

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



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Local Cycling News

National Bike Month Competition

We are starting to get back entries in the Cycling Club’s Bike Month Competition. If you have been taking some long rides, climbing some tall hills or tracking the miles you have ridden in May, you are eligible to enter the competition. Listed below are the categories:

- 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)

To log your entry, go to: [this form](#).. 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.

Finally, if you have been/done/seen something interesting while out riding and captured it on your camera, send a photo so we can share your fun/achievement with other members of the GVR Cycling Club.

Ride of Silence – Final Reminder

The Ride of Silence will be held on Thursday, May 18th. The ride honors those who have been injured or lost their lives in bicycle accidents in Green Valley and across the country - <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 ride is slow and seven miles long. It begins and ends at the GVR East Center and is accompanied by a sheriffs' and a fire department escort.

Pima County Repaving Schedule

Pima County has released information on contracts for repaving across the county including Green Valley. Listed below are the streets/roads with the date that work will commence:

- Camino Holgado/Portillo Place/Esperanza Estates – 4/26
- Foothills 2/Acres 2 – 4/28
- Mission Twin Buttes – 5/10
- Desert Ridge – 5/11
- Elephant Head Rd – 5/12
- Hawk Way – 5/13
- Camino de la Canoa and surrounding neighborhoods – 5/17
- Desert Meadows II – 5/25
- Fairways – 5/27

The Value of Arizona Trails

If you asked a cyclist or a hiker about the value of Arizona trails, you would get an immediate thumbs-up. However, asking a member of the general public might result in a ho-hum or “why aren’t we putting that money into better roads.” A recent study by the University of Arizona’s College of Agricultural and Resource Economics provides detailed insight into how trails have become an important state resource - <https://economics.arizona.edu/economic-value-trails-arizona-travel-cost-method-study>. It estimated that there were more than 83 million visits to Arizona trails in a single year with individuals averaging 27 visits per person. The report estimated the economic value of trail use from \$6.2 to \$10.8 billion dollars per year with an average of just over \$8 billion. In another study, a group found that for each dollar invested in Tucson’s Huckleberry Trail there was an economic return of over nine dollars. The next time someone questions the value of biking/hiking trails you can let that person know the real value of these important Arizona assets.

El Tour Registration Now Open



If you are thinking about riding in the El Tour de Tucson, registration is now open.

There are four different routes, all beginning and ending at the Tucson Convention Center: Century – 102 miles, Metric Century – 62 miles, Half Metric Century – 32 miles and a fun ride of varying lengths. Only the 102 mile route will travel through Green Valley this year. The registration fee is \$125 through the end of May. For more information, go to: <https://www.bikereg.com/el-tour-de-tucson>.

BICAS – Upgrading Your Cycling Mechanical Skills

Bicas has a number of course offerings over the summer covering a wide range of topics including wheel building, mountain bike maintenance, general bike maintenance and their multi-day build-a-bike course. More details on cost and dates can be found at: <https://mailchi.mp/bicas.org/cool-bicas-summer-time-programs-and-events?e=c6330b332a>

National and International News

Is It Only People Inside the Car That Matter?

Since it was formed in 1970, the National Highway Traffic Safety Administration (NHTSA) has been concerned about protecting those riding within the vehicle. This year, for the first time, the NHTSA administration is asking for comments about how cars can be improved to protect pedestrians during accidents with cars - <https://www.nhtsa.gov/press-releases/five-star-safety-ratings-program-updates-proposed>. However, the new ratings system totally ignores the safety of cyclists even though there are new automobile technologies that would warn drivers about nearby cyclists' locations. The League of American Cyclists is asking all riders to contact the NHTSA to request that their new guidelines include cycling as well as pedestrian safety. A link for an immediate response can be found at: <https://p2a.co/HjHhUN9>.

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. The rider did not have a rear light
- b. The rider was in the middle of the lane and
- c. The rider 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 in the middle lane, 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 charge of manslaughter or vehicular homicide.

Looking For Trails to Ride



If you are looking for interesting trails either here in Arizona or while traveling across the U.S., you might want to go to the Rails to Trails Conservancy website -

https://www.trailink.com/?utm_source=railstotrails.org&utm_medium=referral&utm_campaign=RTCreferrals. The site allows searching by city, state, zip code or by trail name. Most of the rail trails are relatively flat since 19th century railroads were limited to a 5% grade or less.

