

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



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Local Cycling News

More Posada Java Bike Parking Space and Official GVR Cycling Rides



Posada Java at La Posada continues to welcome area cyclists. They recently added another bike rack that provides more bike parking space at peak eating and drinking hours.

Club Rides

This fall, we are planning to add some official GVR Cycling rides. The 10-10-10 will be one of the first to change over. The only change will be asking participants to sign a waiver, and advertising the ride on our website and with GVR. We might want to start and end some rides at Posada Java so we have time afterwards for chatting and noshing.

Reflective Vests

There are reflective vests and reflective vests. The inexpensive variety are usually inexpensive and look just a notch above those worn by DOT workers. *Bicycling* Magazine recently had an article on reflective vests designed for cyclists - [Website](#). Prices ranged from \$15 to \$90 with



most in the \$45-\$60 range. Some were waterproof and some windproof and a number were very stylish for those who value that characteristic. If you are doing any night riding, you might want to look into one of these options.

Note from president Karen: The vest pictured (left) cost about \$20 and was ordered from a company in England via Etsy. Most of the cost was shipping. We might want to consider a few vests for leaders of official GVR Cycling rides, when we start those up later this fall. If you're interested in joining the Apparel Committee (currently inactive due to lack of volunteers) let us know at gvr cycling@gmail.com.

El Tour de Tucson by Bobby Epton

We NEED to hear from you. We would love to know who's planning on coming..we have room for anybody who wants to come, Don't worry about Covid at the (Esperanza) legion on Friday evening (@ 5:30 pm). If you want to make sure we get your name, contact info, and volunteering preferences, please fill out this [FORM](#) or email me at rye812@gmail.com.

National and International News

What Happens When a Driver Hits and Kills a Cyclist – Not Much!

In 2021 the *Outside* online magazine attempted to gather as much data as possible on the number of cycling deaths in the previous year. The result was a database of over 700 deaths - [Website](#). The official death toll for that year was 938 according to the National Highway Transportation Safety Board so not everyone could be found. *Outside's* interest was in pursuing the outcome of the cycling deaths. They found that unless there was good evidence of drug or alcohol use or a driver's intent to injure a rider, that drivers mostly received only a traffic citation and fine. Criminal charges were rare and most accidents might not even be reported through print or online news. Some states are responding by passing "vulnerable road user" laws which provide more specific punishment in cases where a car-bike accident results in death. While we need better laws that punish cycling deaths, creating a safe cycling infrastructure is the best way to lower the number of accidents and deaths. Separate and dedicated bike lanes give riders more protection as it alerts drivers about lane usage. Cyclists need to pursue bike laws and bike lanes more aggressively and, whenever possible, opt for dedicated lanes.

Add E-bike - Car = €4000

France is trying to seriously encourage citizens to trade their cars for E-bikes - [Website](#). The government is offering a €4,000 incentive to individuals who give up their car and purchase an

E-bike. The incentive goes to individuals in particular income brackets and in areas where there is higher pollution. For higher income individuals the incentive drops to €2,500 and there is also a €400 incentive for those retaining their cars. Other countries are trying to encourage individuals to bike to work. Belgium, England and the Netherlands all offer incentives ranging from \$.25 to \$.45 cents per mile to commuters riding to work.



Cycling User Data Is Gold

Toronto recently installed a dedicated walker/rider path on its busiest downtown street. In its initial two month use, it found that bike ridership increased between 33% and 193% depending upon the time of day. Rush hour ridership increased from 600 riders to 1760 riders per hour. There was little effect on traffic as a common commuting time increased only 1.5 minutes.

Build it and they will come!

The British Bike Licensing Saga Continues

Grant Shapp, Britain's Transportation Secretary, continues to support mandatory licensing of Bicycles as a law and a safety measure - [Website](#). Peter Walker, the *Guardian's* political correspondent, recently laid out all the arguments against licensing - [Website](#). These included the fact that any bike license would be too small to read at a distance for identification, licensing will not protect riders from danger and the fact that cyclists cause few accidents. Walker claims there is "zero chance" that licensing ever happens. Latest update – Britain's Conservative Government has shelved the idea of required bike licenses and insurance.

