

CHAINRING

Newsletter of The
GVR Cycling Club
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Club News

Summertime and the Livin’ Is Easy?

While everyone is taking the summer off for trips, relaxation or generally kicking back, you might think your club officers are doing the same. That would be far from the truth. Dues keep coming in that require welcoming new members, GVR continues apace needing club descriptions and rules updating, rooms need reserving, fall programs need planning and speakers found, the website requires updating and the newsletter keeps coming every two weeks (whether you want it or not). So while summertime is a bit quieter for your officers, work goes on to prepare programs for fall and keep you up-to-date with news of the cycling world.

Local Cycling News

California Bikin’

This is what I hope will be the first of many articles about member rides (No, not from me, from you!) I thought I would start this off but I would love to see an article about a past, present or future ride with photos from any of our club members. If you need help or editing, I would be glad to assist. If you want more encouragement, come talk to me. Tom

After a three year hiatus due to covid, my wife and I traveled to our favorite spot in June: Coronado, California. It offers three things that beckon: cooler temperatures, ocean views and great cycling. The start of the trip boded well. I-10 has been widened to six lanes from Tucson to Casa Grande and is totally resurfaced as is I-8 from Casa Grande to Yuma. (If you wonder where the funding

went for biking infrastructure, look no further). I-8 in California has been equally upgraded at millions of dollars per mile so I expected the cycling in California would be relatively unchanged but I was pleasantly surprised

One of the joys of Coronado is the Bayshore Bikeway. This 24 mile loop connects Coronado with San Diego riding around San Diego Bay with a good portion of it traveling along the ocean. You can return to Coronado by ferry (no charge for bikes which makes a nice respite from pedaling). I was happy to see that the trail is still well-maintained with mile and kilometer markers added to help measure your progress.



One change, however, was the addition of bike lanes on all major streets in both Coronado and Imperial Beach, directly to the south. A few had separation barriers and lanes in Imperial Beach had

been painted green in addition to the normal solid dividing line and bike emblem. As Imperial Beach is known for its surfing, one street had surfboard shaped sculptures that serve as bike stands (see photo).

One thing that was surprising was the number of e-Bikes. The ones seen in Green Valley are mostly Class I and II assisted bikes that require pedaling but I discovered a large number in Coronado that were class III that could be solely electric powered as well as pedal. These

appeared to be mostly used for commuting but it was a surprise when a bike passes you at 15-20+ miles per hour. There apparently is no rule against riding them in bike lanes with standard bikes. Biking in Coronado has many pluses – bike trails and weather – that set it apart from Green Valley. However, it doesn't have Green



Valley's year round sun and low traffic level so each has its own advantages.



National and International News

Letters by E-bike



The United States Postal Service is currently testing delivery of mail using e-Bikes - <https://electrek.co/2022/06/03/usps-mail-delivery-electric-mail-bike/?emci=42112113-ffeb-ec11-b47a-281878b83d8a&emdi=8b4fd832-c4ec-ec11-b47a-281878b83d8a&ceid=6393371>. The bikes use a commercial frame powered by a Bosch motor and its delivery box can carry 72 cubic feet of mail or 400 pounds. The bikes are being built by a Montana Company, Coaster Cycles, and even come with a back-up camera.

Why Don't Bikes Need Licenses?

Do you remember when you were a kid and you got a bike license from your local police department for your newly acquired bike that would identify it in case of theft? Perhaps that time will be coming again. If you think about it, everything else using the road needs a license: cars, trucks, motorcycles and even golf carts. Why not bikes? Citizens in England have been asking their government why bikes shouldn't be licensed, and rider training and insurance required - <https://www.cyclingweekly.com/news/why-dont-cyclists-have-licences-you-asked-google-and-weve-got-the-answer>. The government's answer is not totally logical. They argue that it would be too complicated, that it would discourage riders since cycling is helping the environment and the cost would be high and outweigh the benefits. So far the government has shown no signs of moving towards licensing but could a U.S. state government response happen here? You need to wonder whether E-bikes in the U.S. might be a tipping factor on states requiring licenses.

