

CHAINRING

Newsletter of The
GVR Cycling Club
www.gvrcycling.org



No. 64 August 3, 2022

Next Newsletter Deadline: August 15, 2022

Table of Contents

Local Cycling News	2
Pima County Sheriff's Auxiliary Volunteers' Bike Patrol	2
Editorial - Who Speaks for the Cyclist: Everybody and Nobody by Tom Wilsted, Editor	3
Group Rides – A Primer	4
National and International News	4
Two Cyclists Killed and Three Injured While Competing in a Michigan Make-A-Wish Ride.....	4
Do Basketball and Cycling Mix	5
Cycle Racing	5
How Much Do Tour de France Bikes Weigh?	5
Even Riding Indoors Is Dangerous.....	5
Being a Professional Cyclist Still Has Its Challenges	5
The Tour de France Femmes.....	6
Cycling Gear	6
Recommendations for Replacement Bike Parts You Rarely Consider	6
Give Your Pet a Break.....	7
AZ Sun Protection.....	7
Need a Cycling Head or Tail Light?	7
Cycling Clothes Washing Tips	7
Bicycle Health and Safety	7

Is All Exercise Equal?	8
Vitamin Supplements versus Exercise.....	8
Cycling History	8
Bicycle Evolution	8
Ten Inventions That Changed the Bicycle World.....	8
Interesting Cycling Stories	8
Rock Music Powered by (Drumroll!!) Bicycles	8
879 Miles in 83 hours On a Folding Brompton Cycle	9
Moving on From Cars	9
7000 Cycling Miles across Africa	9
Animal Drawings from Bike-Packing Encounters.....	10
Today's Cycling Quotation	10
Today' Photograph	10
Today's Funny	10

Local Cycling News

Pima County Sheriff's Auxiliary Volunteers' Bike Patrol

Some of you may know about the Pima County Sheriff's Auxiliary Volunteers' Bike Patrol. For those of you who don't, your editor sat down with Bill Hill to learn more about their activities and responsibilities. Bill joined the Bike Patrol in 2009 and currently serves as its manager.

Editor - When was the Pima County Sheriff's Auxiliary established and when was the bike patrol begun?

Bill Hill – The Sheriff's Auxiliary Volunteers (SAV) were established in Green Valley in 1982 and the Bike Patrol began around 2005.

Editor - What are the Bike Patrol's primary roles/responsibilities?

Bill Hill - The Bike Patrol supports the Pima County Sheriff's mission of crime prevention by providing a visual presence in Green Valley neighborhoods. It assists the Sheriff's Department by performing home security checks, personal welfare checks, searching for missing persons, and directing traffic. Members can be called out at any time to assist Sheriff's Department deputies.

Editor - What are the requirements for becoming a Sheriff's Auxiliary Volunteer? Are the requirements different for a bike patrol member?

Bill Hill – Members of the SAV must be eighteen years or older. There is a background check for all volunteers and each new member must attend a five week SAV training academy. Any member of SAV can join the Bike Patrol. Bike patrol members must be capable cyclists and have good hearing, memory and eyesight.

Editor - How much time is expected of a Bike Patrol Member?

Bill Hill - Patrol members must devote at least 120 hours per year. You do not have to be a year-round resident.

Editor – Describe an average shift for a bike patrol member.

Bill Hill – Patrols consist of two cyclists who work serve four hour shifts. Patrols are done in Green Valley neighborhoods and patrol members carry an SAV radio and must be in constant contact with Sheriff’s Department headquarters. When a Bike Patrol observes a situation such as a road hazard or a person down, they call for Sheriff’s Department backup and medical responders.

Editor - Is being a bike patrol member potentially dangerous?

Bill Hill - We always ride in pairs and conform to the Pima County standards for cycling. If members discover a snake on a property, meets a disgruntled individual or any other challenging situation, the Bike Patrol member calls the Fire Department snake squad or the Sheriff’s Department for backup.

Editor - As an SAV member, what gives you the greatest pleasure or satisfaction?

Bill Hill - Being a member of the Bike Patrol provides a good community volunteer opportunity. It can be challenging and exciting as well as satisfying.

For more information about the Pima County Sheriff’s Auxiliary Bike Patrol, contact: Liz Blair, Recruiting Manager, 520-351-6746 or gvsavrecruiting@gmail.com or Bill Hill, 520 343-0180 or bill.last.hill@gmail.com.