Cycle Racing

Best Race Winning Celebration Ever?



Norwegian Cyclist Søren Wærrenskjold recently won the first stage of the French Tour de l'Avenir. As he crossed the finish line, he did one of the best celebrations ever - [Website](#). Be sure to watch the website video.

Cycling Gear

Bicycle Recalls

Bicycles are pretty simple machines compared to an automobile or a washing machine. However, that has changed in the past couple of decades as many cycles are now made with lighter weight materials and electronics often become part of the package. Trek has now recalled some carbon handlebars/stems that are cracking with potential hazard to the rider - [Website](#). Trek is not alone in this situation and while there is not a flood of bicycle recalls it is happening more frequently - [Website](#). It's important to be aware of this issue and a quick

Google search combining the words recall and your bike brand and model will give you a quick result. However, you can also be proactive by insuring that your bike ownership and contact information (whether you bought the bike new or used) is listed with the bike company. Doing that may result in an automatic recall notice if something on your bike needs repair or replacement.

Things You Don't Need



Each week there is a description of something you might want to add to or upgrade on your beloved steed. Do we need all those things or are they just a way of sliding dollar bills out of our wallets and into the hands of a wealthy bike company entrepreneurs? Liam Cahill in *Road.cc* provided a list of items that he doesn't believe are needed for recreational cycling - [Website](#). They include disk brakes, ceramic bearings and tubeless tires, etc. You can read and agree or disagree depending on your experience, enthusiasm or pocketbook. Read below for another thing you might not need!

Ride Right In

After coming home after a long ride do you wish you could ride right into your garage? If instead you have to get off the bike and go around to another door or use an outside garage door keypad, there is an alternative – Doormate! This is a universal garage door opener that fits into your cycling handlebar end. It can be programmed for any automatic garage door opener and with the push of a button, the door opens and you can ride right in - [Website](#). The Doormate is waterproof and costs \$39.95. If you buy one, send your editor a review!

Road Bike Helmets – Does Price Make a Difference?

Bike helmets are one of the items a cyclist needs to replace within five years of manufacture. That being the case, is a more expensive helmet better? Some of the criteria to consider include head protection, air venting and weight AND cost. *Cycling Weekly* recently did a comparison of helmets based on these criteria - [Website](#). Prices for the expensive helmets ranged from \$250-\$300 and lesser priced helmets ranged from \$43-\$50. The author found that there was at least one helmet in the lower price range that met the criteria found in the more expensive models. He also indicated that as far as safety is concerned all helmets must meet a minimum safety standards set by the Consumer Product Safety Commission and there were helmets that met the newer MIPS standard in the lower priced helmets.

Buying Your First Road Bike

If you are riding a hybrid/mountain/other bike and are looking for something faster or to race, you might want to upgrade to a road bike. There are lots of choices but where do you start. *Cycling Weekly* provides a good overview of some of the options - [Website](#). It discusses types of road bikes, frame material, component choices, and some final tips.

Which Chain Do I Choose?



OK, I am going to start installing my own chain, which chain should I use? There are a number of details to consider. What size cassette is on your bike – an 8, 10, 11, or 12 speed or something else? There is a specific chain for each application. It's also important to know which components are on your bike – Shimano, SRAM, or Campagnolo. You should choose a chain to match your component, preferably the same brand. *Bicycling*

Magazine recently had an article on recommended chains which might be a good starting place - [Website](#).

Bicycle Health and Safety

An Airbag for Your Head

Swedish cycling companies, POC and Autoliv, have teamed up to develop an air-bag bicycle helmet - [Website](#). They have developed a prototype helmet with an airbag that inflates without causing damage to the wearer. Tests have shown the new technology would reduce head injuries up to 80%. No details were given as to when a public version will be available.



What Is Bicycle Speed-Wobble and What Do You Do About It?

