

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



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Club News

Celebrating National Bike Month

Established in 1956, National Bike Month is celebrated every year during the month of May. Your club has come up with some activities that we hope will be fun and encourage what is already your passion for riding during the month. We know that some members have already left for the summer while others remain in Green Valley so we sought activities that were not tied to a single location. The activities break down into two categories: competition and fun. We hope all of our members take on one or more of these challenges and report your success.

Competition*

Yea! You're participating in our Green Valley Celebrates National Bike Month celebration. Please use [this FORM](#) to log your entry. If you have trouble using the form, just send an email to us. Our email is: gvr cycling@gmail.com and we can log your entry.

Once you have clicked on the link, you will see a drop-down menu. Pick the category you want to enter/report and click on done when you are finished. If you do a category more than once (say multiple single day rides), you can enter each result and the judges will record the highest number. You need not stop at entering your riding result. You can also go to the [GVR Cycling Facebook](#) page and upload comments/descriptions/photographs. Good luck!

Longest Single Day Ride - Bike/Trike (separate men and women's categories)
Longest Single Day Ride – Electric Bike/Trike (separate men and women's categories)
Total Number of Miles Ridden May 1-31 (separate men and women's categories)
Total Elevation Climbed in a Single Day (separate men and women's categories)
Oldest Club Rider (separate men and women's categories)
Riding Every Single Day – May 1-31 with a minimum of five miles per ride)

*Winners will receive a certificate and be recognized in the club newsletter

Fun Riding Activities

If you want to report/describe one or more of these fun riding activities, go to the GVR Cycling [Facebook page](#). There you can write about your activity as well as post photographs.

Bike around the block (small or large)
Take a Grandchild Riding
Most Unusual Riding Destination
Bike to work/play day
Most Interesting Photograph Taken While Riding
Ride Anywhere Day
Take a friend riding

April Club Meeting

At the club's April meeting, James Ertel provided members with a fun and fascinating introduction to cycling technology. Having been a solo bike-packer for several decades, he provided an insight into how long distance cycling has changed over the years. While he strongly recommended GPS devices and telephone APs, he also showed how the lowly map still has value when traveling long distance and alone. If you couldn't attend, you missed a good program.

Club Working Groups

Club President Karen Rainford is seeking volunteers to form two groups who can complete tasks over the summer working together via Zoom. The first group will develop a club clothing option that will use the club logo and can be ordered by interested members. The second group will focus on safety issues and develop ideas/programs/publications that will educate drivers, pedestrians, and riders about road safety. If you can volunteer some time over the summer for either of these projects, contact Karen at GVRcycling@gmail.com.

Local Cycling News

El Grupo Wins National Award



El Grupo, a youth cycling club in Tucson, was named the cycling club of the year for the entire United States for 2022 by the League of American Cyclists -

<https://www.bikeleague.org/content/meet-our-2022-advocacy-and-education-award-winners>. El Grupo was founded in 2004 and encourages young cyclists of

all ages to get on a bike and ride. They support youth racing teams, bike-packing trips and access to cycling by low income Tucson youth. Their mission is to empower young people through cycling. The club currently rents space for its clubhouse. However, it is in the midst of a capital campaign to raise funds to purchase the property. If you are interested in learning more or donating to support their efforts, go to:

<https://www.elgrupocycling.org/capital-campaign/>.

Ride of Silence Is Coming

If you are interested in participating in the Ride of Silence, circle May 18th on your calendar - <https://scvbac.org/ros.2022/ros%202022%20flyer.pdf>. Riders gather around 5:30 p.m. for light refreshments and the ride begins at 6:00 p.m. The seven mile ride is accompanied by a sheriff and fire department escort. The ride honors those who have been injured or lost their lives in bicycle accidents.

Southern Arizona Cycling in the News



If you were reading *The Radavist*, a magazine for mountain bikers, bike packing and gravel bike aficionados you would have come across two articles that includes stories of local interest. The first was a review of Tucson's *Campfire Cycling* describing its workspace, inventory of bike packing equipment and some of the special bikes they create -

<https://theradavist.com/campfire-cycling-tucson/>. The second article tells the story of three riders spending 3 days in Patagonia (AZ not South America) - <https://theradavist.com/72-hours-in-patagonia-arizona/>.

