

# CHAINRING

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



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## Club News

### Holiday Greetings

Another year is passing. If you are still working, take time for a ride. If you are retired like most of us, take a family member or friend for a ride. If you got the gift a new cycling gadget, take it out for a spin. Enjoy the season with friends and family whether on a bike or around the table celebrating. Happy New Year and never fear, you still be getting the latest cycling news again after January 1!

### Next Club Meeting – January 11

Piper Baenon of Tubac will be the club's guest speaker on January 11th at 3:00 p.m. at the GVR East Center. Piper will tell us how she spends her summers doing solo rides throughout Europe. The title of her talk is "Me and My Saddle." Come and hear her and greet old friends in the New Year.

### New Club Kit

Information about the new club riding kit was discussed at the club meeting on December 14<sup>th</sup>. If you couldn't attend, information is available on the club's website - [Website](#). You can find information there on choices, prices and on which size to order. Note that the club discount on purchasing items and on shipping is only available until December 31<sup>st</sup>. If you have trouble ordering or have questions, contact Dave Dardano at 360-325-6849 or [ddardano@gmail.com](mailto:ddardano@gmail.com).



## Local Cycling News

### Remembering the 2022 Ride of Silence



Did you ride in the 2022 Ride of Silence? Whether you rode and want to remember or whether you just want to see what it's all about, here is an opportunity. Green Valley photographers Tom and Monica Parker were at the event and recorded it in both still and video formats. They have put together a feature that is available now on YouTube - [Website](#). Enjoy!

### Quail Crossing Extension Opens

The Quail Crossing extension running from the entry to Quail Creek to Walmart officially opened today. The road extension includes a biking/walking/running lane separated from traffic - [Website](#). When this opens, it will provide a cycling route which will be mostly devoid of traffic if you begin at the corner of Continental Road and Abrego Drive. You can travel north along Continental and turn right into Madera Highlands and then left onto Campbell Avenue. When Campbell Avenue ends turn left on Quail Crossing Blvd. and then cross Old Nogales Highway to the new road/trail. After riding the new trail, you can join up with Abrego Drive through the Sprouts Plaza returning to your original starting point. We hope the new road will direct much of the existing traffic away from Old Nogales Highway and Continental Road making for safer and more pleasant cycling.

## National and International News

### Block a Bike Lane in Chicago – That Will Cost You!



Chicago takes bike lanes seriously. It tickets cars/trucks parking in bike lanes on a regular basis. The previous fine had been \$150. However, if you were a construction truck \$150 might just be the cost of doing business while you unloaded your equipment or pumped concrete for a few hours. The revised law raises the fine to \$250 and requires businesses to get a permit beforehand to block a lane for construction - [Website](#). There is also a requirement that there be signs announcing the blockage two block beforehand allowing the cyclist to change their route. Failure to follow the law will not only result in the new fine but also the potential for losing a company's license to do business in Chicago.

### E-bike Vouchers Work

Denver is coming to the end of its first year effort to encourage people riding by offering vouchers for their initial purchase. To date, more than 4,700 people have used the program and are now riding rather than driving - [Website](#). Many buyers describe getting the opportunity to buy an E-bike like winning the lottery (See article below). While riding can be more challenging in winter, Denver has its mild days so the bike doesn't hibernate during the colder months. People are using bikes to commute and many have purchased cargo bikes as these have an additional incentive. Thus far, Denver has spent \$4.8 million on the program and money has been included in the FY23 budget to continue the effort.



### What is a Human Life Worth - \$353 Million Dollars!

Coloradan Gwen Inglis was struck and killed by a driver under the influence of drugs and alcohol in Lakewood, Colorado in 2021. The driver crossed into a six foot bike lane and struck Inglis from behind - [Website](#). At his criminal trial the driver, Ryan Montoya, was sentenced to eight years in prison. Michael Inglis, Gwen's husband, decided not to stop after Montoya's criminal verdict and filed a civil suit. At that trial, lawyers showed the loss of wages and trauma were valued at \$103 million while the jury allowed \$250 million in punitive damages. Inglis hopes the award will serve as an example of the impact of drunk driving and deter others in the future.

