

CHAINRING

Newsletter of The
GVR Cycling Club

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Club News

Save the Dates - [Permission to Organize Rides - Facebook](#) -

Oct. 27th at East Center, and Jan. 26th at Las Campanas- [GVR Showcase](#)

GVR Showcase: If you’ll be in GV in late October, we hope you’ll volunteer at our club’s table at the GVR Showcase. It will be an opportunity to spread the word about who we are and what we do at GVR Cycling club.

Permission to Organize Rides – Working with Kathy Edwards of GVR, we removed the last impediment to having official GVR Cycling rides. What does this mean for our club? That’s really up to you as riders and ride leaders. It does mean we can use the website and GVR Bulletin boards, and Friday e-blast to advertise rides, if we choose to have some official rides.

Facebook – If you're on Facebook, even nominally, please navigate to our group called GVR Cycling Club and ask to be added. We promise, no cat videos will be posted. However, you are encouraged to post about your rides. We know many of you are cycling new roads and exploring the country on bikes. Let's hear about it. Find us on [Facebook](#) .

Local Cycling News

Pima County Trail Maintenance Volunteers Needed

Evan Pilling, Trails Specialist for the Pima County Natural Resources, Parks, and Recreation Department, is seeking volunteers to help maintain and restore hiking and biking trails west of Tucson. He has work groups scheduled for July 10. Individuals will meet up in Tucson and carpool to the site and then walk in. For more information and details about the work, go to: <https://www.eventbrite.com/e/saturday-7222-explorer-trail-maintenance-day-tickets-375393370677>.

Quail Creek Road/Bike Path Update

Work continues on [the new road](#) linking Quail Creek with the Sahuarita/Walmart shopping area - The road will be accompanied by a separate bike path which would create a circular biking route from beginning at the corner of Continental and Abrego to Quail Creek to the Walmart area to Abrego and return providing a relatively safe 10 mile or so riding loop.

The Radavist finds Tucson's Campfire Cycling



One of the features of *The Radavist* is visiting and reporting on local bike shops. In its most recent issue, reporter John Watson made the trek to [Campfire Cycling](#). [Learn more about one of our local bikeshops](#) that specializes in bike camping. The company also organizes rides and a description of a Tombstone area ride can be found at -

National and International News

2022 Top Rated Cities for Cycling

People for Bikes just released its [list of top ranked cities for cycling](#). Sadly, no Arizona cities made the cut -. The top-ranked small city was Provincetown, MA, the medium sized city was Davis, California and the large city winner was Brooklyn, NY. More than 1,000 cities were reviewed.

New Routes on the U.S. Bicycle Route System

The Adventure Cycling Association [has announced the addition of three additional routes](#) to the U.S. Bicycle Route System - Minnesota, Delaware and Oklahoma added a total of 650 miles of new bike routes to the system. The one in Oklahoma is a first for the state and unique because it parallels as good portion of historic route 66.

Women Cyclists React to the Supreme Court Abortion Ruling

The U.S. Pro Road Racing Championships began Friday, June 24th, in Knoxville, Tennessee. The women's race was preceded by the playing of the [National Anthem and all of the riders went down on one knee to protest the Supreme Court's abortion ruling](#). The protest was organized by rider Alexis Ryan, who stated, "This is the biggest [cycling] event in the United States all year long so to make a statement, to stand behind something that most of us believe in is, I think, really important. -



Cycle Racing

Technology and the Tour de France



Having a great rider and a great bike can be a winning combination at the Tour de France. However, it helps if the bike incorporates the latest technology. There have been a wide range of technology breakthroughs over the past couple of decades. Some of these include, aero design, electronic shifting, carbon technology disc brakes and tubeless tires. [Find out more.](#)

Can Taping Your Legs Make You Go Faster?



Cycle racers are always looking for an edge. At the 2020 Olympics, [the Danish Team had taped the front of their legs](#) vertically to improve their riding aerodynamics - Unfortunately, the favored Danes did not win and the World Cycling Federation has since banned the use of tape on rider legs. However, there is nothing stopping you from taping up if you want to improve your riding times.

Cycling Gear

Is a Cargo Bike in Your Future?



happiness level.

With gas prices sky high and an uncertain environmental future, is it time to consider investing in a cargo bike? While not yet common in Green Valley, they are becoming more popular in urban areas. If you are considering one, *Cycling Weekly* recently carried a [review of the best cargo bikes available in 2022](#) and that might be a good place to start -. If there are already some cargo bike owners in the club, send the editor a note about how you are using it and your

Down to the Nitty-Gritty – Bottle Cages

Bottle cages are an item to which riders give relatively little thought. However, like everything else in the bike world there are lots of choices with some having specific use or design -<https://www.bicycling.com/bikes-gear/g40299771/best-water-bottle-cages-cycling/>. Bottle holders go from basic to carbon to some unusual designs like those shaped like a Sparrow.