Colorado Makes Cycling Safer



When we ride around Arizona or most other states, there will be signs to cyclists and motorists to “share the road,” but what exactly does that mean? Colorado DOT has begun installing new signage that is direct and points specifically at the state law governing car and bicycle interaction - <https://www.bicyclecolorado.org/bike-news/three-feet-signage/?emci=42112113-ffeb-ec11-b47a-281878b83d8a&emdi=8b4fd832-c4ec-ec11-b47a-281878b83d8a&ceid=6393371>. The new sign reads: “State Law: Motorists Must Give Bicyclists 3 FT Clearance.” Perhaps it is time for the bicycle community to encourage Arizona’s DOT to develop similar signage.

Bicycle Sales Still Climbing in U.S.

Apparently, people just can’t get enough bikes. The U.S. imported 4.7 million bikes in the first quarter of 2022 worth more than \$500 million dollars. The value of bikes in quarter 1 of 2022 increased by 52% over 2021 - https://www.bicycleretailer.com/studies-reports/2022/06/06/us-bike-imports-52-q1?utm_campaign=BRN%20-%20NL%20-%20Editorial%20Newsletters&utm_medium=email&hsmi=216186162&hsenc=p2ANqtz-8F2n1Rmt9kmq_J_z8VGpiBsyehHKfZswBMGQ5xIT7c8ERMU1RR-1yEfpHX1GYMIGDVjTc6IYz7h78HFQuVBQZYsnCF9A&utm_content=216150452&utm_source=hs_email#.YqfWOSXMLIU. Another interesting fact is that a smaller proportion of bikes are being imported from China with increases from both Vietnam and Cambodia.

Blaupunkt is a Radio, Right?

If you owned a German car in the 1950s or 1960s, it likely came with a Blaupunkt radio. They were the first company to add an FM channel to the radio and their desktop models often had a short-wave channels. Fast forward to 2022 and Blaupunkt has entered the E-bike market - <https://www.bicycleretailer.com/industry-news/2022/06/13/blaupunkt-looks-near-shore-e-bikes-europe-and-us#.YrDRkv3MLIU>. The company makes only folding E-bikes



at their plant in Poland. They are, however, planning to open a plant in Paraguay to serve the North and South American market. They chose that spot because Paraguay has a treaty with the United States that allows their exports to the United States to avoid tariffs including those currently imposed on Chinese bike imports.

Feds Can’t Make Up Their Mind about E-Bikes

Two government agencies, the National Park Service and the National Forest Service, have differing rules about allowing the use of e-Bikes within their borders - <https://www.msn.com/en-us/news/us/feds-get-new-guidelines-for-e-bikes-in-national-parks-forests/ar-AAYfTmC?bk=1&ocid=msedgdhp&pc=U531&cvid=eae5cfd37e5d479fb1f0788372759897>. In 2019, the Park Service issued a ruling that e-Bikes were allowed to be ridden anywhere a

standard cycle was allowed. Almost immediately, the Forest Service found that people were already riding e-Bikes on Forest Service land when they weren't allowed. The Forest Service is currently revisiting its policies on if, where or when e-Bikes will be allowed.

Where to Charge an E-Bike

Standard cycles just need people power to ride. Just jump on and away you go. They can be stored anywhere since no electricity is required. E-bikes, on the other hand, need a power cord and access to electricity. If you have a garage or space in your home, you can plug in your bike and ride the next morning. However, what if you are traveling? If you live in Oregon, they are looking out for both cars AND cycles. Oregon is developing a



West Coast electric highway with a series of charging stations that serve both bikes and cars - [ODOT has added e-bike charging outlets to Oregon's portion of 'West Coast Electric Highway' - Bike Portland.](#)

Cycle Racing

Do You Get Recognized for Being Last?



Fifteen year old Kyle Mizenko had been riding two weeks and his longest ride had been eighteen miles. Even with his inexperience, he decided to enter Pennsylvania's 70 mile long Grinduro Race riding a 30 year old Schwinn CrissCross that he had found at the side of the road -

<https://www.bicycling.com/culture/a40300904/grinduro-pa-2022-interview/>. The bad news is that he came in last but the good news is that he finished the ride. The Tour de France awards to its last

place finisher what is called the Lanterne Rouge. It is named for the red light at the end of a railroad train. In honor of Kyle's achievement, *Bicycling Magazine* awarded him a special Lanterne Rouge.

