

CHAINRING

Newsletter of The
GVR Cycling Club
www.gvrcycling.org



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Club News

Making our Club Known

A number of past and current club officers have written articles and op-eds about your club and on cycle safety issues. The latest is an article by Karen Rainford in *The Valley: Friends and Neighbors*. A copy can be found at:

https://www.gvrcycling.org/uploads/1/2/9/9/129954210/june_2022.pdf. The article is on page 12. Enjoy!

National Bike Month

We hope you are out riding this month wherever you are. If you are in Green Valley, you know you need to get out early because we have some pretty constant wind and it has already hit 100 on a couple of days. If you are taking some long rides, doing some big climbs (you Coloradans), send us a report and enter this month’s sweepstakes to get a listing in the newsletter and a beautifully decorated certificate. If you aren’t into competition but are doing some interesting riding this month, send us photos for the newsletter. Here is the [link](#) to provide info about your achievements - <https://forms.gle/2eurV2rETLoN33YNA>

And the categories are:

- Longest Single Day Ride - Bike/Trike (separate men and women's categories)
- Longest Single Day Ride – Electric Bike/Trike (separate men and women's categories)
- Total Number of Miles Ridden May 1-31 (separate men and women's categories)
- Total Elevation Climbed in a Single Day (separate men and women's categories)
- Oldest Club Rider (separate men and women's categories)
- Riding Every Single Day – May 1-31 with a minimum of five miles per ride)
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Local Cycling News

[Upcoming road work on Camino de la Canoa](#)

Beginning this Wednesday, May 25, through Friday, June 3, the Pima County Department of Transportation and its contractor, KE&G Construction, will begin paving operations on Camino de la Canoa, from Whitehouse Canyon Road to Placita Agua de Pedregal. Construction is expected to last from 6 a.m. - 6 p.m. each day. The work consists of setting traffic control, lowering utilities, milling and repaving and temporary striping. Use caution driving in the area and expect some minor delays. Flaggers will be on-site during regular work hours to direct, monitor and control traffic through the construction zone.

[2022 Ride of Silence](#)

One hundred and five riders turned out for the 2022 Ride of Silence honoring riders injured or killed in cycling accidents. The first ride since 2019 brought people from Tucson and Mexico to join their Green Valley and Sahuarita counterparts. This year's ride honored Fred Dillenmuth, who was tragically killed in a cycling accident in 2019. This was Chuck Hill's last year as the Ride of Silence Wrangler. It was a great success as usual and, hopefully, someone will volunteer to carry on the tradition in 2023.





Photos Courtesy of Tom and Monica Parker

GABA Fall Swap - Way Early but Mark Your Calendars

The Greater Arizona Bicycle Association has announced the dates for the fall swap meet – Sunday, November 13th. They will continue at their new venue – Tucson’s Armory Park on 6th Street. Mark your calendar and more detail will be coming closer to the date.

Improving Pima County Bike Trails

Neil Stitzer from the Pima County Trails program is seeking volunteers to help maintain some of the county’s biking/hiking trails. Work is scheduled for May 28 at Brown Mountain west of Tucson - <https://www.eventbrite.com/e/saturday-52822-brown-mountain-trail-maintenance-day-tickets-346877097737?aff=erelpanelorg> - and on Explorer Trail near Starr Pass on May 29 - <https://www.eventbrite.com/e/sunday-52922-explorer-trail-maintenance-day-tickets-346878782777>. If you have time and energy and want to help with trails, contact Neil - neil.stitzer@pima.gov as there will be other opportunities in the coming months if you are already busy.

La Posada Rides – Celebrating National Bike Month

Thirty-five La Posada riders turned out to celebrate National Bike Month on Saturday, May 21st with a slow five mile ride around campus. There were prizes for the best decorated bike, the person with the longest riding history - 77 years - and the best dressed rider. Riders came on bikes and trikes and the ride ended with a communal breakfast. With everyone voicing enthusiasm, this will likely become a regular event on the La Posada campus.





Photos Courtesy of Will Dobbs

National and International News

Pity the Local Bike Shop Owner

If you are looking for a new bike/trike, you may have to go from bike shop to bike shop to find exactly what you want or add your name to a waiting list. It's not that the bike shop is skimping on inventory, they just can't get enough stock. However, it is not just inventory that is in short supply. Bike shops require specialized tools to service the cycles coming into their shop. Feedback Sports located in Golden, Colorado, specializes in equipment and tools needed and used by both bike shop and individual owners - <https://www.feedbacksports.com/>. A recent review of their products listed online found that a third to a half of the items in different categories were out of stock and on back order. Since the covid crisis is still raging in China where many of these items are manufactured, we are looking at a long window before things return to normal.

Toronto's Bicycle Police



Toronto provides a large number of bike lanes to encourage bike riding and commuting. Unfortunately, some local citizens are unhappy not only with the lanes but with the speed of the riders. One self-appointed "policeman" decided to slow riders down by establishing a short detour which required riders to come to a full-stop. Riders complained to the city who removed the barriers only to have them appear again. The barriers

were put up by an individual claiming to represent a group trying to protect pedestrians from bikes until the city permanently removed the barriers.

