

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



No. 65 August 17, 2022

Next Newsletter Deadline: August 15, 2022

Table of Contents

Local Cycling News	2
Tour de Tucson – Local Planning	2
Upcoming BICAS Training Classes	3
El Grupo’s Fall Fondo Fundraiser	3
National and International News	3
What’s Your Local Bike Score?	3
What Is Holding Bike Infrastructure Back?	3
Will Trek Own The [Bike] World?	3
Update - Federal Inflation Reduction Act	4
Bicycle Sales – A Mixed Bag	4
Cycle Racing	4
New Tech from the Tour de France	4
Cycling Gear	4

Expanding Your Mechanical Skills – Chain Replacement.....	4
Nah, That Can't Be Right	5
A Road Bike and an E-bike – Do You Need Both?	5
Time for a New Body or a New Bike Saddle?	5
Bicycle Security – Again!	5
Tubed versus Tubeless Tires	5
If Only the Unique and Perfect Will Do.....	6
Buying a Bike the Alchemy Way.....	6
Any Corona Fans Out There?	6
Bicycle Health and Safety	6
Tired/Mentally Exhausted – Take a Ride	6
Drinking Before You Are Thirsty Is Not Always Good Advice.....	7
Cycling History	7
New Bicycle History.....	7
Interesting Cycling Stories	7
Fantastic Cycling Photos.....	7
New York City to Niagara Falls by Bike.....	7
Does Your Bike Need a Bath?.....	8
Still Riding After 53 Years	8
Keeping Your Socks Grease Free	8
Exhilaration and Pain: Riding the ALCAN Highway	8
Today's Cycling Quotation	8
Today' Photograph	9
Today's Funny	9
A Bee Stung My Boob – But Wait There Is More	9

Local Cycling News

Tour de Tucson – Local Planning

The 2022 Tour de Tucson, is scheduled for Saturday, November 19th. The hundred mile plus route will again travel through Green Valley. As there was last year, there will be a water/snack/rest station located beyond Green Valley near Mission Road. If you are interested in volunteering to help with the rest station, contact: Bobby Epstein at rye812@gmail.com.

Upcoming BICAS Training Classes

Bicas has a number of training classes scheduled in the next few weeks. These include: Basic Bike Maintenance - \$30, Brake adjustment - \$36, Gear Adjustment - \$36 and Build a Bike - \$120. For class schedules and registration, go to: [Website](#).

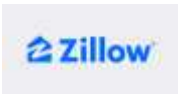
El Grupo's Fall Fondo Fundraiser



El Grupo, the Tucson club for young riders, is planning its Fall Fondo Ride for October 30th. This is a major fundraising event for the club and the ride lengths are 35, 50 and 75 miles. The Registration is now open and the fee is \$99 until August 15th and \$109 thereafter. Information about the event can be found at: [Website](#).

National and International News

What's Your Local Bike Score?



Cycling is clearly becoming of greater interest to members of the general public. Real estate website Zillow has now added a local bike score to the list of criteria in its listings - [Website](#). It provides a number from 1-100 for a location's bikeability. A score about 90 is a cyclist's paradise and a score below 50 means there is relatively little cycling infrastructure. If you are planning on moving to a new town be sure to check its bikeability - [Website](#).

What Is Holding Bike Infrastructure Back?



Improving bike infrastructure has been a slow slog for the cycling community. There have been a number of cycling growth periods but it has been hard to compete with the airline and auto industry for national, state and federal funds. Where cyclists seem to have a good case, "the powers that be" ask where is the data supporting cycling needs. That is often a chicken or an egg problem. If the cycling community is underfunded, where will money come from to pay for data collection? A private company, Street Light Data, began collecting data in some new ways that are helping the cycling community - [Website](#). Using electronic devices and the internet, they are able to track moving vehicles and be able to create accurate data from vehicle movement more easily and less expensively. They recently released a report on some of their findings that our group members may find interesting - [Website](#).

Will Trek Own The [Bike] World?

Hardly a week goes by when there isn't an announcement about Trek buying up another local bike shop - [Website](#). Of course it more than Trek, it's Specialized and Pons (Cervelo, Gazelle and Santa Cruz) who are buying up local bike shops as well. However, as the number of brands contracts one wonders about both the range of choices as well as the level of cycling innovation. The future is not clear but growth of a few brands with the loss of many others is concerning.

Update - Federal Inflation Reduction Act

President Biden's Build Back Better Legislation included a number of bike related expenditures including an E-bike tax credit. The latest version of the bill, the Inflation Reduction Act, is significantly slimmed down. One of the important missing items is the E-bike tax credit - [Website](#). It is one of the smaller items in the initial bill and might yet be added by congressional amendment.