### Love at First E-bike



Coloradan Krista Langlois has put on over 1000 miles of riding in her first year of owning an E-cargo bike. An outdoors person, she says she loves the E-cargo bike more than any other piece of outdoor equipment she has owned - [Website](#). She hauls children, goes to doctors, does her shopping and does many other tasks. While she has colder winters and warmer summers, she can adjust her schedule and uses it for most short trips instead of her car. As she said, "Those were 1,000 miles that I didn't wait in traffic, didn't pump gas, and didn't sit in a climate-controlled metal-and-plastic box separating me from the rest of the living, breathing world." An idea to consider!

### San Francisco Authorizes "Slow Streets"

During the covid epidemic, San Francisco designated fourteen streets as "slow streets." Slow streets are streets that lowers car traffic and speed and encourages walking, running and biking use. Speed limits are lowered to 15 mph and the number of cars allowed to traverse the streets is limited - [Website](#). As the covid risk receded, it became unclear whether the slow streets would remain or whether they would revert to primarily car use. The original fourteen streets in the test program did retain their slow street status but only with strong



support from the local and cycling community - [Website](#). In an urban environment, committing to “slow streets” is one method of moving away from automobile traffic and embracing walking and riding as alternative means of transportation.

### Heading Back to Michigan?



The *Rails to Trails Newsletter* recently highlighted Michigan’s Kalamazoo to South Haven Rail Trail. It is thirty-four miles long and from the photos it looks very inviting. If you summer in Michigan or you are just passing through and have your bike, this looks like a pleasant and easy trail for an afternoon’s ride.

### Can Bike Manufacturing Be Brought Back to America?

Most bike manufacturing – frames, components, tires, etc. – slowly left the United States for China and Taiwan during the latter part of the 20<sup>th</sup> century. Today there is only one company (Detroit Bicycle Company) manufacturing bikes in the United States and their output is 10-15,000 bikes per year. In addition, there is one company that produces fully-assembled bicycles from components in the United States (Bicycle Corporation of America) totaling



300,000 bikes per year. The 300,000+ bikes are only a drop in the bucket when there are 15-20 million bikes sold each year in the United States. Many in the biking industry want to bring bike manufacturing back to the United States but re-shoring or on-shoring the bike industry faces major hurdles - [Website](#). Two of the major issues are finding the investors willing to fund new manufacturing plants that can become competitive with overseas imports and the fact that major bicycle components are now spread across multiple countries requiring a start-up to still buy much of the bike’s parts from overseas. There is no simple solution and the fact that the bicycle industry is a small part of the national economy make predictions murky at best.

## Best Biking Routes (In the World)



Everyone has a favorite place they have ridden. However, there is a whole world out there of places to ride. If you wanted to ride the most interesting, the most scenic, the most challenging, where would you go? *CNN* took a stab at this by listing the seven best cycling routes in the world back in 2015. They range from China to Japan to the USA to Europe to Central America to Australia. The routes range in

length from 40 to 3728 miles and from sea level to passes of 16,400 feet. I could list them all but I will leave it to you to hit the Website button to see for yourself - [Website](#).

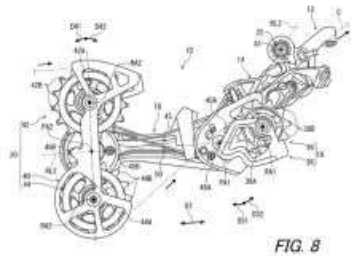
## Cycling Gear

### Making Your Bike Lighter

If your bike weighs less, it makes cycling easier – right! That is the theory anyway and most cyclists looking at new bikes always ask about the bike's weight. *CyclingNews* offers some suggestions about how to lower the weight of your existing bike. It focuses on wheels, tubes and tires, components and more. I can speak from experience when I upgraded most of the components on the Giant I no longer own and lost four and a half pounds. There is a cost to dropping some bike weight but it may be worth it. Of course there is another option that dreads word DIET!