Editorial - [Who Speaks for the Cyclist: Everybody and Nobody](#) by Tom Wilsted, Editor
(Appeared Initially in the Green Valley News)

Cycling has gotten lots of attention with the rise of covid. Bike sales skyrocketed as people left their homes to exercise. It’s too early to know whether this trend will continue. However, bike sales continue to increase and many corporations are experimenting with cargo bikes in urban areas for deliveries as individuals and companies become more environmentally conscious.

Unfortunately, bicycles are inherently dangerous. Automobile manufacturers have developed “crush zones” in cars that will absorb the impact in an accident and protect the driver. With a bike, however, the rider him/herself **IS** the crush zone and absorbs the full force of a fall or a collision with a larger vehicle. Bicycle manufacturers are seeking to make bikes safer by installing disk brakes and tubeless tires but building a better/safer riding infrastructure is the best long-term solution for cycling safety.

Groups representing cyclists are a patchwork of organizations. At the national level there are the League of American Bicyclists, the Rails to Trails Conservancy and People for Bikes. Two of these three are located in Washington where they can push for national solutions to biking issues. At the state level, bicycle interests are represented by Coalition of Arizona Cyclists and at the local level there is Tucson's Greater Arizona Bicycling Association, the Santa Cruz Valley Bicycle Advocates Committee (SCVBAC) and Green Valley Recreation's Cycling Club.

None of these groups have their own access to funding and depend on the national, state or local governments. Their ability to make their case to a congress person, state representative or a county supervisor is reflected on what funding is allocated for improved cycling infrastructure. Fortunately, there is the occasional bicycle advocate like Pima County Administrator Chuck Huckleberry who had the vision and the authority to direct money toward cycling that resulted in a nationally recognized treasure like Tucson's Loop. Green Valley, and Sahuarita has also benefitted from Pima County's interest in bicycle infrastructure. Leaders of SCVBAC like Jim Jordan and Bill Adamson made connections with the Pima County Administration and Board of Supervisors that resulted in the many local bike lanes that riders enjoy today.

Upgrading Green Valley and Sahuarita's bicycle infrastructure requires building relationships with a number of agencies: Pima County, the Town of Sahuarita and the Arizona Department of Transportation. Each group has their own needs and agendas and cyclists need to have a plan and arguments available as to why cyclists are as deserving as motorists when infrastructure planning takes place. The question then becomes, who will be the individuals who speak up and represent the riders of today and tomorrow. This requires tenacity, vision and hard work. It remains to be seen who those somebodies will be.

Group Rides – A Primer

While some cyclists like to solo ride there are others that prefer a group. A group ride seems pretty straightforward. You'll get a group together, decide where to ride, decide on a riding pace and get started. However, to ensure a successful and pleasurable ride there is much more to consider - <https://www.bicycling.com/culture/a40438938/how-to-lead-a-group-ride/> . Are there rules for the ride – helmets required, only bikes/only trikes? What do you do in cases of emergency? The attached article provides lots of insights and tips for those leading or planning rides.

National and International News

Two Cyclists Killed and Three Injured While Competing in a Michigan Make-A-Wish Ride
The Make-A-Wish Foundation sponsors a three day fundraising ride across Michigan each year. This year's event was tragically interrupted when a drunk driver plowed into several riders near Ionia, Michigan – <https://www.msn.com/en-us/news/crime/2-cyclists-dead-3-injured-after-being-hit-by-suv-during-make-a-wish-race/ar-AA109KoC>. One rider died at the scene, a second died at the hospital and the other three are in the hospital with serious injuries. The driver of the car has been arrested for driving while intoxicated causing death.

Do Basketball and Cycling Mix

Lebron James, an enthusiastic cyclist, is part of a large group investing €30 million in Canyon Cycling - <https://www.velonews.com/news/lebron-james-invests-in-canyon-bicycles/>. Canyon, a German firm, will use the investment to expand their operations in the United States. James is a regular rider and has donated bikes through his foundation.

Cycle Racing

How Much Do Tour de France Bikes Weigh?