Inexpensive/Cheap Cycling Gear

Bicycling Magazine recently ran an article on inexpensive cycling gear with a primary focus on [inexpensive bike clothing](#) - . Prices ranged from \$39 for bib-shorts to a \$40 jersey. It also included a helmet and some unusual things like arm and leg coverings. If your clothes are needing replacement, you might want to check this out.

Handlebars/Smandlebars



Most riders don't pay a lot of attention to handlebars. They are just what usually comes with the bike. Road and gravel bikes come with S-shaped drop bars while mountain and hybrid bikes arrive with straight flat bars. Lower priced cycles arrive with steel or aluminum handlebars while higher end bars are often carbon. There are times, however, when you want to get into the details of handlebars. These come when you are upgrading your bike components, when you are building a bike from scratch or your current bars just aren't comfortable. *Bicycling Magazine* recently provided an introduction and a review of some of the best handlebars currently available - <https://www.bicycling.com/bikes-gear/g40299555/best-bike-handlebars/>. This included drop, flat, carbon and aluminum bars. If an upgrade or a bike build is in your future, you might want to take a look.

Best Cycling Shoes

Cycling News recently carried a story on the "Best Cycling Shoes for 2022 – Stylish, Stiff and Comfortable" - <https://www.cyclingnews.com/features/best-cycling-shoes/>. The focus was primarily on road bike shoes and they might have added the word, expensive, to the text as most were priced in the \$200-300 price range with a number in the \$500s. If you are looking for the best, here is a good place to start.

Want Retro – How About a Harley-Davidson Mountain Bike?



An arm of Harley-Davidson, Serial 1, is [offering up a new mountain bike](#) - . It includes a Harley-Davidson electric motor, a SRAM 1X12 drive train, an aluminum frame, a Suntour suspension fork and Michelin off-road tires. The model advertises a top speed of 20 miles per hour and joins 4 other Switch 1 models. The price is \$4,499 and it will be available after August 1.

Bicycle Health and Safety

Turning an Injury into a Mission



Damian Kevitt was thirty-six when he was struck by a hit and run driver and dragged more than half a mile. His leg was ripped off and he lost more than twenty pounds of flesh in the accident. He now wears a prosthetic leg but has returned to riding and founded the non-profit group, *Streets Are For Everyone (SAFE)* -

<https://www.streetsareforeveryone.org/>. SAFE's mission is to make streets safer for pedestrians, runners, riders and cars. It offers services to accident victims, sponsors a safe film competition and supports road

changes and laws which make streets safer for all. While we might not want to trade places with Kevitt, he has truly turned lemons into lemonade.

Bike Lanes and Intersections: An Inherent Danger

Unfortunately cyclists are relegated to the right side of the road, with or without a bike lane. As a result, cyclists must take extra care as they approach or stop at an intersection. If there is a car on your left, will the driver allow the cyclist to ride through or will they turn right in front of the rider. A recent accident in Vancouver BC between a cyclist and a truck resulted in rider injuries with the cyclist still in the hospital. A Royal Canadian Mounted Police report blames the cyclist for the accident as they believe he was riding too fast causing the truck turning right to hit him - As riders, we need to be doubly careful at intersections. It won't matter who is at fault if there is an accident and we are injured or killed by a 4,000 pound car or a 12,000 pound truck. [Read more here.](#)

Cycling History

Adding Rubber to Cycle Wheels

Early velocipedes or high wheel cycles usually had wooden wheels with a strip of iron wrapped around the outside of the wheel. French inventor Clement Ader first encountered these at the Paris Universal Exposition in 1867. Seeing how popular the cycles were becoming, he developed and patented a solid-rubber tire to replace the metal strip providing an early type of shock absorption along with improved traction – [Read more here.](#)



Interesting Cycling Stories

Extreme Bike-packing

If you are into bike-packing and are looking for a challenge, you might want to consider joining the [Tour Divide](#) -. This event begins in Banff, Canada and ends at the U.S.-Mexico border and follows the Rocky Mountains through the heart of the West. There is no entry fee and riders just show up. The route can take from two weeks to two months and has become increasingly difficult with climate-change wild fires and extreme rain. An interesting event and story.

Another Extreme –

Can you really go 169 so, who would want to? did but not the way you being towed by a one doesn't want to like -.



