

# CHAINRING

Newsletter of The  
GVR Cycling Club  
[www.gvrcycling.org](http://www.gvrcycling.org)



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## Local Cycling News

### Posada Java’s One Stop Shopping: Coffee, Air-up and a Brake Adjustment



Since its inception, Posada Java has always been a regular stop for Green Valley cyclists. In addition to coffee and snacks/lunch, there is periodic entertainment, a visit to the Vensel resale shop or browsing the Monday Farmers’ Market. It has supported cyclists through a bulletin board and with help from Posada Java’s Mary Fisher, the Santa Cruz Valley Bicycle Advocates Committee designed and distributed a cycling jersey seen regularly around Green Valley. Posada Java has a new cycling addition - a repair station. It comes with a bike stand, basic bike tools and an air pump for La Posada and local cyclist’s emergency needs. Check it out on your next visit.

### Road Repair Closure – Camino de Canoa

Pima County DOT announced it will begin repaving Camino de Canoa from Whitehouse Canyon Road to Placita Agua del Pedregal on June 7th and this will be carried out from 6 a.m. to 6 p.m. Work will take approximately one week and will consist of milling and repaving with striping to occur later.

## National and International News

### Scared to Ride in Traffic: You’re Not Alone



The survey company *Ipsos* recently completed a survey in 28 countries focusing on reducing carbon emissions. One area of interest was cycling. It found that while 80% of the survey audience believed that cycling could improve environmental conditions, 52% were concerned enough about

local riding safety that they did not cycle - <https://cyclingmagazine.ca/advocacy/52-per-cent-of-people-across-the-world-think-cycling-in-their-area-is-too-dangerous/>. Another interesting statistic is that 30% of Dutch citizens get to work by bike while only 5% of Americans travel to work by bike.

### Denver Likes Bikes

Infrastructure funding from the recently passed federal legislation is starting to flow down to local governments. The Denver Regional Council of Governments recently announced how it would spend its first \$40 million from the allocation and cycling featured prominently - <https://www.bicyclecolorado.org/bike-news/drcog-funding-may2022/?emci=6ca896e4-2be1-ec11-b656-281878b85110&emdi=9a9182e8-c3e1-ec11-b656-281878b85110&ceid=6393371>. Over \$5 million will go toward building a bikeway in Boulder County and an improved walking-biking trail in Arapahoe County. Are you listening, Arizona!

### New Safety Technology

Spoke, a Denver/Turin startup company, recently previewed its bike-sensing electronic unit at the Bicycle Leadership Conference - <https://www.bicycleretailer.com/industry-news/2022/06/01/new-tech-promises-safer-cycling#.Yp8wA8XMLIU>. Similar in size to a Garmin, the unit would attach to the bike and cost about \$200. It would interface with a safety device installed in a car which would register on a car's instrument cluster when the bike approached. The software is being tested in Europe by Audi. A working model is not expected before 2024.

### E-Bikes at War



The Ukrainian military has been quickly and quietly integrating eBikes into their military operations. Prior to the Russian invasion, the Ukraine already had an active e-Bike industry for both local use and for export. Once the war began, troops began using e-Bikes because of their ability to go "off road" and because of their stealth capability - <https://www.rferl.org/a/ukraine-electric-bikes-war-russia-technology/31865559.html>. More recently, e-Bikes have been used to transport rocket launchers and some bikes have been modified to carry anti-tank weapons. The Army has used both Ukrainian Eleek and Delfast e-Bikes with success.

### Cycle Racing

## Breaking a Record – Biking at 30.6 MPH



There are many types of bicycle racing from road races to sprints to hill climbs to world speed records. Dutch woman Ellen van Dijk is a road racing cyclist that rides for the Trek Segafredo Team. In addition to this, she is also a track time trial world champion five times over. On May 23<sup>rd</sup> she attempted to set a new world speed record for women. Her speed of 49.254 kph (30.6 mph) beat the previous record holder by 800 meters and made her the new world champion -

<https://cyclingmagazine.ca/sections/news/ellen-van-dijk-smashes-hour-record/>.

## When You Cheer Your Spouse, Be Careful

Luis Carlos Chia was completing the 3<sup>rd</sup> Stage of the Vuelta a Columbia when his wife came out of the crowd to take a photo. Unfortunately, she misjudged his speed and they collided with both receiving injuries. She received a concussion and a trip to the hospital while his injuries were minor - <https://cyclingmagazine.ca/sections/news/this-cyclist-crashed-into-his-wife-on-the-finish-line-as-she-was-taking-photos-of-him/>. Perhaps the moral of this story is to leave the photography to the professionals.