The Tour de France has a minimum weight but no maximum. The minimum is 6.8 kilograms or just a tad under 15 pounds. You would think that every bike entry would be as close to that minimum as possible but that isn't always the case. With new technology such as disk brakes, electronic shifting and aero design many teams are well over the minimum. One of the lower weights was a Scott at 7.71 kilos (17 pounds) or a Giant at a higher weight of 9.94 kilos (20.8 pounds) -

<https://www.bikeradar.com/news/2022-tour-de-france-bike-weights/>. Clearly, it's not always about weight.

Even Riding Indoors Is Dangerous

During a Commonwealth Games 15K scratch race in England, several riders went down causing British Olympic Champion Matt Walls to lose control and go over a safety wall into some spectators -

<https://www.washingtonpost.com/sports/2022/07/31/matt-walls-cycling-crash/>. Luckily, neither racers nor spectators were seriously injured but even track cycling has its dangers.



Being a Professional Cyclist Still Has Its Challenges

Guillaume Boivin, a Canadian cyclist, races all over the world. Finishing a race in Canada, he was traveling to Europe via Air Canada with his three bikes to ride in the Tour de France -

<https://cyclingmagazine.ca/sections/news/guillaume-boivin-still-missing-three-bikes-that-were-lost-by-air-canada-en-route-to-the-tour/>. He arrived, but his bikes didn't. In order to race, he had to borrow a bike from an Israel-Premier Tech team-mate. At publishing time, his bikes were still among the missing. Spanish rider Mavi Garcia had a different problem riding in the Tour de Femmes fourth stage. After having several punctures, she was only 55 seconds behind the stage leader. However, near the end of the race, she was hit by her crew's car knocking her off her bike losing more than three minutes and finishing that stage in 33rd -



<https://cyclingmagazine.ca/sections/news/mavi-garcia-was-knocked-down-by-her-own-team-car-at-tour-de-france-femmes/>.

The Tour de France Femmes



The Tour de France was barely over when the Tour de France Femmes began. While the race was shorter than the original tour, it received good publicity in Europe although less in the United States - <https://www.cyclingnews.com/news/the-current-gc-standings-in-the-2022-tour-de-france-femmes-after-stage-1/>. The overall winner was Annemiek van Vleuten of Holland riding for the Movistar Team. The race brought out a number of interesting issues such as how do women cyclists manage their bladder issues during the race - <https://www.bicycling.com/tour-de-france/a40699610/women-cyclists-pee-in-races/>. The tour was not without its challenges. During the race's fifth stage, there was a massive pileup with over thirty cyclists involved - <https://cyclingmagazine.ca/sections/news/watch-the-huge-30-rider-crash-at-the-tour-de-france-femmes/>. A comparable women's Tour de France has been a long time coming and was described in an article in *Cycling Magazine* - <https://www.si.com/cycling/2022/07/22/tour-de-france-femmes-womens-race-history-avec-zwift-daily-cover>

Cycling Gear

Recommendations for Replacement Bike Parts You Rarely Consider

Bicycling Magazine recently did a number of reviews for bike parts that are not normally replaced unless the rider is making a major upgrade or the parts are damaged. The first is the bottom bracket. This is an insert into the bottom of the bike frame that holds and allows the crankset to rotate freely. It is a critical bike part and should be replaced if your pedaling seems stiff or you hear a creaking noise while pedaling. Bottom brackets come in different sizes and the one that *Bicycling* rates highest is only \$25 - <https://www.bicycling.com/bikes-gear/g40656404/best-bottom-brackets/>. Another review covered bike stems. This part connects your handlebars to your steering tube/front fork. It is unlikely to break or be damaged. However, this part come in different lengths as well as adjustability which might be a reason for considering a change -



<https://www.bicycling.com/bikes-gear/g40640225/best-bike-stems/>. A third review covered mini-air pumps - <https://www.cyclingweekly.com/news/product-news/7-of-the-best-mini-pumps-4346>. Many riders have abandoned cycling pumps because of improvements in tires/tubes combined with the availability of *slime/goo* and CO2 cartridges in cases of emergency. The reviews provides some strong arguments for having a pump in case of slow leaks or more than one puncture per ride.

Give Your Pet a Break



When you walk out the door and look back into your pet's brown eyes, do you ever wonder what they are thinking? If they could talk, they would say, "Why can't I ride, too?" If you have a dog, cat, parrot or gerbil, you should consider having them ride with you. To help with this, *Bicycling Magazine* recently did a review of pet trailers designed for cycling -

<https://www.bicycling.com/bikes-gear/g40668154/best-trailers-for-dogs/>. They provide details on trailers for small and large dogs and even trailers that convert into strollers in case you care to walk/carry your dog around the neighborhood.