Cycling Gear

The Lemond Prolog: the "Apple" of E-bikes?



Mitchell Connell is the Executive Director of Two Bikes, a non-profit bike shop in Knoxville, Tennessee, that has many programs similar to those of Bicas in Tucson -

<https://www.twobikes.org/>. He had heard about Greg Lemond's new start-up company located in Knoxville and finagled his way into a ribbon-cutting ceremony announcing the new bike - <https://theradavist.com/lemond-prolog-ebike/>.

He met Lemond's wife who was taken by the concept of their bikeshop and eventually they were offered the opportunity for a week-long test drive. The bike changed Connell's attitude about E-bikes and he noted it does only have a "one button" controller aka "Apple".

Still Looking for Comfortable Cycling Shorts?

If your posterior is in pain during a ride or after, it may be the shorts rather than the saddle. *Bicycling Magazine* recently recommended a list ten pairs of shorts for their comfort - <https://www.bicycling.com/bikes-gear/g40157601/best-mens-cycling-shorts/>. They covered a variety of styles as well as prices with shorts for both road and mountain biking as well as bibs. Prices ranged from \$35 to \$279 with many under \$100. They also did another article that addressed cycling bibs specifically - <https://www.bicycling.com/bikes-gear/g40288797/best-cycling-bibs/>. They listed ten models with a focus on comfort as well as some specific uses such as racing. As you can imagine, these were pricier than the regular shorts and ranged in price from \$120 to \$350.

Bicycle Security – Again!

Cycling locks are the same as clothing – one size/function does not fit all. *Momentum Mag* recently did a feature on locks that was really useful. They broke locks down into various types and then provided pros and cons of each grouping - <https://momentummag.com/a-guide-to-the-different-bicycle-lock-types-and-when-to-use-them/?emci=42112113-ffeb-ec11-b47a-281878b83d8a&emdi=8b4fd832-c4ec-ec11-b47a-281878b83d8a&ceid=6393371>. The categories included U-locks, folding locks, chains, frame locks and accessory locks/alarms. Studying the categories can help narrow down the choices if you are in the market to secure your steed.



Bicycle Health and Safety

Hydration Is Serious Business

We often talk about drinking sufficient water when cycling but how much is enough. A Colorado cyclist was riding on a Mesa County trail near its end when he collapsed from the heat and dehydration - <https://www.velonews.com/news/mountain-biker-dies-on-palisade-plunge-due-to-heat-related-illness/>. He was found by three other cyclists who immediately called first responders. Unfortunately, the rider did not survive. The other three riders had also run out of water in the 100+ temperature and were treated for dehydration and survived.

Is There Such a Thing as Turning Back the Clock?

Cycling Coach John Hughes describes his personal aging process and how he has slowed down and changed bikes and equipment in trying to maintain the way he rode in his 50s - <https://www.roadbikerider.com/anti-aging-im-50-again/>. He describes his eventual purchase of an e-mountain bike and feeling he is getting back to his younger self. The converts continue!

Cycling History

A Rover Cycle

J.K Starling developed the Rover bicycle in 1885 as an alternative to the “Bone Shaker Penny Farthing” high wheeler -

<https://www.bbc.co.uk/ahistoryoftheworld/objects/u76Sy05eSNi0zXeC5vDPmg>. The new “safety cycle was soon copied by other manufacturers and created a popular new sport and form of transportation. The concept of a chain driven rear wheel with the pedals beneath the seat was a major change and was quickly accepted by members of the public. Rover began building motorcycles in 1899 and cars in 1902. The Rover name lives on today with the Land Rover that the company created in 1948, one of the world’s first



SUVs.

Interesting Cycling Stories

Beware the Toe Clip

The tow clip and the clipless pedal can sometimes prove an embarrassment as President Biden recently discovered - <https://cyclingmagazine.ca/sections/news/im-good-president-biden-takes-a-ride-and-a-fall-in-delaware/>. The President was approaching a group of reporters when his bike equipped with toe clips wouldn’t release and he fell. There were two pieces of good news: he wasn’t hurt and he was wearing a helmet.

