

CHAINRING

Newsletter of The
GVR Cycling Club
www.gvrcycling.org



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Club News

Next Club Meeting – Wednesday, December 14th, 3:00 p.m., GVR East Center

The speaker at our next club meeting on December 14th will be Kurt Rosenquist from Fitness Cycling in Tucson. He is an experienced bike-fitter - [Website](#) – and his topic is: “Bike Fits for Safe and Enjoyable Riding.” In addition, we will be reviewing our new cycling kit and doing fitting for those interested in placing orders.

[10-10-10 Rides go Official](#) - As a club, we've always wanted to offer rides with a centralized sign-up on the website and via Facebook. Our 10-10-10 Ride on Thursday a.m. is our test.. We're using Signup Genius to post the ride start time and location. Anyone can sign up for the ride, as either a leader or a rider. Regulars can indicate when they won't be riding. If you're a rider interested in shorter, chattier, slower rides, we'd love to have you join us. [Sign up here](#).

[Ride Leaders](#) - Any ride leaders interested in moving their informal rides to be GVR Cycling rides should contact Karen Rainford at 651-454-5487 or karen.rainford@gmail.com. If your rides are currently listed on our informal rides list and your information needs to be updated, please contact Karen.

Emergency Cycling ID - You Need This!

Many of our club members - [Website](#). At the lowest phone numbers- spouse, you can enter your



wear a cycling wrist band from a company called *Road ID* price level, it lists your name, age, address and contact children, etc. There is a higher priced model where pertinent medical information and the Road ID will list a link on the bracelet to their website that provides information to an EMT or a hospital in case you are incapacitated. Road ID offers a 20% discount to groups and we have added the club to

their list to receive this. If you go onto their website, you need to find the type of bracelet you want. When you go to pay and check out, use the following code – **YOSB5H68** - in the discount box to receive the discount. Talk to your president or vice-president if you want to know more as they both wear one.

Reminder - GVR Cycling Kit Unveiling at December 14th Meeting

Four of your club members (Dave Dardano, James Ertel, Chuck Hill and Neil May) have been working hard to source and design cycling jerseys and bibs for you, our club members. The design reflects our club and our location that you can wear with pride.





Here is the pricing for each item:

Jerseys:

Club (relaxed) Fit: \$88 (XS to 4XL)

Race Fit: \$88 (XS to 4XL)

Repeater: 100% Recycled fabrics. Modern cut: \$115

Lay Flat Bibs: \$155

Shorts: \$140

Shipping per item: \$10

(There is a discount of \$10 per item and \$5 for shipping if we order as a group. Orders must be made by December 31st to receive the discount)

At our club meeting on December 14th, there will be samples showing the quality of each item as well as information on measurements to help you decide on size/s.

Local Cycling News

Golf Cart /Bike Road Sharing - Regarding golf carts using the pathway between the Greens and Santa Rita Springs, we have an answer from Mike Seiple who is on the SRS Master Association Board. Mike says that golf carts are definitely allowed. This path is also an emergency exit for cars from the Springs if their main entrance/exit is blocked. As you know, this is a narrow path, so use patience and share the road.

Salvation Army Christmas Toy Drive

The Salvation Army is gathering toys/donations for children in the Green Valley area (Green Valley, Sahuarita, Amado, Arivaca). All donated items must be new. One item children have requested are new bicycles. If you are willing to donate a new bicycle or give money toward

one, here is the contact information: The Salvation Army, 555 N. La Canada Dr. Suite 101, Green Valley, AZ 85614, telephone: 520-625-3888. All donations must be unwrapped and be received by December 14th.

Local Bike-Truck Accident with injuries

On November 21st two women riding recumbent trikes were struck by a pickup truck on Esperanza Blvd. One woman was severely injured with five broken ribs and a collapsed lung. She was transported to the Banner Hospital Trauma Center but is expected to survive. The driver, Rosa Manjarrez, was cited for driving under the influence, aggravated assault and criminal damage. Neither rider was wearing a helmet. Wear a helmet even if you are on a trike because an accident can always happen.