AZ Sun Protection



We love Arizona's 300 plus days of sun but it can be brutal. Sun protection is a must but some people are allergic to sun screens and in hot, sweaty weather sunscreen may wash off. Bike clothing manufacturers offer a variety of sun protective clothing. Most is made of high-tech materials that are light weight and breathable, are designed for cooling while providing needed sun protection - <https://www.roadbikerider.com/top-cycling-apparel-uv-protection/>. Like most high-tech gear, it comes at a price but consider the alternative.

Need a Cycling Head or Tail Light?



If you aren't riding with a headlight and taillight, shame on you. If you don't have time to stop in at your local bike shop, there is always Amazon - <https://www.bicycling.com/bikes-gear/g40721938/best-bike-light-sets/>.

Bicycling Magazine recently reviewed some Amazon options and provides seven recommended lights. If you can't manage to leave home, get out your phone or iPad and put in an order.

Cycling Clothes Washing Tips

If you are wearing spandex or other high-tech cycling gear, you want it to last as long as possible. Arizona weather guarantees that you will sweat and you'll need to wash out your gear after riding - <https://hincapie.com/ride-with-us/stories-from-the-saddle/wash-care-cycling-kit/#:~:text=Think%20of%20your%20cycling%20apparel,want%20to%20stain%20other%20garments>. Riding gear should be treated like delicate clothes – wash in cold water, use mild detergent and hang/lay flat to dry. The attached article give some additional washing tips. Biking clothes are not inexpensive and careful washing will make them last longer and ensure that they look as good as new as long as possible.

Bicycle Health and Safety

Is All Exercise Equal?

It's pretty clear that any exercise is better than none at all. Whether it's walking, riding, running or a gym workout, it all helps. However, are there some exercise levels that are better than others? Recent studies have shown that exercising more than 150 minutes per week is more beneficial than the occasional walk or ride - <https://www.roadbikerider.com/all-exercise-good/>. People exercising at that level are less likely to suffer heart disease, die from cancer or die prematurely. Keep on riding!



Vitamin Supplements versus Exercise

The United States Preventive Services Task Force recently issued a report on vitamin supplements. It commented that more than half the US population took one form of vitamin supplements or another and the rate was climbing. Their overall recommendation was that individuals would be better off eating a healthy diet containing a variety of vitamins as well as exercising on a regular basis -

<https://jamanetwork.com/journals/jama/fullarticle/2793446?widget=personalizedcontent&previousarticle=2793472>. The answer is: get on the bike and eat your fruits and vegetables.

Cycling History

Bicycle Evolution

Jill Lepore is an award-winning Harvard historian as well as a long-time cyclist. In a recent article for the New Yorker she discusses her personal cycling history as well as how cycling has evolved over time - <https://www.newyorker.com/magazine/2022/05/30/bicycles-have-evolved-have-we-jody-rosen-two-wheels-good>. It is a thoughtful article and highly recommended.

Ten Inventions That Changed the Bicycle World



OK, what are the ten most important inventions in the history of the bicycle? How about pedals, the spoked wheel, the roller chain, pneumatic tires, and you name the rest - <https://road.cc/content/feature/10-brilliant-inventions-changed-bicycle-185561>. You may not agree with everything on the list but it is a good place to start.

Interesting Cycling Stories

Rock Music Powered by (Drumroll!!) Bicycles

The Newport Folk Festival had always been an acoustic affair until Bob Dylan brought his electric guitar in 1965. Ever since it has been a combination of acoustic and electric instruments. The Illiterate Light is a band that supports environmental issues. Like all groups playing in front of large audiences, they have an electric sound system as well as electrical instruments



- <https://www.msn.com/en-us/news/us/newport-folk-festival-includes-stage-powered-by-bicycles/ar-AAZT8qc?ocid=sapphireappshare>. To offset their energy use, they developed a bicycle powered sound system they have been using in small clubs. At the recent event in Newport, they set up their bike powered stage for their performance for fans, many of whom had biked to the event.