Bikes as an Example of Runaway Inflation

A recent article in Bloomberg News used bicycle demand and prices as an example to how inflation is affecting the American economy -

<https://www.bloomberg.com/news/articles/2021-06-05/a-4-749-bike-hints-at-inflation-peril-looming-for-u-s-economy>. It looked at the increase in the sales of new and used bikes, bike parts and services over a four year period and how the lack of supply is affecting prices of all of these bike related costs.

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 throughout the United States, go to the Aventon e-Bike website - https://www.aventon.com/blogs/aventon_bikes/ebike-rebates-and-incentives-across-the-usa?avad=55097_b28355b3d.

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. For more detail, go to - <https://cyclingmagazine.ca/sections/news/why-do-bike-racers-shave-their-legs/>.

Cycling Gear

Touring Bikes Anyone



Touring bikes are a narrow niche in the cycling spectrum. In our Green Valley cycling community, I'm not sure there are many who are into long rides of multiple days while packing all your gear. However, for those interested, *Bicycling Magazine* recently published an article providing a list of features potential buyers should include if buying a new bike -

<https://www.bicycling.com/bikes-gear/a38202965/best-touring-bike-features/>. Some of the items included disk brakes, good tire clearance, high weight capacity, low gearing and even a coupling to allow the bike to separate into two pieces to be more easily shipped.

E-Bikes Outpace E-Cars

Sales figures for 2021 are in and e-Bikes outsold e-Cars: 880,000 to 680,000. While covid undoubtedly had some impact on the number of bikes sold, estimates are for over 1,000,000 e-Bikes sales in 2022. While e-Bike sales were less than standard bike sales in 2021, it appears that e-Bike sales will soon surpass standard bike sales if the trend continues -

<https://www.bicycling.com/news/a39838840/ebikes-are-outpacing-electric-car-sales-in-the-us/>.

The Future of Specialized Cycles



There has been lots of change happening in the cycling industry over the past couple of years. This includes the consolidation of a number of cycling brands through purchase by Dutch company Pons and both Trek and Specialized have been buying up local bike shops with a focus on expanding the sale of their brands. A more recent development is the announcement of the retirement of Specialized Cycling founder and CEO Mike Sinyard - <https://cyclingmagazine.ca/sections/news/whats-ahead-for-specialized-since-founder-mike-sinyard-has-stepped-back/>. Sinyard's forty-eight years at the helm of Specialized has taken the company from a start-up to a world-wide cycling powerhouse. It was an early innovator especially in the mountain bike field where its Stumpjumper opened a new world for cyclists - <https://www.bikeradar.com/features/interview-specialized-founder-mike-sinyard/?image=14&type=gallery&gallery=1>. It will be interesting to see if the new CEO, Scott Macguire, who comes from Dyson household appliances will change Specialize's direction.

The Latest on Bicycle Locks

While everyone supports locking up bicycles, the vast majority that are stolen are unlocked. While any type of lock provides some protection, the choice of lock should reflect how you use and store your cycle. There is no use having the most secure lock in the world if it is too heavy to carry with you. Likewise, there is no point in locking your bike overnight on a dark street with a lock that be easily cut and the bike stolen. *Cycling News* offers a good overview of some of the best locks available whether it is a heavy duty lock for overnight or one that will deter a thief while you run into a store for a quick snack - https://www.cyclingnews.com/features/best-bike-locks/?utm_source=SmartBrief&utm_medium=email&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm_content=4C9BDBCD-21F5-4F44-9D0D-F57C90AD6B9B&utm_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a.

