

CHAINRING

Newsletter of The
GVR Cycling Club
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Table of Contents

Club News	2
Last Call - GVR Photo Shoot.....	2
Local Cycling News	2
Local Tour de Tucson Planning	2
Arizona's Deadliest Roads for Cyclists	3
Pima County Road Upgrades.....	3
National and International News	3
National Bike Lane Standards	3
Will Bike Lanes Increase Cycling Ridership?.....	3
Drive Less, Cycle More	4
Bike Production Continues to Climb	4
Cycle Racing	4
Tour de France Femmes 2022	4
Watching the Tour de France on TV: Maybe You Need a Primer?	4
Tour de France and the Face Sock	5
Bicycle Doping Again	5
Cycling Gear	5
Tired of Looking for a Wall or Post to Lean Your Bike?.....	5
Anti-Lock Brakes for E-bikes.....	6
Bicycle Health and Safety	6

Another Reason to Ride (As If You Needed One).....	6
No More Saddle Sores?	6
Cycling History	6
Albert Augustus Pope – a Bicycle and Automobile Pioneer	6
Interesting Cycling Stories	7
A Tragedy on the Tour Divide Ride	7
A Bike Trail for an International Border	7
Michigan’s Lakes to Shining Lakes Trails.....	7
What Do You Do When Six Bull Moose Come at You – Just Move to the Right.....	7
Too Hot to Ride – How About an Afternoon with a Cycling Book?	8
MS vs. Biking.....	8
Traveling by Bike-Train.....	8
Not a Bicycle Dating Service.....	9
Today’s Cycling Quotation	9
Today’ Photograph	9
Today’s Funny	9

Club News

Last Call - GVR Photo Shoot

Last call for the photo-op of GVR Cycling Club members for use by GVR in their publications and publicity. The photo shoot will take place on July 21 (**Tomorrow**) at the GVR West Center Parking lot at 8:00 a.m.

Local Cycling News

Local Tour de Tucson Planning

El Tour de Tucson will continue to ride through Green Valley in 2022. The route includes a rest station #9 just outside Green Valley where riders can fill up with water as well as getting some energy snacks. This was organized by John Yeager in 2021. Bob Epstein will be coordinating this effort in 2022 and calls for volunteer assistance will be forthcoming.

Arizona's Deadliest Roads for Cyclists

Doug Milnes at *Moneygeek Magazine* has compiled statistics on the deadliest roads for cyclists in Arizona - <https://www.moneygeek.com/insurance/auto/resources/most-deadly-roads-arizona/#drunk-driving-and-fatal-crashes>. Maricopa County has the largest number of fatal



cycling accidents with 1,349 yearly fatalities with Pima County second at 380. The ten most dangerous intersections were all located in the Phoenix area. Drunk driving, speeding and distracted driving were the biggest causes of fatal cycling accidents. The most dangerous months for cyclists were April and October. Interesting cycling information in an unusual location.

Pima County Road Upgrades

Pima County has been active this past month getting roads in the Green Valley repaved. If you ride along Camino del Sol or Abrego and you look to the right or left you'll see lots of roads have been repaved. Camino de Canoa has also been completed. All of these are smoother rides but no bike lanes have been added for safer cycling.

National and International News

National Bike Lane Standards

When riding in the Green Valley/Sahuarita area, cyclists should be thankful for the many bike lanes that make for a relatively safe ride. However, could the county and the city be doing better? The National Association of City Transportation Officials (NACTO) provides a useful guide for "high comfort bicycle facilities" recommending standards that reflect the needs of all types of riders as well as the facilities that reflect each group's needs - https://nacto.org/wp-content/uploads/2017/12/NACTO_Designing-for-All-Ages-Abilities.pdf. For example they recommend a protected bicycle lane there the speed limit is greater than 25 miles per hour and there is average traffic volume of greater than 50 vehicles per hour. In that scenario Continental and La Canada should each have a protected bike path. These are the kinds of documents cyclists should know about and introduce to local officials when planning or renovating area roads.