Cycle Racing

I Rode in the Tour de France

Wouldn't you like to be able say I rode in the Tour de France or be able to cross that off your bucket list? You can sort of do that. L'Étape, the sponsor of the Tour de France, provides a number of competitive races around the world to give riders an experience similar to that found in the original tour.



They are hosting an event in Las Vegas on May 13-14, 2023 that will feature riding distances of 75, 45 and 25 miles in flat, hilly and mountain stages -

<https://lasvegas.letapebytourdefrance.com/>. The general entry fee is \$200 but there is a special fee of \$775. The latter fee provides access to the VIP lounge, the option of riding in any of the race distances, have access to the VIP race area and receiving a ticket to the champions' dinner. If you are a champion or want to feel like one, this may be the experience for you. Registration fees increase on August 1.

No Good Deed Goes Unpunished



Cycle racing water bottles have recently been in disputed between professional cycling racers and UCI, the profession's governing body. Riders generally discard bottles whenever they are empty with fans picking them up a souvenirs. UCI thought that was a safety issue and insisted that bottles be discarded in specific places along a riding route. The cyclists revolted and were again allowed to discard bottles wherever they wanted

including handing them off to fans. Cyclist Sam Ooman was riding in the Giro d'Italia when he attempted to hand his bottle to a fan. Unfortunately, the rider's arm was caught in the fan's carryall sending Ooman to the ground - <https://cyclingmagazine.ca/sections/news/this-rider-crashed-at-the-giro-because-he-was-giving-a-fan-a-bottle/>. His team claims there was no major injury.

When the Winner's Podium is More Dangerous than the Race Itself

Eritrean Biniam Girmay recently won one of the stages at the Giro d'Italia, the most prestigious cycling event after the Tour de France - <https://cyclingmagazine.ca/sections/news/biniam-girmay-withdraws-from-giro-the-day-after-historic-victory-with-eye-injury/>. Girmay's win is a major achievement as he is the first African to ever win a stage at any cycling grand tour event. Unfortunately Girmay's win was marred when the cork flew up on the winner's podium and hit his eye as he opened a bottle of champagne. As a result he had to withdraw from the remainder of the race.

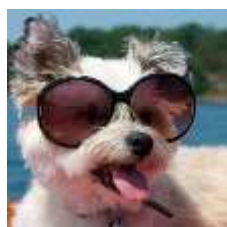
Cycling Gear

Drop Bars vs. Flat Bars

The sport usually dictates what kind of bar you have. If it is a road bike most have drop bars. On the other hand, mountain and hybrid bikes usually come with flat bars. There are pros and

cons for each type of bar but finding a road bike with a flat bar may be looking for a needle in haystack. A recent article in *Where the Road Forks* gives a long and detailed comparison of the two types - <https://wheretheroadforks.com/drop-bars-vs-flat-bars-my-pros-and-cons-list/>. Some of the pros for drop bars are more hand positions, better aerodynamics, better hill climbing and they look cooler. Pros for flat bars include better control, easier access to components, more comfort, better visibility and less expensive components. While you may have a preference, have you tried finding a road bike with flat bars or a mountain bike with drop bars? Good luck!

Time for New Shades?



With 330 days of sunshine every year, sunglasses are a part of every Arizona cyclist's riding gear. If you are in need of a new pair or just want to find out how different sunglasses compare, you might want to go to:

<https://www.cyclingnews.com/features/best-sunglasses-for-cycling/>. The article offers a good introduction into what qualities to seek and provides recommendations on glasses based on criteria such as size, style and

comfort. While the article offers the best of the best, these shades are not cheap and range from \$120 to over \$200.

Electronic Gear Shifting – Something to Consider?

If you are a rider that puts on lots of miles and have cable shifters, do they need lots of adjusting and is there time lost at your local bike shop? One alternative is to move to electronic shifting. Specialized was the first company to make electronic shifting widely available soon followed by SRAM and Campagnolo. Moving to electronic shifting isn't cheap.

Shimano	Dura Ace R 9200 - \$4,539	Ultegra R 8100 - \$2,620
SRAM	Red e-Tap AXS - \$4553	Force eTap AXS - \$1,889

There are lots of comparisons between Shimano and SRAM including weight and functionality - <https://www.cyclingweekly.com/news/product-news/sram-etap-vs-di2-which-is-better-211408> and also between the different Shimano levels -

<https://www.cyclingweekly.com/products/shimano-dura-ace-r9200-v-ultegra-r8100-what-are-the-key-differences>. Of course, you could consider upgrading your entire bike including the drive train rather than upgrading just the components. Clearly, getting the latest and greatest technology is always pricey, but then what is money for?

Who Owns/Makes What Bicycle

Do you ever wonder where a particular bike is made or which company owns which cycling brand? There is a bike wiki that maintains a listing of most of the major cycling companies - <https://www.bikelockwiki.com/where-are-bikes-made/>. For each brand it gives a bit of history, information on where the bike is manufactured (mostly Taiwan and China) as well as the company's ownership. It is a good one stop shop if you are interested in this sort of thing or you want to compare brands.

E-bikes, E-Bikes, E-bikes!



