

# CHAINRING

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



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## Club News

### GVR Cycling Club February Meeting

Our next club meeting will be on Wednesday, February 16, 2022, at 3:00 p.m. at the GVR East Center. Our speaker will be Rob Lamb, Owner of the Green Valley Bike Hub. His topic will be: *Buying an e-Bike*. Bring your experience and questions.

## Local Cycling News

### Adamson-Catino Trail Dedication

The recently completed Adamson-Catino Hiking/Biking Trail will be formally dedicated on Saturday, January 22<sup>nd</sup>, at 10:00 a.m. at the Canoa Preserve Park and Catino Softball Complex <https://webcms.pima.gov/cms/one.aspx?pagelId=48855>. The trail connects the Anza Trail with the Park and Softball Complex and is named for Bill Adamson and the late Chuck Catino, the former a co-founder of the San Cruz Valley Bicycle Advocate Committee and the latter, a park and softball enthusiast.

### Attention E-Bike Riders

The Greater Arizona Bicycling Association (GABA) is encouraging the sharing of information about e-bike experiences. At its next Rio Nuevo GABA Bike Swap (April 10, 2022) in Tucson, they will hold an “e-Bike Information Exchange.” There will be vendors attending this event but they are also looking for e-bike riders willing to share information about their own e-bike experience as well as showing off their own e-bikes. If you might be interested in participating, contact GABA’s Robin Steinberg, (520)780-1059, or [robinpima@gmail.com](mailto:robinpima@gmail.com).

### What’s Going On in Arizona Cycling?

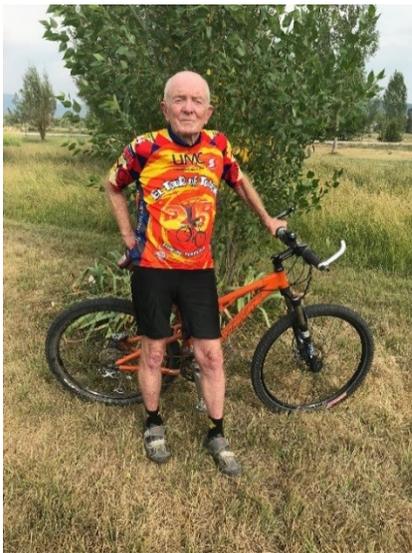


On April 8<sup>th</sup>, the Coalition of Arizona Cyclists will hold a one-day summit on the state of cycling in Arizona. The meeting lasts from 9 a.m. to 3 p.m. The meeting brings together political leaders, cyclists, health professionals and educators to look

at all aspects of cycling. It's unclear yet whether this will be an in-person event, a zoom event or a combination of both. To register or get more information, go to <http://www.cazbike.org/summit2022/>. There was no bike summit in 2020 because of COVID but here is a link describing the 2019 meeting - <https://www.cazbike.org/summit2019/>.

### Santa Cruz Valley Bicycle Advocate Committee – Where/When/How It Started

SCVBAC has been advocating on behalf of local cyclists for nearly two decades. The group has many achievements including the large number of area bike lanes and support for mountain biking trails. As a newcomer on the scene, the GVR Cycling Club and the SCVBAC are finding ways to work together and support each other with each playing a specific role. Since many in the Cycling Club are recent Green Valley arrivals, it is important for our members to know and understand the role that SCVBAC has played in Green Valley. Your editor recently sat down with Bill Adamson who was the long-time chair of the SCVBAC. He and his colleagues have worked with a variety of agencies to create the infrastructure that we all enjoy today.



*Bill Adamson, Past Chair SCVBAC*

Editor -How and when did you get involved in cycling?

Bill – I started riding when I was five and used my bike for transportation through my younger years. As an adult, I was an active hiker and runner with many marathon credits. I took up active cycling again about 35 years ago. I did local races in Connecticut and rode in Tucson's El Tour from 1985 to 2010 as well as Ride the Rockies and Triple Bi-pass several times.

Editor - When did you get involved in SCVBAC and what interested you in their mission?