### Shimano Patents a New Rear Derailleur



The current mechanism for shifting the cycling chain from one rear gear to another is nearly 75 years old. Developed by Italian Tullio Campagnolo, the derailleur has stood the test of time as the number of potential gears on a bicycle have expanded to twelve and bikes have even incorporated electronic shifting. The only drawback to the derailleur is that it is quite long and prone to becoming bent if the bike falls over or with

active racing, particularly on mountain bikes (see article below). The Shimano Corporation has established a patent for a new derailleur design that is more compact and could potentially lessen derailleur hanger damage - [Website](#). It remains to be seen how practical and cost effective this solution will become. If you begin seeing racing teams incorporate this into their bikes, it will only take time before it become more common on the bikes ridden by the general population.

## Bicycle Health and Safety

### Are Bike Lanes Getting Smaller?



Does it seem like cars passing you on the highway are getting closer or is that an optical illusion? Actually it is a reality as cars keep getting wider and wider while bikes take up the same amount of space. The 2000s most popular car, a Toyota Camry, would share eighteen inches on either side with a bicycle - [Website](#). On the other hand, 2022s most popular vehicle, a Ford F-150 truck, would only allow four inches on each side. If it seems like vehicles are closer to you than ever

before, the fact is they are.

## Cycling History

### San Francisco's Exploratorium



San Francisco's Exploratorium has a wide range of exhibits within the museum confines as well as online. One of their online exhibits provides a history of the various parts of a bicycle - [Website](#). It includes a variety of topics including the frame, wheels, aerodynamics, gearing, brakes and human power. It's a great overview of cycling's history.

## Interesting Cycling Stories

### For Bike and Wine Aficionados Only



Do you know a cyclist who is also a wine lover and has everything? Then I have something of a must have. The Campagnolo Company that makes bikes and bike parts also designs and sells the ultimate wine corkscrew. Legend has it that Campagnolo designed his corkscrew in 1966 after hurting his hand opening a wine bottle- [Website](#). The standard model sells for \$179. However, for

that very special person with everything there is 24 carat real or rose gold plated model for a mere \$2,000 - [Website](#). Now isn't she or he worth it?

## A Pedal Powered Herbie



Remember Herbie the lovable Volkswagen from the late 1960s Disney movie? Eric Schmidt of San Francisco has altered a similar Volkswagen to create what he calls a Useless Car - [Website](#) . He has removed the engine and interior and created a vehicle that is pedal powered. At 900 pounds it is still heavy and moves very slowly. It uses no electricity or fossil fuels. Schmidt hopes to use the vehicle to draw public attention to the need to embrace alternative modes of transportation like bikes, E-bikes and cargo E-bikes. He has dreams of someone pedaling it on a longer trip outside the city to gain greater publicity.

## Christmas Trees for Cyclists



There are lots of creative people who also love cycling. *Canadian Cycling* recently brought together some images of cycling themed Christmas trees that should warm your heart. They range from tall to small and even include a cyclist wearing a lighted Christmas tree - [Website](#). Click on the link to see all the images. The only problem I see is where to attach the decorations!

## You're Never Too Old to Ride

An Oro Valley neighbor, Lew Roscoe, was still riding at eighty when he had a bike accident and was left with a broken arm and pelvis. That didn't stop him, however. Once he recovered, he moved to an E-recumbent (no more falling) and is still riding at eighty-six - [Website](#). Living near Tucson, he has lots of local trails to ride including Tucson's loop. Those of us who love to ride want to keep going until the end.



## Today's Cycling Quotation

"Ever bike? Now that's something that makes life worth living! Oh, to just grip your handlebars and lay down to it, and go ripping and tearing through streets and roads, over railroad tracks and bridges, threading crowds, avoiding collisions, at twenty miles or more an hour, and wondering all the time when you're going to smash up. Well, now, that's something! And then go home again after three hours of it . . . and then to think that tomorrow I can do it all over again!"

Author Jack London



## Today's Photograph



*Bikin' Around the Christmas Tree*

## Today's Funny



What's a Cyclist to Do?

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