Bicycle Sales – A Mixed Bag

It seems clear that sales of bikes like many other items are slowing down. Two bike related companies – RadPower and Whoop – have both laid off workers. Radpower – an E-bike company - laid off 100 workers in April and another 63 last month. Whoop, a clothing technology company, laid off 15% of its staff last month - [Website](#). Garmin sales were down quarter to quarter by 6% much of that attributed to slower sales of their electronic equipment - [Website](#). On the other hand, Shimano reported a 20% increase in sales for the first half of their fiscal year - [Website](#).

Cycle Racing

New Tech from the Tour de France

Jim Langley is a Tech Guru for *Road Bike Rider*. He has been following the Tour de France looking for new technology being developed, introduced or accepted on the Tour - [Website](#). Some of the items he noted were acceptance of tubeless tires, one piece stems and handlebars, oversized derailleur pulleys and aero helmets gone wild. An interesting perspective.

Cycling Gear

Expanding Your Mechanical Skills – Chain Replacement

If you are thinking about expanding your cycling skills, maybe you want to learn how to replace your bike chain. One option would be to sign up for BICAS Gear Clinic on September 9th - \$36 – which includes chain replacement - [Website](#). Another option is to go to a *Pro's Closet* online article describing how to measure and replace a chain - [Website](#). Another option is to go to YouTube where there are a number of videos. Keep in mind that you will need some specialized tools in order to carry out this process so if you don't want to invest in hardware, the other option is your local bike shop.

Nah, That Can't Be Right

Are you a bike weight fanatic? Do you compare alternative parts to see which one is the lightest? When you have finished putting on some new lightweight parts, do you carry your bike onto your home scale to see how much weight it dropped and then it still says 16 and half pounds? Maybe you need a more specific tool – a bike scale. *Bicycling Magazine* recently did a comparison and ranking of specialized bike scales so if you are a fanatic about bike weight, here is a tool for you - [Website](#).



A Road Bike and an E-bike – Do You Need Both?

Cyclist/film maker Ryan Van Duzer was not a big fan of E-bikes. However, he saw the value of one when his mother bought one and could now ride with him. As he saw what other E-bike uses were possible, he decided to buy one for himself - [Website](#). Here is his story of an E-bike odyssey.

Time for a New Body or a New Bike Saddle?

Chances are a new body or a new saddle if you recently did a review and recommendation for the best cycling saddles for 2022 - bikes and on higher priced models but it might be a good starting place to look.



body isn't in the offing so maybe you need to look at are having riding discomfort. *Cycling Weekly* review and recommendation for the best cycling saddles for 2022 - bikes and on higher priced models but it might be a good starting place to look.

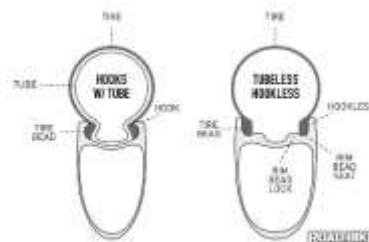
Bicycle Security – Again!

Bicycling Magazine recently ran two articles on the best padlocks and cable locks that could be found on Amazon. The padlock, of course, would require either a cable or chain to secure your bike - [Website](#). If you want an all-in-one solution, *Bicycling* also did an article on cable locks - [Website](#). The articles suggested that either solution would be good for leaving your bike for a short time but an overnight would require something more substantial and secure. Feel free to ignore the Amazon part and try your local bike shop or hardware store if one of these is of interest.



Tubeless Tires

Tubeless tires have been a staple on trucks and automobiles for decades. However, tubeless tires on bicycles are a recent phenomenon. Tubed tires obviously have a tube and if the tube is punctured, air leaks out and the rider is dealing with a flat. There are methods to avoid a puncture including Goo/Slime in the tube to slow leaks or installing tire liners to give additional protection between the tire and tube. In recent years, many cyclists have been drifting toward tubeless tires, especially those riding mountain



bikes. Tubeless tires have only one layer of rubber. However, a tubeless tire is generally stronger and it also contains a sealant that protects air from leaking around the tire rim as well as sealing small punctures. Although it is not absolutely puncture-proof, it is less likely to leave you by the side of the road with a cell-phone in hand. While tubeless tires do have advantages, they require special tires and rims so there is a price for an upgrade. For more details comparing the two, go to: [Website](#).

If Only the Unique and Perfect Will Do



If your personality craves a bike that is unique and different, maybe you want a hand-made bike built to your desired specifications down to the exact size and paint design. If this describes your personal cycling interest with an accompanying bank balance, maybe you need to attend one of the Handmade Bike Shows. Such shows have been a regular feature in Denver prior to covid. However, when organizers tried to revive the event for 2022, they were unable to obtain the needed support. However, a new group is planning craft bike show for September 2023 in Portland, Oregon - [Website](#). Entitled, MADE, it plans to invite both bike builders and the public and make it as accessible an event as possible. If you can wait that long and get yourself to Portland, maybe you can pair up with a builder for the perfect bike - [Website](#).