Bill – I retired at 55 and began coming to Green Valley in the winter of 1994. I rode with the Tuesday/Thursday/Saturday group for about ten years before we became concerned about riding safety as traffic and the number of cyclists increased. We approached the Green Valley Council and its Traffic and Arroyos Committee in 2003 and they not only

gave us their support, they gave us an organizational home. Working with Pima County Supervisor Ray Carroll and Pima County DOT we had our first bike lane success in nine months. After our first success, we continue to build a coalition which we called the Santa Cruz Valley Bicycle Advocate Committee to expand and improve Green Valley's bicycle infrastructure. While our initial focus was on Green Valley that expanded to include the entire Santa Cruz Valley.

Editor - Is the SCVBAC incorporated?

Bill - We are not a legally incorporated group. We are a subcommittee of the GVC's Traffic and Arroyos Subcommittee. Much of our efforts grew out of a Master Plan for Multi-Use Lanes and Trails that we helped develop and was approved by GVC in 2005. We continue to update that

document and we have used our website to publicize and pursue the goals listed in that document - <https://scvbac.org/>.

Editor - What are the organization's goals?

Bill – As our website states, our vision is to create a region where people can ride safely on roads that are being continually improved. We promote safe and enjoyable cycling by working with a variety of local and government agencies.

Editor - Has the covid epidemic had an impact on the SCVBAC? Has this affected its ability to carry out its business?

Bill – Covid has brought out many existing and new cyclists onto local roads. Many of them are not familiar with biking laws or riding etiquette. One of the roles that SCVBAC and the GVR Club can play is providing safety and common sense training.

Editor - What is the SCVBAC's relation to the area's local bodies and government agencies?

Bill - As a group we have worked with a variety of agencies including GVC, Tucson-Pima County Bicycle Advisory Committee, Green Valley Recreation, the town of Sahuarita and Arizona DOT. We have developed strong personal relationships with many of the agency leaders and those have served us well. We publicize the cycling communities' needs and we meet with and make recommendations to the appropriate individuals. As advocates we let them know the size of the group we represent and we show them the value of cycling to our winter visitors and permanent residents and the role cycling plays in area tourism.

Editor - Does SCVBAC sponsor any events?

Bill – We are not an events' focused group. However, we did begin and continue to lead the Ride of Silence each year with Chuck Hill as the lead organizer.

Editor - What do you believe are the organization's greatest achievements?

Bill – One of our proudest achievements the addition of more than 100 miles of bike lanes in the Green Valley area since our founding. Another is the creation of the West Desert Mountain Biking area that was purchased and preserved from development by the Freeport-McMoRan Sierrita Mining Company with the encouragement of SCVBAC - <http://wdtrails.com/trail-information/>.

Editor - What projects is SCVBAC working on at the moment?

Bill – One of our major goals is connecting Green Valley with Tucson's loop infrastructure. Another is adding bike lanes Helmet Peak and Mission Roads and Duval Mine Road west of I-19.

Editor - How does the SCVBAC interact with the GVR Bike Club? Will that relationship change in the future?

Bill – We hope to partner with the GVR Cycling Club to create an advocacy partnership that meets the needs of all of the Santa Cruz Valley's cyclists. This partnership is just beginning we hope it will grow and blossom over time.

## National and International News

### How to Park 12,500 Bikes



If you were to park 12,500 bikes in an eight foot bike rack, the racks would stretch for nearly 2 miles if laid out end to end. The leaders of the Dutch city of Utrecht had that challenge and came up with a different solution -

<https://cyclingmagazine.ca/advocacy/this-is-the-worlds-biggest-bike-parking-garage/>.

They developed a three story garage adjacent to their central railway station to

house 12,500 local and commuter bikes. Their garage surpassed the next largest bike storage of 9,600 in Tokyo. Plans are afoot to expand the garage to 22,000 as bike commuting continues to grow.