Speed wobble is a shimmying of the front bicycle wheel and frame caused by speed and/or irregular road surfaces. Jim Langley in *Road Bike Rider* provides a good overview of the topic and how to slow down safely - [Webpage](#). He advises not to immediately apply the brakes, but hold tight to the handlebars, to clamp your knees against the bike's top tube, and slowly lift yourself from the seat as though you are going over a bump and then slow down. Go to the website for more details.

Lower Risk of Death – Good Eating plus Good Exercise

A recent study of 350,000 British adults over an eleven year period resulted in some strong indicators about how to extend your life expectancy. The study broke down participants into four categories of health – poor, medium, better and best. Those in the top two categories had this in common, eating well and exercising. This group had a 17% lower risk of death from all causes with a 19% lower risk of serious heart issues and a 27% lower risk of all cancers - [Website](#). Keep riding and don't assume exercise allows you to eat whatever and whenever you want.

Is Bicycle Insurance Worth the Investment?

Is your bike likely to be stolen or damaged in an accident? The most likely scenario is theft. There is a bike stolen every 30 seconds in the USA or about 2 million per year. The total value of the bikes stolen is \$350 million. So, what is the best protection? First, bike theft may already

be covered under your homeowner's policy. You should check with your insurance agent and if it's not covered, your bike could be added as a "rider." However, the down side of homeowner's coverage is that you only receive the bike's depreciated value minus your deductible. For example, if you bought a Specialized S-Works Roubaix in 2018 for circa \$14,000, today you would receive \$6,000 minus your deductible. If this is a concern, there are companies that provide insurance especially for bicycles and some offer full replacement value. If you want to investigate further, here is a place to start - [Website](#).

Cycling History

The Tangled Tale of Who Invented the Bicycle

History is not always full of straightforward "facts." It seems the invention of the bicycle falls into that category. No one appears to dispute the "fact" that German Karl von Drais invented a two-wheeled running machine in 1817. It was a precursor to our modern bike but there were



a number of steps in between. The next major leap was the addition of pedals to propel the front wheel. Pierre Michaux of Bar-le-Duc, France was initially credited with attaching pedals to the front bicycle wheel in 1855 and there is a monument to this "fact" in his home town. However, cycling historian David

V. Herlihy has dug into the claim and found the facts rather murky - [Website](#). Herlihy lists three individuals as possible inventors who added pedals and yet a fourth individual, Pierre Lallement, holds the first patent for a front-wheel pedal bike in 1866. Of course, the modern bike only comes into being with the addition of chain drive and equal size front and rear wheels in 1885 and this was the final "fact" in the invention of the bicycle.

Interesting Cycling Stories

The Cyclist with the Carbon Fiber Leg



Meg Fisher was a University of Montana sophomore when she was in a car crash in 2002 and had her leg amputated. After two surgeries, she began competing in triathlons. She eventually switched to Paralympic cycling and won her first US National Championship in 2010. She won four Paralympic championships prior to her retirement from competition in 2016 - [Website](#). She continues to race in gravel and mountain biking events as well as earning her doctorate in physical therapy in 2014 - [Website](#).

37.5 Fabric – For Nerds Only

37.5 is the normal human temperature in a centigrade scale. 37.5 Technology is also the name of a business that licenses technology for a fabric used by cyclists - [Webpage](#). The human body is most efficient when it maintains exercise, that temperature will a fabric that incorporates small moisture and the body's heat in



its normal temperature. However, during naturally rise. 37.5 Technology has developed particles of volcanic sand that absorbs order to maintain a normal temperature. A

number of cycling companies use this type fabric and they include Trek, Mavic, Pactimo and others. Beyond cycling, it is used by runners, skiers, hikers and in shoes, work clothes and sleeping apparel.

Tom Perlmutter – Update from the Arctic



Tom Perlmutter provides an update on his ride from the Arctic to the Panama Canal - [Website](#). Given the terrain, they are mostly camping with lots of rain, mosquitoes and discomfort. Finding a place with indoor toilets and showers immediately becomes a luxury. It is a fascinating and challenging tale and not for the faint of heart.