Buying a Bike the Alchemy Way



Located in Golden, Colorado, Alchemy produces custom made road, gravel and mountain bikes. Frames are either carbon or titanium and riders have a huge range of choices. Alchemy wants to build a relationship with each customer and invites you to pick up your bike in Golden. If you travel there, they offer a free night in a local hotel, meals and an opportunity to ride your bike and have their mechanics make final adjustments - [Website](#). You can take the bike with you or free shipping is available. Prices range from \$4,000 to \$10,000.

Any Corona Fans Out There?



Corona beer has teamed up with State Bicycle Company to bring you a beach cruiser along with Corona themed gear - [Website](#). For a mere \$600 you can get a single speed beach cruiser with a coaster brake, along with a Corona decorated jersey, bib and bar bag. It's a great ride for the beach and the bar bag is a perfect size for a six pack.

Bicycle Health and Safety

Tired/Mentally Exhausted – Take a Ride

A recent study in the journal *Psychology and Behavior* found that individuals suffering mental exhaustion recovered quickly following aerobic activity - [Website](#). The study found that

moderate activity was effective in recovering from mental strain and exhaustion compared to those who turned to television or electronic devices.

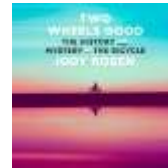
Drinking Before You Are Thirsty Is Not Always Good Advice

Proper hydration is critical when riding. One standard piece of advice is always drink before you are thirsty. Usually this is good advice but there are exceptions. Cyclists need an adequate level of salt in their body and drinking when salt levels are low, can result in fluid retention. This condition has a name - hyponatremia. This condition affects seniors more frequently and is something riders should know about. More information about this can be found at - [Website](#).

Cycling History

New Bicycle History

Jody Rosen, a Brooklyn journalist, has just published a new bicycling history, *Two Wheels Good: The History and Mystery of the Bicycle* - [Website](#). A cyclist himself, this is both a history as well as a personal conversation about the love and joy of cycling. There is a more detailed review at the link above.



Interesting Cycling Stories

Fantastic Cycling Photos



For the past thirteen years, the Adventure Cycling Association has a contest for the best cycling photo. This year's contest has some wonderful examples - [Webpage](#). The winning photo was submitted by Asa Rogers and is an early morning scene riding east toward a desert sunrise.

New York City to Niagara Falls by Bike



The East Coast is far ahead of Arizona in developing long, stand-alone bike trails. You can ride from Pittsburgh to Washington or from Cincinnati to Cleveland. While I have personally ridden on the Erie Canal trail from Buffalo to Albany I was unaware that the trail continued on down to New York City. Attached is one person's adventure ride from New York to Niagara Falls - [Website](#). If you are heading out east with your bike, consider taking one of these trails. You won't regret it.

Does Your Bike Need a Bath?



There is an interesting phenomenon going on within the biking community – people seem to be dropping/pushing/riding their bikes into the water - [Website](#). For example, each year more than 15,000 bikes are retrieved from Amsterdam canals. It is not just in Europe that bikes are taking a bath but it is happening in England, New York and China as well. It is unclear the motivation of each cyclist – are they frustrated that the bike can't be repaired, tired of cycling, just meaning to give the bike a wash and lost their grip on the bike. 'Tis a mystery!

Still Riding After 53 Years



John (age 86) and Janine (age 91) have been married for over 53 years and still manage to ride an average of 60 miles a week on their trikes. They have ridden all over the United States and now live and ride near Beaufort, North Carolina. Here is their story - [Website](#).

Keeping Your Socks Grease Free

Do your white socks always have black grease stains from your bike chain or have you graduated to wearing only black socks? If you are a white sock person, there are some options - [Website](#). Here are some of the possible solutions – keep your chain clean, always walk on the left side of your bike, when stopping always put your left foot down and keep your right on the pedal OR switch to black socks.

Exhilaration and Pain: Riding the ALCAN Highway



Tom Perlmutter, a journalist with *Canadian Cycling*, is a bit of a youngster – only 73. However, he is a fit 73 as he writes about his rides from Cairo to Capetown and from the Arctic to Panama. He recently rode the ALCAN highway through Canada and describes his trip and its many challenges from hills to rainstorms. As he observed during this trip there is a cycling law that every long distance rider learns – for every [feeling of] relief there is an equal and opposite reaction of suffering” - [Website](#).

Think about that for a moment and remember it as you swoop down a hill only to find another hill ahead of you to climb.

Today's Cycling Quotation

“Cyclists see considerably more of this beautiful world than any other class of citizens. A good bicycle, well applied, will cure most ills this flesh is heir to”

Dr K.K. Doty

Today' Photograph



Tandem Love



Tandem Hate

Today's Funny

A Bee Stung My Boob – But Wait There Is More



Nicole Kurz is a fitness writer who claims to have lost enough weight that two people can fit into her old pants. She regularly writes about her experiences running, riding and weight lifting in a humorous vein. Here is her story of an encounter with a bee while cycling - [Website](#).

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