Will Bike Lanes Increase Cycling Ridership?

The question of whether to add bike lanes or not often comes down to: are they safer and will they be used? The former question has certainly been answered but the latter question usually remains because there is relatively little data. With the arrival of covid and an increase in cycling ridership, Waterloo, west of Toronto, decided to block off a portion of a road for a bike lane. This was initially temporary but they soon decided to see whether the introduction of the lane increased cycling traffic -

https://learn.streetlightdata.com/hubfs/eBooks%20and%20Research/EB_Waterloo%20Bike%2



[0Lane/The%20Bike%20Lane%20Effect%20How%20Infrastructure%20Drives%20Impact%20-%20%20A%20Big%20Data%20Study.pdf?utm_campaign=EB_Waterloo%20Bike%20Lane&utm_medium=email&_hsmt=214159079&_hsenc=p2ANqtz-LqaVY_H9ccZH-WDgw0MivZ7mbMY0LuJUzP2LIL5NraGC2079sDDavKs_9ksOQSOJxNMnocy_qO2Ls0FSvi9gxP-zcHQ&utm_content=214159079&utm_source=hs_automation](https://www.waterloocanada.ca/0Lane/The%20Bike%20Lane%20Effect%20How%20Infrastructure%20Drives%20Impact%20-%20%20A%20Big%20Data%20Study.pdf?utm_campaign=EB_Waterloo%20Bike%20Lane&utm_medium=email&_hsmt=214159079&_hsenc=p2ANqtz-LqaVY_H9ccZH-WDgw0MivZ7mbMY0LuJUzP2LIL5NraGC2079sDDavKs_9ksOQSOJxNMnocy_qO2Ls0FSvi9gxP-zcHQ&utm_content=214159079&utm_source=hs_automation). The attached report comes from Streetlight, a company that gathers all types of vehicle data. The Waterloo Council set up a comparison study of the use of the lane between July and August 2019. They discovered that overall traffic increased by 39% during that one month. A secondary result was that car traffic speed decreased in that same period by 12%. Clearly the answer is: Build it and They Will Come!

Drive Less, Cycle More



The League of American Bicyclists is challenging cyclists across America to take a bike rather than drive when they are going shopping, stopping at the library or any other short trip where a bike could provide an riding alternative. With their “Love to Ride Program” you can enter your alternative ride whenever you substitute your bike for your car. In 2021, riders accumulated over a million miles saving energy and saving the planet. This year’s goal is two million miles. To sign up for this program, go to: <https://www.lovetoride.net/drivelessbikemore>.

Bike Production Continues to Climb

The Taiwanese Government recently reports on bicycle exports for the first four months of 2022 - <https://www.bicycleretailer.com/international/2022/07/08/taiwan-bike-exports-28-through-april#.Ysyd973MJaq>. During that period exports increased by 28% over 2021 with a value of over \$2 billion dollars. For 2021, E-bike exports increased by over 70% with a value of \$380 million dollars.

Cycle Racing

Tour de France Femmes 2022



2022 will begin a new era in the Tour de France. Immediately following the conclusion of the Tour de France, the first women’s Tour de France will begin - <https://www.cyclingnews.com/races/tour-de-france-femmes-2022/>. The eight day event (July 24-31) is sponsored by Zwift and there are 24 teams competing in the race.

Watching the Tour de France on TV: Maybe You Need a Primer?

There are many nuances to cycle racing and many of them are not obvious on a flat screen TV. Cyclist and Journalist James Jung has provided an introduction to the Tour de France that he titled, *How to Understand the Tour de France (and Actually Enjoy Watching It)*. He provides great insight into many of the racing nuances as well as the terminology and jargon that are a

part of every specialized endeavor - https://www.insidehook.com/article/sports/understand-tour-de-france-and-actually-enjoy-watching?utm_source=Jeeng.