## Cycling Gear

### Calling all Coloradans or Wannabees

If you have a Colorado connection or just like wearing cycling jerseys from different states, then this is for you. The Colorado Springs Cycling Club has a new jersey available for \$65 for members or \$75 for non-members plus \$7 shipping. If interested, go to:

<https://bikesprings.org/jersey-store>



### Getting What You Pay For? The Best Carbon Wheels

There are bike and bike parts at all different price points. There are \$500 and \$15,000 road bikes. When comparing those two, there really is a difference. When you get to the higher priced items, one starts to question how much better a \$15,000 bike is from one costing \$5,000. *Cycling Magazine* recently did a comparison test between what it called a “budget” carbon wheel (Zipp 303) and a wheel that might be used in a race (Zipp 353NSW). The budget, if you can call it that, comes in at \$1,327 while the top of the line is priced at \$4,220. Cycling tested both sets of wheels on a flat route as well as on a hill venue. The result – not really much difference. Read on - [https://www.cyclingweekly.com/products/are-expensive-carbon-wheels-worth-it?utm\\_source=SmartBrief&utm\\_medium=email&utm\\_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm\\_content=CF60AF92-5943-4A64-BD5B-6E6978F943D4&utm\\_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a](https://www.cyclingweekly.com/products/are-expensive-carbon-wheels-worth-it?utm_source=SmartBrief&utm_medium=email&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm_content=CF60AF92-5943-4A64-BD5B-6E6978F943D4&utm_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a).



## Bicycle Health and Safety

### It's Not All about the Quads

When cyclists are looking to improve their performance, they often focus on the quadriceps muscles. While these are important, their hamstrings play an equally important role in riding strength. *Bicycling Magazine* recently produced an article on the need for strength training with these muscles to increase your power as well as avoiding injury -

<https://www.bicycling.com/training/a39729039/hamstring-strength-exercises/>. The article offers a variety of isometric and weight training exercises.

### Will You Go Faster Drinking Peppermint Tea?

A 2014 study by several researchers looked at how to improve sports performance in hot climates - <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0103718>. They tested 12 cyclists with liquid intake that included menthol to see if this improved their performance in a hot climate. The result was positive and the study suggested that cold or slushy drinks containing menthol were the most effective. A more recent Australian study tested performance in a hot climate with hot drinks containing menthol - <https://journals.humankinetics.com/view/journals/ijsnem/30/1/article-p83.xml>. This article suggested that “based on the research, the evidence suggests that consuming mint as an [energy gel](#) or as part of a drink or sports nutrition beverage may help improve performance. It can also provide a cooling sensation which could be beneficial when training in the heat, as a means to improve [heat tolerance](#).” The *GU* energy gel company claimed to be developing a menthol energy gel but one is not listed on their current website. In the meantime, maybe Peppermint Tea should be your go-to drink for better heat performance.

## Cycling History

### Bikes at War – 125<sup>th</sup> Anniversary

While the war in Ukraine is the first use of e-Bikes, cycles have been regularly used by the military over the past century. The British, Australians and New Zealanders all had bike corps during World War I and the Germans and Poles used bicycles during World War II. The United States, however, was the first country to have a regular bicycle corps. Lt. James Moss was a newly graduated West Pointer who was sent to Ft. Missoula, Montana to command the African-American 25<sup>th</sup> Infantry -



<http://bicyclecorpsriders.blogspot.com/2009/01/lt-james-moss.html>. Soon after his arrival in 1897, he was charged by General Nelson Miles to investigate the usefulness of the new “safety bicycles” that were currently popular instead of riding horses. As a test, the corps rode their bicycles from Missoula to St. Louis, Missouri, a trek of over 1,500 miles on roads designed for horses, carts and stagecoaches. Having proved their worth and viability, the 25<sup>th</sup> infantry was the first unit called up during the Spanish American War. The unit fought in the Battle of El Caney and was deployed in Havana to disperse a riot where their bicycles were used as barriers - <https://mtmemory.recollectcms.com/nodes/view/90296>.