### Do Cars Need A Warning Label?

With the current concern about global warming and climate change, should there be a warning labels on cars about potential air pollution and their impact on the environment? Apparently the French government thinks so - <https://www.dailymail.co.uk/news/article-10363537/Car-adverts-carry-eco-warnings-new-French-law.html>. It is now requiring automakers selling and advertising cars in France to include at least one of these three statements, "for short journeys, walk or cycle," "think about carpooling" or "take public transport daily." As we see greater and greater climate impact, we may be thankful if we have two legs and two or three wheels on which to ride.

### The End of the Local Bike Shop?

In the last newsletter, we interviewed local bike shop owners Rob and Tiffany Lamb about the ins and outs of bike shop ownership. One of the issues we didn't address is the amalgamation going on within the biking industry. The four major cycling brands in the United States are Specialized, Trek, Giant and Cannondale. Two of the four have begun efforts to create vertical integration where a bike brand owns not only the manufacturing and distribution rights for its bikes but is also buying up the local bike shops that sell and service the bikes themselves - <https://www.bicycleretailer.com/opinion-analysis/2021/12/12/vosper-five-things-might-happen-2022-or-not#.YddvRsnMJaq>. On the local scene, Specialized has purchased all the Oro Valley Bike Shop locations and Trek has both its named store on Fort Lowell in Tucson as well as owning Broadway Bikes. What does this mean for us as consumers? If you want to continue supporting your local bike shop and buy a Specialized or a Trek, inventory may be harder to find as the manufacturers may be sending more bikes to the stores they own. For the local bike shop it may mean that they will be left selling some of the lesser known bike brands. Finally, if you want a major brand you may have to buy from a brand specific Tucson store and drive to have it serviced there. The times they are a changin' and not necessarily for the better.

## Bicycles and Commuting

With the need to address climate change, how many Americans are commuting to work or school and what would be a reasonable number – 5%/10%/25%? The American city with the highest percentage of bicycle commuters is Davis, California with 17.5% followed by Key West at 15%. The largest cities with significant bike commuters are Portland, Oregon and Miami Florida with over 5% -



[https://en.wikipedia.org/wiki/List\\_of\\_U.S.\\_cities\\_with\\_most\\_bicycle\\_commuters](https://en.wikipedia.org/wiki/List_of_U.S._cities_with_most_bicycle_commuters). Across the entire country only 0.6% commute by bicycle according to the U.S. Census bureau. One can argue that the statistics are skewed by the large number of cities with cold winter climates. However, does that argument hold up when more than 60% of Copenhagen's and Amsterdam's populations commute by bike - <https://cyclingmagazine.ca/advocacy/over-60-per-cent-of-people-in-copenhagen-commute-to-work-or-school/>? Getting people out of cars would not only benefit the environment but might also attack America's obesity epidemic. There are no easy answers but we could begin by upgrading the bicycle infrastructure benefiting existing riders and encouraging more people to get onto bikes for pleasure AND commuting.

## Cycle Racing

### Tucson Bicycle Classic Returns

The Tucson Bicycle Classic returns on March 4-6 after cancelling the race in 2021 due to covid - <https://tucsonbicycleclassic.com/>. The race brings professional and novice racers to Tucson for a three day event that includes a sprint, a time trial and a circuit race. The race raises money for local charities including the El Grupo youth cycling program. The race is seeking volunteers to help with carrying out the race. If you are interested in volunteering, go to: <https://tucsonbicycleclassic.com/volunteers>.

## Cycling Gear

### Magnesium Bike Frames – Not the Latest but the Greatest?

Magnesium alloy frames had a brief life in the 1980s and then disappeared. They are now available from VAAST cycling - <https://www.vaastbikes.com/> and may eventually have a wider share of the market - <https://www.roadbikerider.com/magnesium-alloy-frames/>. Magnesium brings a number of strengths to frame building. They are light, strong, non-corrosive, ride compliant, affordable, environmentally friendly, and do not deteriorate over time. Is this the next greatest thing in frames – only time will tell?

## More Chain Lube Suggestions

There seems to be no end to recommendations on how to clean and lube your chain. The latest article – “Basic and Obsessive Chain Care” - appeared in the *Road Bike Rider* - <https://www.roadbikerider.com/basic-obsessive-chain-care/>. I won't go into detail as I'm not obsessive about this but for those of you who are, enjoy the read.