If you have spent time in Patagonia, there will be lots of familiar references including pizza from Velvet Elvis to some of the images and trails that are mentioned. It's interesting to read about a local area from an outsider's perspective.

National and International News

Bicycle Art for a Good Cause

Bicycle Art Online has produced and is selling a limited edition bicycle related poster to support the Red Cross for the Humanitarian Crisis in the Ukraine -

<https://www.100copies.net/product/50-together-with->



[ukraine?utm_source=bikebits&utm_medium=email&utm_campaign=20220406_BikeBits](https://www.100copies.net/product/50-together-with-ukraine?utm_source=bikebits&utm_medium=email&utm_campaign=20220406_BikeBits). The cost of the 33 X 21 inch poster is \$90 with all proceeds going to the Red Cross. The edition is limited to 100 copies and 33 remained unsold as of April 1, 2022.

Blaming the Cyclist

In August 2020, Obianuju Osuegbu was riding home from work at night when an impaired driver struck her bike from behind and killed her. Two years later, the investigating officer exonerated the driver and blamed the cyclist because:

- a. She did not have a rear light
- b. She was in the middle of the lane and
- c. She didn't have on reflective clothing -

<https://www.bicycling.com/news/a39762072/teen-cyclist-struck-and-killed-by-impaired-driver-blamed-for-her-own-death/>.

None of the arguments made by the officer should have been considered because the rider was making a left turn, Georgia law does not require reflective clothing and only a rear reflector is required and one was attached to the bike. Thus far the driver, who had four drugs in her system, is only being charged with a DUI and endangering her children who were riding in the car. The Osuegbu's lawyer is pressing for a higher charge of manslaughter or vehicular homicide.

Those Canadians, Eh!

Canadians have a reputation of being friendly and non-confrontational. Erin Riedeger of Winnipeg, Manitoba was riding in a bike lane but needed to make a left turn. As she left the bike lane a man came up to her, slapped her, and told her to stay in her lane -

<https://www.bicycling.com/news/a39735045/cyclist-assaulted-for-not-riding-in-bike-lane/> .

She reported the incident to police as well as putting the news on Twitter only to receive more abuse from people telling her to stay in her bike lane.

Cities Provide Rebates for E-Cycles



Several cities are providing rebates for those turning to e-Bikes for commuting. Austin provides up to \$300 in rebates -

<https://austinenergy.com/ae/green-power/plug-in-austin/more-ways-to-go-electric/e-ride-rebate> while a number of counties in

California offer various levels of rebates. The most recent convert is Denver, Colorado -

<https://www.bicycling.com/news/a39786401/denver-launches-nations-best-e-bike-rebate-program/>. They are now offering a rebate of \$400 for a commuter e-Bike and up to \$900 for a cargo e-Bike. For a complete listing of where and what rebates are available, go to the Aventon website - https://www.aventon.com/blogs/aventon_bikes/ebike-rebates-and-incentives-across-the-usa?avad=55097_b28355b3d.

Cycling and Solar Panels – Perfect Together?

What do solar panels and cycling have in common? One first thinks about their real and potential impact on the environment and on climate change. However, in both South Korea and the Netherlands, people are finding creative ways to combine the two to improve both cycling AND the environment. The first breakthrough is a solar bike path. The Netherlands, which has a goal of being energy neutral by 2050, has been investing in technology that incorporates solar collectors into a road surface. The first solar road is the first step in introducing the technology to both bike paths and regular roads in the Netherlands - <https://www.industryweek.com/technology-and-iiot/article/21964044/worlds-first-solarpowered-bicycle-path-unveiled-in-the-netherlands>. While the technology is new, scientists are suggesting that eventually electricity generated by the path could be transferred to e-Bikes and electric cars using the road to charge their batteries as they ride.



The South Koreans have taken a different approach by combining cycling and solar panels. When they designed a twenty mile long, six lane highway between the cities of Daejeon and Sejong, they incorporated a bike lane running down the center -

<https://interestingengineering.com/south-korean-20-mile-solar-bike-highway-generates-electricity>. The bike lane runs below the highway level and is covered by

solar panels providing shade in the summer and snow protection in the winter. Tunnels allow entry and exit to riders' destination.