Volunteers Needed for Trail Clearing

Pima County Natural Resources, Parks and Recreation is seeking volunteers to help prune and clear the Hohokam mountain biking and hiking trail near Vail on Sunday, December 11th. If you use this trail or want to know more about it, this might be a good opportunity. For more information and to register, go to: [Website](#).

National and International News

Make Your Next E-Vehicle a Bike



The world is going electric. The Big Three automakers are bringing out new electric car and truck models with the goal of being all-electric within the next few decades. Joe Lindsay in *Outside Magazine* argues that the next electric anyone should buy is a bike and not a car or truck - [Website](#). He doesn't disagree with those who say they need a truck to pull a trailer or a vehicle with a roof rack to go skiing. He argues instead that an e-Bike makes more sense from both a financial and an environmental perspective. Most trips are made with a single occupant, for example, and many are short trips to a nearby store, library, or gym. An e-Bike would serve all of those needs with a much smaller initial investment as well as a much lower costs in energy-use and maintenance. You can keep the existing vehicle for those longer trips whenever they are needed but otherwise let them sit in the driveway when an e-Bike will do. Have a read and see if you are convinced.

Charging Up the I-Pad – Just Pedal a Little Harder



If you pop into the Utrecht Public Library you can charge up your electronic device by pedaling a stationary bicycle while doing e-mail or surfing the web. Utrecht is a great bike city with bike trails, indoor bike parking (see article below), low bike accident rate and bike sharing. It was listed as the Best Bike City in the World for 2022.

Mountain Bikes – Where Can You Ride?

With e-Bikes proliferating, questions arise as to where you can ride if you leave hard surface trails and roads. The International Mountain Biking Association has produced a one page buyers' guide that outlines the differences between different types of e-Bikes and where they are allowed to ride - [Website](#). One page, obviously, cannot cover every option but it is a good introduction to the types of bikes and where they can be ridden.

Cycling Gear

What's up with my Shifting?



When your bike shifting starts getting a little wonky, you think to yourself, “does my derailleur need adjusting, or do I need a new chain or a cassette?” Of course, it could be any of those three OR it could be a bent derailleur bracket. Jim Langley in *Road Bike Rider* presents a good overview of derailleur bracket issues and how to address them - [Website](#). If your bike has fallen recently on the chain/drive side of your bike, a bent derailleur is certainly a possibility. The article offers several ways of adjusting it yourself or you can take it to the local bike shop if you are not mechanically inclined or don't have the proper tools.

The Holidays Are Coming: Ready or Not



It's the day after Thanksgiving and I just ordered my first Christmas gift. If you haven't done your shopping yet for your spouse, child or yourself, go here are some cycling gift ideas - [Website](#). If you didn't find anything there, how about going to Bicycle Gifts online website - <https://bicyclegifts.com/>? Items come in all categories – clothing, jewelry, cards or even a Christmas ornament like the illustration.

Ojeda Negra – Bright Colored Cycling Bags

If you have never heard of Ojeda Negra (Black Sheep in Spanish) and you are in need of some type of cycling bag, you might want to check them out - [Website](#). Located in Salida, Colorado, you could even stop in if you are traveling north on I-25 on vacation or to a summer home. Started in 2012 by Lane Willson and her husband Monty, they now have a staff of sixteen and bags are sold through bike shops as well as directly to the public. Their bags are bright and stylish and may help drivers recognize you even if you are in dark clothing.



Not a Road Bike Rider but Wanna Be?

Road Bike Rider magazine (who else?) offers an introductory guide to someone who has never biked before or who wants to add road bike riding to their repertoire - [Website](#). It is a comprehensive overview with recommendations from bikes to equipment to clothes to the actual ride itself. It is clearly written and offers the novice a good introduction to the sport.



Cycle Maintenance Tips from *Bicycling Magazine*

Do not use a solvent to lube your chain.

If your wheel doesn't sit straight in your bike after a hub overhaul, make sure the springs on the quick-release are installed correctly. The tapered end should always face in.

Over time, the sealant in your tubeless tires dries out and becomes less effective at preventing leaks. Refresh it every three months (or every month if you have a mountain bike).

Lots of experts tell you to use a level on your saddle as a starting point for comfort. What they might forget to mention: Your bike has to be on a level surface for this to work properly.

