of transportation for this weary Western world." — Bicycle salesman in *Butch Cassidy and the Sundance Kid*, 1969

Today' Photograph



Bowden "Spacelander" Bicycle. Fiberglass Frame, c. 1960.

Today's Funny

A cyclist parks her bicycle outside the United States Capitol. A security guard comes up to her and says "you can't park your bike here. Don't you know that Congressmen, Senators, the Speaker, the Vice President, foreign dignitaries, and the President often come here?"

She replies, "Oh don't worry, I've chained my bike!"

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