Managing your e-Bike batteries

Today's electronic world from cell phones to e-Bikes is filled with lithium batteries all of which require regularly charging. Improper or damaged lithium batteries can start fires during charging if left unattended. A Florida bike shop was completely destroyed when a battery left charging overnight caused a fire - <https://www.bicycleretailer.com/retail-news/2022/04/19/e-bike-battery-fire-destroys-inside-south-florida-bike-shop#.Ym1fazbMJaR>

Some tips on E-bike battery maintenance include -

<https://www.bicycling.com/news/a39826697/e-bike-batteries-fire-safety-tips/>:

- Never charge batteries overnight or when you are not home
- Use the charger designed for your battery
- If your battery needs replacement, choose the one designed for your cycle
- Store your battery in a fire resistant cabinet or container
- Keep an appropriate fire extinguisher on hand

Bicycle Health and Safety

Cycling Health and Cheese

Cheese can be a healthy snack if you choose something low in fat and high in protein - <https://www.bicycling.com/health-nutrition/a39818311/healthiest-cheese/>. Adding feta, goat or cottage cheese to your diet helps with the protein as well as providing some balance to carbs. If you are on a long ride, take along some hard parmesan or Swiss cheese along with an apple and you have a great snack. Don't worry, you won't become Cheese-head just because you add some cheese to your diet. (Sorry Green Bay!)



Flower Power and Bike Safety

Bloomberg Philanthropies recently completed a study of art painted on city streets - <https://www.bicycling.com/news/a39819477/asphalt-art-study/>. The study covered painted art as well as larger and brighter colors in cross walks and travel lanes and sought to learn



whether these visual cues improved driver behavior and lowered the rate of accidents and injuries with pedestrians and cyclists. Data was gathered from 17 installations in Massachusetts, New York, New Jersey, Florida and Georgia. The study found there was a 50% decrease in the number of injury related accidents between cars and pedestrians and cyclists in these locations. The art also lowered conflict between drivers and pedestrians and cars were more likely

to give way to those crossing the street.

Cycling History

Women Made Cycling Respectable

The early days of cycling were 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 for anyone 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

Wind!!!

For the past few weeks it seems like the wind will never stop. Of course a tail wind is great but with mostly north-south roads and most wind from the south, it seems like you never really get way from the wind. A recent *Road Bike Rider* offered some insight and advice about riding in the wind - <https://www.roadbikerider.com/ultimate-guide-cycling-wind/>. Some of the suggestions included riding early and late in the day, finding sheltered routes when possible, staying off the road in really high winds/thunderstorms and using a pace line. Lots of good advice for those of us fighting the Arizona wind.

The Perfect Road Bike Ride

Is there such a thing as the perfect road bike ride? If so, what would it look like? Would it have a tailwind coming and going, lots of good company, or a lunch break? A staff member at The Pro’s Closet recently gave some ideas about what a Perfect Bike Ride should include - <https://www.theproscloset.com/blogs/news/the-anatomy-of-a-perfect-road-ride>. You can agree or disagree or even write a nasty letter to the editor.

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.

The Story of the Fake Cycling Champion

Perth, Australia native Nick Clark claimed to be a champion youth cycling champion as well as being a part-time professional cyclist in Europe as an adult. Following his wife's death in 2013, he moved to Fairfax County Virginia and opened a bike shop as well as establishing a women's racing team. His shop became a local cycling hangout and he became well-known in the community. All of this seems quite interesting and quite straightforward except that all of what he described as his background was untrue. Something just seemed a bit off to journalist Iain Trelour who began digging into Clark's past. What he found was a mystery that took months to unravel. If you want to discover how all the lies and deceptions were uncovered, go to: https://cyclingtips.com/2022/04/exposed-by-a-strava-kom-the-many-lives-of-a-fake-pro-cyclist/?utm_source=bikebits&utm_medium=email&utm_campaign=20220504_BikeBits. It's a long and involved read and almost unbelievable.

Today's Cycling Quotation

Four wheels move the body, two wheels move the soul – Unknown

Today's Photograph

For those tandem riders wanting a more flexible/forgiving frame



Today's Funny

Letter to the Editor, *Arizona Star*. April 23, 2022

On April 6, I was driving west on Tanque Verde Road. On the other side of the roadway there was an adult bike rider, decked out in his riding apparel standing next to a wall and behind a thin tree urinating on the exterior wall of a home. I slowed down because I saw an SUV with children inside exit through the gate. As they looked over at the rider, he laughed, turned to his fellow rider who then stepped up to the wall and proceeded to do the same while all of the children watched. All of this went on when the riders were only five minutes away from shops and restaurants with bathrooms. I guess dogs urinate on trees so there's not much difference with riders, but the dog doesn't know he has committed indecent exposure and public urination.

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