Bike Packing 101

If you are thinking about taking up bike packing, *Adventure Cycling* has a great introductory series - [Website](#). Sections include: 1. Getting Started, 2. Choosing a Route, 3. Logistics, 4. Navigating the Route, 5. The Right Bike, 6. Cycling Bags and Gear. If you get serious about bike packing, a good place to go for advice and gear is Campfire Cycling in Tucson - [Website](#).

Maryland Cyclists Seeking Bike Trails Fight Bureaucracy and Environmentalists

Maryland Transportation Authority is currently completing a new four lane bridge across the Potomac River. Cyclists asked for bike lanes on the new bridge but these were denied because of the cost. The existing bridge is still in use and parallels the new one. The cyclists asked for the old bridge to be saved as a multi-use crossing and even got their congressional reps and senators to sign on. “Too expensive to preserve,” said MTA. The saga continues - [Website](#). Cyclists are also pursuing a wilderness trail that would cut across Western Maryland - [Website](#). It would connect with a number of existing trails and bring riders near the Youghiogheny River, a wilderness area currently accessible to only hikers. Cyclists got some strong pushback, however, and it’s unclear whether they will be successful.

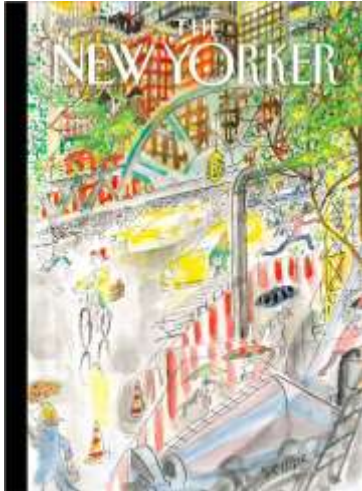
Interesting Items for Wo/Men

I got several nice newsletter comments from women readers/riders and that led me to do some digging to see what items might interest them specifically and people of the male gender as well. *Total Women’s Cycling* is a website focused specifically on women riders - [Website](#). It has equipment reviews, travel tips, and racing results but is directed toward women riders. *Bike Radar* is gender neutral but also has a women’s cycling section - [Website](#). This has bike, clothing and racing results with a women’s focus as well as a bike forum and podcasts. If you have a specific interest, let me know. Remember, Google is your best friend when you need information. Enjoy!

Cycling Artist Jean-Jacques Sempé

You probably haven’t heard the name, Jean-Jacque Sempe. I know I hadn’t. He is a French illustrator of children’s books as well as the covers of numerous magazines - [Webpage](#). A cyclist

himself, his illustrations often featured cycling scenes. Look him up in Google if you want to see more.



Today's Cycling Quotation

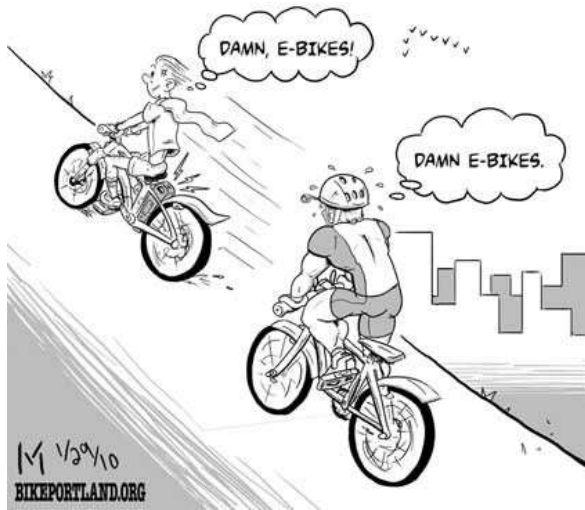
"Truly, the bicycle is the most influential piece of product design ever."
Hugh Pearman

Today' Photograph



Wilcox Creek, Banff National Park
Tom Perlmutter Photographer

Today's Funny



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