169 MPH on a Mountain Bike

miles per hour on a mountain bike and, if German rider, Elias Schwärzler, could and think. He set a [new world speed record](#) by motorcycle -. The [video](#) is truly scary and contemplate what an accident might look

Does Aluminum Get a Bad Rap?

When cyclists talk about frame material, aluminum usually trails behind carbon, titanium and steel. Carbon is touted for its light weight and rough road absorption, titanium for its light weight and strength and steel for its strength and flexibility. Matt Phillips in a recent *Bicycling Magazine* article touts the value and importance of aluminum. He claims that early aluminum frames were too flexible and that manufacturers made aluminum tubes thicker thereby creating the myth that all aluminum is too stiff. He argues because of aluminum's light weight, it is really the perfect material for most bikes. Read on - <https://www.bicycling.com/bikes-gear/a39986884/aluminum-bicycles/>.

Building a Bike from Scratch

Do you lust after what you consider the perfect bike with a frame that fits your physique and has components that you hand-pick? Do you have the technical skills and, more important, do you have adequate funding if you were going to build one for yourself? The heart of the bike will be the frame. These come in standard sizes as well as custom builds. Entry level frames start around \$500 and high-end frames can pass \$3,000 - <https://bikexchange.com/best-bike-frames/>. Component prices are equally variable. A good introduction to the component process can be found on the *Bike Ultimate* website - <https://bikingultimate.com/how-much-does-it-cost-to-build-a-road-bike/>. If you decide to build a bike, be prepared for lots of research, lots of planning and time watching instruction on *You Tube*.

Buying a Used Tour de France Bike



How would you value a used Tour de France bike? If it was ridden by a tour winner, its value would be hugely different from one of the back-markers on one of the lesser known teams. Ignoring the issue of who rode what, staff at the *Pro's Closet*, a huge seller of used bikes, decided to put a value on a used Tour de France bike they might eventually be selling from most to least expensive based on their experience appraisal

experience - <https://www.thepros closet.com/blogs/news/the-most-and-least-valuable-tour-de-france-bikes>. Not surprisingly, they put the highest value on a Specialized S-Works Tarmac SL7 (\$12,599) closely followed by Pinarello Dogma F (\$11,499). The least expensive bike on the list is a French KTM Revelator Alto (\$6665). Each was priced on how the bike was equipped for the Tour de France (wheels, drive train, brakes, tires, etc.) Maybe you can't buy an actual Tour de France bike, but maybe you could buy one that is pretty close.

Sprechen Sie Deutsch – Cycling Around Lake Constance

If you are thinking about a European cycling adventure, you might consider [circling Lake Constance](#).

. Also called Bodensee, the thirty-nine mile long lake is bordered by Germany, Switzerland and Austria and offers a wide array of bike paths circling the lake. There are lots of historic villages and World Heritage sites adjacent to the lake as well as farms and orchards. Bikes can be rented and there are self-guided as well as company organized tours.

Today's Cycling Quotation

"A bicycle is the slow death of the planet," a banker commented.

"Cyclists are a disaster for a country's economy: they don't buy cars, don't borrow money to buy them or pay for insurance policies. The cyclist doesn't buy fuel, pay to have the car serviced, or for repairs. They don't use paid parking, don't cause major accidents or require multi-lane highways.

The cyclist is not getting obese. Healthy people are a danger to the economy. They don't buy medicine, don't go to hospitals or pay doctors.

Overall, cyclists add nothing to the country's GDP. A new McDonald's creates at least 30 jobs— 10 cardiologists, 10 dentists, and 10 dietitians as well as the people who work in the store itself."

Choose wisely: a bike or a McDonald's? It's something to think about.

~ Emeric Sillo

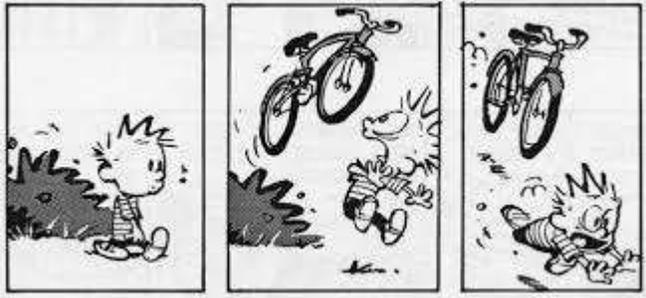
PS: Walking is even worse. Pedestrians don't even buy bicycles!

Today' Photograph



Hank Deutsch trying out some new riding skills in Wisconsin (Psst, it's not really Hank but keep that under your hat so you don't burst his bubble)

Today's Funny



The Evil Bike

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