## Bicycle Health and Safety

### Eating: Just Listen to Grandma

We often talk about collective wisdom. What we mean by that is the knowledge gained over many generations as well as personal experience. When you were growing up did you go to Grandma's house and get advice about eating? If so, hopefully you are still following some of that collective wisdom - <https://cyclingmagazine.ca/sections/healthnutrition/7-nutritional-trips-from-grandma-that-applies-to-cyclists/>. Here are seven eating tips from Grandma:

- Don't rush your meals
- Eat a balanced diet
- Listen to your body and never go hungry
- Eat home-cooked meals
- Eat healthy foods
- If you are exercising, eat more
- Calm down and have relaxing meals

Grandma said so!

## Interesting Cycling Stories

### Choosing a Cycling Tour

Maybe, just maybe, we may begin joining cycling tours in 2022 (or 2023 or 2024). As you begin thinking about possible trips and the various tour companies offering them, how do you choose? Adventure Cycling recently listed a number of criteria or variables that you could use when deciding on which of their tours to choose:

<https://mkt.adventurecycling.org/email/view/61bcfb614d793098602451>. I have never ridden with Adventure Cycling and I have no recommendation about them one way or the other, but their criteria can be applied to their trips or to any other company you may be considering. Here were the main headings:

- Does the trip take you where you want to go?
- What level of support is offered by the trip you are considering?
- What type of surface will you be riding on?
- What is the challenge level – amount of climbing, number of miles per day?

Using these criteria can help you choose a trip that best meets your needs and will bring you an enjoyable cycling experience.

### The Sky's The Limit – Bike Camping in Abandoned Fire Towers

Fire towers were part of the western landscape through most of the 20<sup>th</sup> century as the U.S. Forest Service sought to discover and put out forest fires. Most of the towers are gone or deteriorating but a few still survive in Montana and the Forest Service even rents them out for overnight accommodations. Here is one person's story about rediscovering the fire



towers and his cycling quest to bike and see the vistas of thousands and thousands of trees from the tops of mountains - [https://www.adventurecycling.org/blog/sleeping-in-the-sky/?ruid=437746&utm\\_source=bikebits&utm\\_campaign=20220105\\_BikeBits&utm\\_medium=email](https://www.adventurecycling.org/blog/sleeping-in-the-sky/?ruid=437746&utm_source=bikebits&utm_campaign=20220105_BikeBits&utm_medium=email).

### Cancer and the Cycling Cure

NO, cycling can't cure cancer! However, it can be a route back to good health – mental and physical – if you are getting good cancer treatment. Here is 23 year old Carly Wegren's story about her love of cycling and how riding helped her come back from her cancer diagnosis and treatment - <https://www.bicycling.com/culture/a38580744/how-cycling-changed-me-carly-wegren/>.

## Today's Cycling Quotation

"Nothing compares to the simple pleasure of riding a bike."  
–John F Kennedy.

## Today' Photograph

A winter memory!



## Today's Funny

A man on a bike, carrying two saddlebags, was stopped by a Border Patrol Agent while crossing the US-Mexican border. 'What's in the bags?' demanded the agent. 'Sand,' the cyclist answered. 'Take them off. I need to take a look.' retorted the Agent. The Agent emptied the bags and found out they contained nothing but sand. The man reloaded his bags and continued across the border. A week later, the same man was crossing again with two more bags. The guard demanded to see them, and again they contained nothing but sand. This continued every week for six months, until one day the cyclist failed to appear. A few days later, that same Agent ran into the cyclist in Nogales. 'Hey, where have you been?' the agent enquired. 'You sure had us wondering. We knew you were smuggling something across the border. So tell me and I won't say a word. What was it?' The man smiled broadly and told him the truth, 'Bicycles!'

## eBike Wanted

Individual is seeking to borrow or rent an e-bike for three months beginning in mid-January. If you have an e-bike you are not using, contact:

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