E-bikes continue to be today's biggest story in the cycling community. One reason is their huge increase in sales – up 240% from September 2020 to September 2021. It is still unclear whether this is mainly driven by covid concerns and only time will answer that question. On the other hand, with gasoline prices skyrocketing this trend may continue to expand E-bike sales well into the future. As a senior community, E-bikes can offer residents an alternative form of exercise whether the motor is on a two or three wheel cycle. While the level of exercise is less, most E-bike riders indicate that they ride further on their E-bikes than they did when they rode an unpowered cycle. *Bicycling Magazine* recently provided a good overview of the E-bike universe - <https://www.bicycling.com/skills-tips/a20044021/13-things-about-e-bikes/#:~:text=Generally%20speaking%2C%20e%2Dbikes%20are,tough%20terrain%20without%20gassing%20yourself>. While most of the information is pretty basic, you might share it with friends or relatives considering an E-bike purchase.

Is a Lightweight e-Bike an Oxymoron?

It seems like everyone is trying/buying/thinking about electric bikes. There are lots of new and established companies trying to fill that growing demand. However, if you start with an average weight bike and add a motor and a battery, it stands to reason that the same bike will always be heavier. Add to that equation that many of the new companies are trying to provide a lower cost alternative with the additional weight of either a steel or aluminum frame. There are, however, some companies that are intent on providing lighter weight e-Bikes. They are not your sixteen pound road bikes nor are they your 45-55 pound e-Bikes seen on most roads. *Cycling News* recently did a review of some of the lighter weight models available - <https://www.cyclingnews.com/features/best-lightweight-electric-bikes/>. Weight for road bikes ranged from 26 to 29 pounds and prices ranged from \$3,000 to \$14,500. Weight for flat bar hybrids ranged from 26 to 33 pounds and prices went from \$4,500 to \$5,000. Clearly the lower weight comes at a price when many E-bikes can be bought in the \$1,000-\$2,000 range. This raises the issue of whether a low-priced, light weight e-Bike is the real oxymoron?



Bicycle Health and Safety

Seeking Saddle Comfort

One of the most common complaints from cyclists is pelvic pain from riding. It is so common that many people buy a bike, do a few spins in the neighborhood and then relegate the bike to the garage never to be ridden again. Having the right gear and a bike and a seat that fits the

rider is critical it the ride is going to be pleasurable. In an older issue of the *Road Bike Rider*, Fred Matheny provided a detailed introduction to the causes of pelvic soreness and how to select and adjust a saddle - <https://www.roadbikerider.com/dealing-with-bike-saddle-discomfort/>. The article covers a variety of issue to the saddle itself, adjustments and appropriate clothing. A good and useful read!

Cycling History

Want to Go To Heaven?



If you are a cyclist and are interested in cycling history, you couldn't do better than go to the Bicycle Heaven, the world's largest bicycle museum located in Pittsburgh, Pennsylvania - https://en.wikipedia.org/wiki/Bicycle_Heaven. The museum's main gallery houses 3,500 cycles and there are more than 27,000 more in storage. The museum maintains a parts warehouse of over 100,000 to restore and keep exhibits running. The museum was founded by Craig Morrow and houses his personal collection gathered over decades. Collection highlights include Benjamin Bowden's fiberglass bicycle and Pee Wee Herman's bike from the movie *Peewee's Big Adventure*.

Interesting Cycling Stories

A 6,600 Mile Biking Journey from London to Tehran



Rebecca Lowe, a journalist with a human rights background, has a passionate interest in the Middle East - <https://rebecca-low.com/>. While only a middling cyclist, she decided to carry out research on her area of interest by riding from London to Tehran, a journey of 6,600 miles (her great regret was not training for the ride). Her journey is recorded in a new book, *The Slow Road to Tehran: A Revelatory Bike Ride through Europe and the Middle East* that describe her journey across three continents and twenty countries - <https://www.amazon.com/Slow-Road-Tehran-Revelatory-through-ebook/dp/B09Q59FD7R>. The book provides an in-depth view of life in the Middle East as well as describing a great cycling adventure. It is currently available on Kindle and will be out in hardback in September.

Introducing The World's Fastest Dog



Pearl Izumi has just released a new video about Sir Willie the Weiner, better known as the "fastest known dog" - <https://www.youtube.com/watch?v=JqhhadyMntk>. There has been mention of this dog in an earlier newsletter but this video gives a behind the scenes look at his training and approach to reaching this world class plateau. Enjoy!

Biking to Bald Head Island North Carolina

Bald Head Island is accessible by ferry or walking unless you have a fat-tire cycle. Two friends, Michael and Brian, describe their odyssey of riding their fat tire bikes from one island to the next. Riding in soft and hard sand close to the ocean required wide tires to keep them moving forward .
<https://theradavist.com/riding-across-the-ocean-kinda-fat-biking-north-carolinas-bald-head-island/>. It's a great story with lovely pictures



Today's Cycling Quotation

“Like dogs, bicycles are social catalysts that attract a superior category of people.”
Chip Brown, American writer

Today' Photograph



2022 Ride of Silence Honoring Fred Dillenmuth

Today's Funny

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