A Father’s Day Cycling Story



Parents and children have an interesting and ongoing relationship. As children move to adults, they become the parent’s equal and as parents age, the child may become the parent. Hollie Ernst is an enthusiastic cyclist as well as being a botanist, swimmer and surfer. She recently began what she hopes will be an around the world cycling venture. Her trip took her to Chile where she wanted to introduce her father (age 63) to the joys bike-touring. Here is the story of their adventure and a tribute to one father which she titled *Raising Up Dad* - https://www.adventurecycling.org/blog/raising-up-dad/?ruid=437746&utm_source=bikebits&utm_campaign=20220615_BikeBits&utm_medium=email.

Naked Flat Repairs



Again this year, Toronto hosted the World Naked Bike Ride. Several hundred riders gathered to ride through the streets of Toronto sans clothing. One group was even seen repairing a flat tire which would call for careful handling and ensuring that one protects all vital body parts in the process - <https://cyclingmagazine.ca/advocacy/what-happens-when-you-get-a-flat-on-world-naked-bike-ride/>.

Cycling to Ski

Cody Cirillo is a professional skier whose home is in Telluride Colorado. In the spring of 2021, his professional gigs had been cancelled and the local snow was slowly melting. He considered the snow around Moab, Utah, not too far away, but this required a circuitous drive around the mountains. Not an experienced cyclist, he decided to bikepack there on cycling trails carrying his skis. His three day trip went mostly according to plan and he did get to ski. <https://theradavist.com/southwest-scramble-bike-ski-journey-colorado-to-utah/>.



UConn Students on Cross-County Fundraiser

Three University of Connecticut students representing the Medical School and the School of Dentistry are making a cross-country cycling trip to raise money for Connecticut's Hole in the Wall Camp -

<https://today.uconn.edu/2022/06/podcast-cycling-coast-to-coast-to-help-kids/#> . The camp was started by actor Paul Newman and serves

children who are afflicted with cancer. This is the twenty-second year that UConn students have made this trek with each group choosing where the money should be donated.



Running Out of Bike Storage Space? – Pity the Poor Londoner



If you live have a garage, you may (I repeat may) have enough bike storage space. Whatever your situation, however, it is nothing like Londoners looking for a place to safely store their bikes -

<https://cleancitiescampaign.org/2022/03/22/londoners-share-awkward-places-they-store-bikes-as-waiting-list-for-secure-hangars-tops-60000/>. London has been slowly adding what they call “hangars”

which are rental pods to safely and securely store six bicycles. However, the recent growth of cycling has resulted in a waiting list for more than 60,000 spaces. Riders have begun to complain on social media about the lack of storage. A recent campaign called [#This is Awkward](#) has brought comments and photos showing how far individuals have gone to store bikes in apartments and other locations. With the delay in materials, it is uncertain how long it will take to satisfy London cyclist's demands.

Dervla Murphy, Intrepid Travel Writer and Cyclist Dies



Dervla Murphy, author of more than 25 travel books, recently died in Lisemore, Ireland at age 90. Her first book, *Full Tilt*, describes her journey by bicycle from France to India in 1963. At age 32, she traveled on a one-speed bicycle she named “Roz”, an allusion to Don Quixote, carrying a .25 caliber pistol which she used to kill an attacking wolf and frighten off would-be thieves -

<https://www.washingtonpost.com/obituaries/2022/06/07/dervla-murphy-dies-travel-writer/>. Her other travel books cover Ireland, Africa, India, Asia and the Middle East. Her *Full Tilt* book is still in print and available via Amazon - https://www.amazon.com/Full-Tilt-Ireland-India-Bicycle/dp/1906011419/ref=asc_df_1906011419/?tag=hyprod-20&linkCode=df0&hvadid=312168262001&hvpos=&hvnetw=g&hvrnd=1061865957513940008&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmld=&hvlocint=&hvlocphy=9031342&hvtargid=pla-450610863071&psc=1.

Today’s Cycling Quotation

“It is by riding a bicycle that you learn the contours of a country best since you have to sweat up the hills and coast down them.” – Ernest Hemingway

Today’ Photograph



World's Longest Bike

Today’s Funny



"I finally found a comfortable saddle."

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