879 Miles in 83 hours On a Folding Brompton Cycle



James Stannard, Head of the Brompton Research Department and an avid cyclist, decided to ride of England's Land's End to John O'Groats in Scotland

- [https://www.cyclingweekly.com/news/879-miles-and-83-hours-on-a-folding-bike-london-cyclist-completes-lands-end-to-john-ogroats-on-a-](https://www.cyclingweekly.com/news/879-miles-and-83-hours-on-a-folding-bike-london-cyclist-completes-lands-end-to-john-ogroats-on-a-brompton?utm_source=SmartBrief&utm_medium=email&utm_campaign=E1DA64DC-5B56-4DC2-8994-938C99748880&utm_content=30794679-D6D9-4B05-9992-26E8E0D4D527&utm_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a)

[brompton?utm_source=SmartBrief&utm_medium=email&utm_campaign=E1DA64DC-5B56-4DC2-8994-938C99748880&utm_content=30794679-D6D9-4B05-9992-26E8E0D4D527&utm_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a](https://www.cyclingweekly.com/news/879-miles-and-83-hours-on-a-folding-bike-london-cyclist-completes-lands-end-to-john-ogroats-on-a-brompton?utm_source=SmartBrief&utm_medium=email&utm_campaign=E1DA64DC-5B56-4DC2-8994-938C99748880&utm_content=30794679-D6D9-4B05-9992-26E8E0D4D527&utm_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a). He started on July 17 and finished on July 21. He rode approximately 175 miles per day on his Brompton's 10 inch wheels. His ride was totally unsupported and took place during England's heat wave.

Moving on From Cars



While most of us can't imagine life without a car for errands or doctor appointments, there are people moving on to purely bike travel. Heather Morley-Farley lives in Oakland, CA, has a husband and three children. When their car broke down ten years ago, they bought a cargo bike and have been carless ever since - <https://www.msn.com/en-us/news/lifestyletravel/we-ordered-a-cargo-bike-and-just-kept-going-the-growing-movement-to-go-car-free/ar-AAZScQW>. Going carless is not for

everyone but it is a growing trend.

7000 Cycling Miles across Africa

South African Tegan Phillips lives in an adventurous family. After selling his business at 53, her father began planning a trip from Capetown, South Africa to Zanzibar, Tanzania and return - <https://www.bicycling.com/rides/a38819483/bike-across-africa-lessons/>. Initially it was a



husband/wife trip but eventually it included the husband, wife and two daughters. They carried all their gear and had never attempted a long cycling trip before. Initial riding days were 30-35 miles expanding to 80 miles later in the tour. Tegan listed five things she learned on the trip: 1. Epic is an Illusion; 2. There's something to be said for sucking it up; 3. Nothing cultivates gratitude like

context; 4. Travel encounters diversity and similarity; 5. We are all going to die, but it's not a race.

Animal Drawings from Bike-Packing Encounters

Taiwanese artist Jinny Chen currently lives in Sweden. She is an avid cyclist who began drawing the animals she encountered on her rides across Scandinavia. Working in watercolors, her drawings are whimsical and include a human dimension. Here is her story -

https://bikepacking.com/plog/jinny-chen-drawings/?utm_source=bikebits&utm_medium=email&utm_campaign=20220720_BikeBits.

Today's Cycling Quotation

"Every time you miss your childhood, ride a bicycle!"

Mehmet Murat ildan

Today' Photograph



Animal Bikepacking Drawing
By Jinny Chen (See story above)

Today's Funny

Beer Rates As #1 Cycling Workout Recovery Beverage

Munich (Beer News Network) – In a groundbreaking study from Munich State University sponsored by the Bavarian Brewers Association, researchers have found that beer provided the most rapid restoration of electrolyte and blood sugar levels following intense cycling workouts. The study compared various popular exercise recovery strategies including sports drinks, energy drinks and milk thistle mixed with buttermilk and lemon juice. Beer was a clear winner for exercise recovery while the milk thistle mix did perform well on the following day's hangover test.

Researchers described the test results as promising but added that a larger study was needed to better define the optimal fluid replacement regime. Volunteers for the expanded test are actively being sought. Interested participants will be required to relocate to the study center in Munich, Germany for the month of October.

Tom Wilsted, Newsletter Editor
E-mail: Tom.Wilsted@uconn.edu
Phone: 860-214-2822