### Going Near Indianapolis? Visit Major Taylor Exhibit



The Indiana State Museum has just opened an exhibit on the life of Major Taylor, a pioneering African-American cycling champion - <https://www.indianamuseum.org/experiences/major-taylor-fastest-cyclist-in-the-world/>. The exhibit goes through October 23<sup>rd</sup> and includes the only existing bike on which he rode. The exhibit offers a variety of hands-on experiences good for both adults and children. If your travels don't take you to Indiana this summer, go to the link above and look at some of the on-line features from the exhibit.

## Interesting Cycling Stories

### One Size Does Not Fit All



Marley Blonsky and Kailey Kornhauser are two women on a mission. Both are cyclists and both are large women. They love to cycle but this is not always easy. Blonsky describes her frustration with trying to find cycling gear that fits as well as a comfortable bike whose frame and spokes don't constantly break. Their effort has resulted in a movement called *All Bodies on Bikes* to encourage everyone to take up

riding whether someone is small, medium or large – <https://www.cntraveler.com/story/meet-the-women-making-cycling-more-size-inclusive>. They are working with cycle clothiers and bike companies to encourage them to meet the needs of larger cyclists. They have even recruited larger cyclists to test new gear and report back to manufacturers. They are passionate about both their mission and cycling and are opening up the sport to a new and wider audience.

### Car Takes Out Multiple Bikes with **NO** Injuries



Sweet Pete's Cycle Shop in Toronto was the site of a car-bike accident with no injuries -

<https://cyclingmagazine.ca/sections/news/a-car-crashed-into-a-toronto-bike-shop-and-it-has-to-be-a-metaphor-for-something/>. A Volvo driver crashed into the front of the bike shop damaging some bikes but luckily there were no staff or shopper injuries although the driver and passenger required some attention. It's

unclear what caused the accident and the car not only left its lane but also crossed a bike lane before crashing into the storefront.

### Stolen Bike Gone Forever – Not Necessarily

One of a cyclist's worst nightmares is having their well-loved bike stolen. If it is stolen, will you ever get it back? Possibly not, but you can take steps to put the word out that it is stolen which can help police and local bike shop owners be on the lookout. The first step is to know the bike's unique serial number. The serial number is a combination of letters and numbers and is usually found on under the bike's bottom bracket. Other places it could be found are on the underside of the top tube, or on the down tube. If you still have your sales receipt, you might find the number there. Once you have the serial number, go to the Bike Index -

<https://bikeindex.org/>. The Bike Index maintains a list of bikes with their serial number and owner's name and contact information. If a stolen bike is recovered by the police or a bike shop is suspicious that a bike is stolen, they can check the index and contact the owner. In this situation, the bike will eventually be returned to the rightful owner. Registering your bike takes

about 15 minutes from finding the number to filling out the Bike Index registration, so do it today.

### A Biking Beer Trail

The Metropolitan Branch Trail runs between Washington D.C.'s Union Station and Silver Springs, MD. It is a popular trail for riders and runners that goes through a relatively urban area. Jesse Rauch opened up the Metrobar near the trail and soon found he was getting a



number of people riding bikes who were stopping by. Rauch soon discovered there were seven bars adjacent to the trail and approached them about encouraging riders to stop along the trail on their way home or during weekend rides. While it is unofficial, the trail has a new name, the Metropolitan Beer Trail - [https://www.washingtonpost.com/dc-md-](https://www.washingtonpost.com/dc-md-va/2022/05/19/metropolitan-beer-trail-guide/)

[va/2022/05/19/metropolitan-beer-trail-guide/](https://www.washingtonpost.com/dc-md-va/2022/05/19/metropolitan-beer-trail-guide/). (Your homework assignment this week is to note the location of bars adjacent to the Chuck Huckleberry Trail and create a Tucson Beer Trail Map!)

### Today's Cycling Quotation

My biggest fear is not crashing on a bike... It's sitting in a chair at 90 and saying, 'I wish I had done more.'

– Graeme Obree

### Today' Photograph



Bike Sculptures  
Chula Vista CA

### Today's Funny



*"Ready to roll in a minute, I just need to wait for my GPS, seatpost, derailleur, earbuds and pump to charge up."*

Tom Wilsted, Newsletter Editor  
E-mail: [Tom.Wilsted@uconn.edu](mailto:Tom.Wilsted@uconn.edu)  
Phone: 860-214-2822