Looking for a Place to Ride While Traveling?

If you travel away from Green Valley with your bike, you may be looking for a place to ride. The Adventure Cycling Association maintains online access to the United States Bicycle Route System (USBRS) - https://www.adventurecycling.org/routes-and-maps/us-bicycle-route-system/maps-and-route-resources/?utm_source=BE&utm_campaign=20220413_mem. Not

every state has a USBRS approved routes. Some routes are shared bike/roadways and some are bike paths only. Arizona has a route that begins in Blythe, CA and travels through Phoenix, Tucson, and Bisbee ending in Douglas, AZ. If you are unfamiliar with an area, this might be a starting point to plan your next trip.

Cycle Racing

Why Do Professional Racers Shave Their Legs?

- A. You can go faster
- B. It makes it easier to treat road rash or another leg injury
- C. Massages are easier and more comfortable
- D. It Looks Cool
- E. All of the Above

If you guessed E. you would be right - <https://cyclingmagazine.ca/sections/news/why-do-bike-racers-shave-their-legs/>.

Another Cycling Champion Supporting Ukraine

Retired cycling champion Tony Martin wanted to do his part to support Ukrainian refugees. Winner of four world time trial championships and an Olympic silver medal, he decided to put his silver medal up for auction and donate the proceeds to a German charity helping Ukrainian children -



<https://cyclingmagazine.ca/sections/news/tony-martin-auctioned-his-olympic-silver-medal-for-ukraine-and-the-winner-returned-it-to-him/>. The winning bid went to the Torsten Weber Company. Soon afterward the company CEO presented the medal back to Martin with everyone winning in the end.

Cycling Gear

The Life of the Lowly Derailleur Hanger

The derailleur was a magnificent invention allowing easy and quick gear shifting making cycling an easier and more pleasant experience. However, the derailleur would not work without a hanger which attaches it to the bike frame and maintains the derailleur's position for accurate shifting. Unfortunately the hanger is not indestructible and a broken hanger means a long walk



home or a "sorry, can you come and pick me up." However, the broken hanger is just the beginning of the tale. For many years, bike manufacturers designed a hanger for their specific brand or even for a specific model. It is estimated that there are over 750 different bike hangers out there in the bike parts universe -

<https://derailleurhanger.com/>. SRAM is attempted to solve this problem with its Universal Derailleur Hanger (UDH) which it announced in 2019. It is

quickly gaining acceptance particularly in the mountain bike world where a broken hanger is not uncommon.

Bicycle Health and Safety

Do You Have Exercise Induced Rhinitis?

Does your nose run when you are cycling or when you are riding in the cold. If so, you probably have exercise induced rhinitis – i.e. congestion and a runny nose -

<https://cyclingmagazine.ca/sections/training-guide/training/why-does-your-nose-run-when-you-exercise/>. If you have airborne allergies, riding exacerbates the problem because as you breathe hard, you inhale higher levels of allergens. Another possible cause of rhinitis is inhaling harmful chemical irritants into your nose. Finally, riding in the cold weather itself can result in excessive mucus. Over the counter decongestants may help or a doctor visit may be in order if your congestion is excessive.



It's Not Just Muscles

It takes muscle to get the bike going as well as strength to get up those hills. However, those muscles connect to other parts of the body and sore tendons and joints can quickly make cycling less enjoyable. To keep those body parts happy, make sure you warm up, do some weight training and built some side to side motion into your exercise. For more detail, go to - <https://www.bicycling.com/training/g20009439/3-easy-ways-to-strengthen-your-joints/>.

Cars and Bikes on a Narrow Road

When a car comes up behind a bike on a narrow road, what is the appropriate way for the car to pass? The Canadian Automobile Association recently did a survey of drivers with the two options: honk the horn or to slow down until it was safe to pass - <https://cyclingmagazine.ca/advocacy/whats-the-best-way-to-pass-a-cyclist-on-a-narrow-road/>.