Can't remember which kind of valves you have? Schrader valves are similar to the ones found on your car; Presta valves are thinner, with a small nut that has to be opened prior to inflation.

Places where road grit hides: in brake pads, between tubes and tires, in cleats and pedals.

If a carbon part moves when it's not supposed to, it can get scratched or damaged.

If your tires often go flat with no sign of a puncture, your tire pressure (air volume) may be too low.

The difference between an axle and a spindle: An axle remains stationary while a wheel spins around it; a spindle revolves inside a stationary body such as a bicycle crank.

Pluck your spokes on a regular basis to get to know what normal tension feels and sounds like. When a spoke tone is different from the rest, you know you have a loose spoke.

Install quick-release wheel lever on the opposite side from the chain.

The easiest way to get your rear wheel out is to shift into the highest gear so your chain is on the outer (smallest) cog. If it's in the middle or all the way to the inside, it is harder to get the wheel and gears past the chain and derailleur.

If the type on your front wheel hub doesn't read left to right as you sit in the saddle, your wheel is installed backwards.

Bicycle Health and Safety

Can a Riding Addiction Kill You?

We all love to ride but often get comments from friends, spouses and others asking, "Are you riding AGAIN"? However, most of us are not obsessive (at least we don't think so) but cycling addiction can kill you if you ignore health issues. Mark Bentley, a British business journalist, loved to ride. While he knew he had a heart condition, he could not stop and suffered a fatal heart attack at age 54 - [Website](#). If you have chest pains while riding or have other health issues aggravated by riding – STOP – and get a doctor's examination to be sure you don't die in the saddle as they used to say in cowboy movies.

The Wind – How much is too much



No cyclist likes the wind unless it is at their back. Unfortunately, it is a rare day without some wind. However, is it ever unsafe to ride when it's windy? Of course, you aren't going to ride during a hurricane or a tornado. Weather forecasters have wind levels with appropriate warnings - [Website](#). Weather forecasters issue a high wind warning when sustained winds are at 40-57 mph. You certainly don't want to ride into that wind and even a tailwind might be dangerous. Below that, riders can choose to fight the wind if they choose. If you are going riding be sure to look at both the temperature and the wind levels before you leave home to decide whether you are riding today or waiting until tomorrow.

Keeping Fit in Thirty Minutes

Cycling Coach John Hughes recently provided a thirty minute cyclist workout in *Road Bike Rider* - [Website](#). He includes core, circuit and interval training strength training. If fitness is a high priority this might be right for you.

Cycling History

Little Congress Bicycle Museum



If you are in East Tennessee near the Cumberland Gap, you might want to make a stop at the Little Congress Bicycle Museum - [Website](#). It is a private museum with bikes gathered by the museum's owner, Judge R.E. McClanahan II. It focusses primarily on American bikes and admission is free. You can see some of the bikes online including a 1940 Elgin sold by Sears Roebuck & Co. for \$24.95 in 1940.

Interesting Cycling Stories

Just for Two Minutes

You've heard the phrase, "I need to park here (illegally) for just two minutes while I..." Montreal cyclists were getting tired of motorists parking in bike lanes "just for two minutes" and decided to take their bikes and their streets into their own hands - [Webpage](#). A group of cyclists waited at lunch hour by an active bike lane. When a motorist stopped in a bike lane, the cyclists blocked the rest of the street and stopped all traffic. As cars stopped, the cyclists explained their protest and opened the road again after two minutes. Their project got wide publicity for the value and protection of bike path right-aways.

The Latest in Underground Parking – For Cyclists

It is great having safe bike paths and lanes but when you arrive at your destination, where do you park your bike. Utrecht, the Netherlands has solved this problem by building a downtown underground parking garage for bikes - [Website](#). The garage can hold 12,500 cycles. Parking is free, covered and spaces are secure. There are even spaces for cargo bikes.



Today's Cycling Quotation

To Bike or Not To Bike? That is not a Question!

Today' Photograph



Photo courtesy Linda Kucera

No one likes sitting on a cold, wet bike seat. Alta, Norway provides secure bike racks with covers that protect seats from snow,

sleet and rain.

Today's Funny



You need to arrive early if you want a parking spot at Posada Java

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