Those taking the survey divided about equally between honking and slowing. The article commented that cyclists are equally entitled to space on the road and it is up to the driver of the car to find a way to pass safely.

Cycling History

Women Made Cycling Respectable

The early days of cycling was a male dominated era. The Penny Farthing bike made it nearly impossible for a women to ride with a skirt and wearing a hat. They did make a “side-saddle” Penny Farthing (see image on right) which was nearly impossible to mount and dismount. When the “safety bike came along, most male cyclists dismissed it as something that was not



for “real men.” Women, on the other hand, took to it quickly and cycling rapidly became a unisex sport rather a domain for men only - <https://www.cyclingweekly.com/news/dr-hutch-why-women-were-the-pioneers-of-bike-racing>.

Interesting Cycling Stories

Trading a Mini-Van for a Cargo Bike

For several decades the mini-van, also known as the mom-mobile, transported children to school, soccer practice or ballet lessons. The world has changed since then and the cargo van with electric assist and seats for children is taking its place. This is especially true in places like New York where bike lanes are expanding, parking is difficult and owning a car is expensive. In Brooklyn neighborhoods, cargo bikes ridden by men and women are a regular sight and local bike dealers are selling cargo bikes as family transportation - <https://olxpraca.com/electric-cargo-bikes-are-becoming-a-popular-option-for-new-york-families/>. With higher gas prices, we will undoubtedly see this trend continue and expand.

Bike-Packing Texada Island, British Columbia



Texada Island, located between Vancouver Island and Vancouver, BC, is a bike-packers paradise - <https://theradavist.com/dirt-by-the-seaside-bike-touring-texada-island/>. It's a serene place that is off the beaten path and welcoming those riders who bring themselves, their bikes and a self-supporting lifestyle and want to get close to nature. The pictures are spectacular and make you want to hop on a plane.

Stupid Bike Thieves



Driven, a bicycle start-up in Boulder, recently had a break-in. A thief stole the owner's personal Specialized bike along with two prototype bikes valued at \$70,000 - https://www.bicycleretailer.com/retail-news/2022/04/07/boulder-police-recover-stolen-prototypes-help-local-bike-retailer?utm_campaign=BRN%20-%20NL%20-

https://www.bicycleretailer.com/retail-news/2022/04/07/boulder-police-recover-stolen-prototypes-help-local-bike-retailer?utm_campaign=BRN%20-%20NL%20-%20Editorial%20Newsletters&utm_medium=email&hsmi=209587946&hsenc=p2ANqtz--KY0kmlaH46N6kJF3RsJDqsmXQwhCLy5SbHurl0MTM9Dx8gIfkVfiEW-F_RvatGQlviwYq58j34WQzJL7gc2Wluil2w&utm_content=209587946&utm_source=hs_email#.Ylbdc3jMJaq. Soon after, the thief appeared in a local bike shop to buy a replacement tube for the owner's Specialized bike. An alert employee was suspicious when he noticed a pair of bolt cutters sticking out of the thief's backpack. He alerted the police who tracked down the thief and they eventually recovered all three of the stolen bikes.

Bike Tracking in Turkey: Not for the Faint of Heart

Ryan Wilson is a retired Australian road racer, who is now a journalist writing about his bike tracking adventures for *The Radavist*. One of his recent rides took him to southern Turkey where he sought out a goat trail that took him from 300 feet above sea level to over 10,000 feet. Located near Tarsus, where St. Paul preached, the road/track is primarily used by shepherds moving their flocks from one elevation to another. It is an interesting tale with beautiful mountain scenes and photos -



<https://theradavist.com/the-goat-road-to-gogeri-bikepacking-turkey/>.

Today's Cycling Quotation

"Life is like a ten (now a 24) speed bicycle. Most of us have gears we never use."

-Charles M. Schulz.

Today' Photograph

Strava Art



Today's Funny

My dad bought me my first bike, I was about five or six. The bike was left out on a large balcony to learn how to "handle" it as he considered it safer than the road. I proceeded to cycle off the balcony 12 feet into the neighbour's garden and ended up in hospital for the night!

Tom Wilsted, Newsletter Editor
E-mail: Tom.Wilsted@uconn.edu
Phone: 860-214-2822