Tour de France and the Face Sock



Racing teams continue to seek new ways to improve their riding times. Specialized has unveiled its latest effort with its “Face Sock.” This is a clear plastic shield covering the face and attaching to the sides of the helmet with the goal of making the helmet more aerodynamic. Caley Fretz, Editor In Chief of *Cycling Tips*, has called for this to be banned as it is difficult to identify each rider - <https://cyclingtips.com/2022/07/please-ban-the-horrible-time-trial-face-sock/>. It remains to be seen if this new technology will continue and catch on with other teams.

Bicycle Doping Again

The drive to win always seems to find someone or some group willing to find an “edge.” Cycle doping has been around for many years – Lance Armstrong being the most recent and famous case. Cycling’s international body – UCI – has taken many steps to test cyclists and disqualify those who cheat. As recently as 2019, an investigation of doping of competition skiers also pointed to cyclists as well - <https://www.cyclingnews.com/features/austrian-doping-a-complete-history-of-operation-aderlass/>. At this year’s Tour de France, EF Education-EasyPost manager Jonathan Vaughters called on the UCI to upgrade its testing procedures by requiring riders to be tested as they are being transported to races on team buses to better catch those who are cheating - https://www.cyclingnews.com/news/vaughters-in-favour-of-pre-race-testing-on-buses-to-close-blood-doping-loophole/?utm_source=SmartBrief&utm_medium=email&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm_content=35518F03-FE7E-4F79-893F-C5177E02B7C8&utm_term=dd0b780e-5cd5-4ce8-8e87-14a609b7636a.

Cycling Gear

Tired of Looking for a Wall or Post to Lean Your Bike?



Seeking the goal of lighter weight many cyclists avoid a kick stand and seek out a bike rack, wall, or post or just lay the bike on the ground. If you are getting tired of that, *Bicycling Magazine* recently listed their recommendations for the best seven bike stands - <https://www.bicycling.com/bikes-gear/g40574789/best-kickstands/>. If you are tired of using a post and coming back to find your bike on the ground, you might want to take a look at some of the options.

Anti-Lock Brakes for E-bikes



At the recent Eurobike Show in Frankfurt, Germany, both Shimano and Bosch announced anti-lock disk braking systems for E-bikes -

<https://www.bicycleretailer.com/product-tech/2022/07/12/eurobike-shimano-and-bosch-launch-anti-lock-brakes-e-bikes#.YtWULr3MJJaQ>.

Bosch is developing four different systems for cargo, trail, mountain and touring bikes but will not be available for non-E-bikes. Shimano's system is being developed ABS designer Blubrake for cargo and other E-bike applications. It was unclear whether they might be eventually used with non-E-bikes.

Bicycle Health and Safety

Another Reason to Ride (As If You Needed One)



Although we are (mostly) retired, we may still have some stress in our lives. This could come from financial worries, personal poor health or the health of a loved one. Chronic stress can result in early aging and, of course, we are already old enough not to want that - <https://www.bicycling.com/news/a40559254/stress-speeds-up-immune-system-aging-study/>.

Exercise can lower our stress and can extend our life so another good reason to get on the bike.

No More Saddle Sores?

Riding without posterior pain is shorts both play a role in reaching even the best shorts and saddle is the use of a lubricant applied to body where you expect the pain. some relief. *Bicycling Magazine* will provide an introduction these



every cyclists' goal. Saddles and well-fitted bike this goal. However, if you ride long distances, may not be enough. One solution to this problem both your short's chamois and to the part of your There are a number of lubricants that will provide recently did a review and ranking of creams that salves if you are not already using one -

<https://www.bicycling.com/bikes-gear/g40543979/best-chamois-cream/>.

Cycling History

Albert Augustus Pope – a Bicycle and Automobile Pioneer

When Albert Pope attended the 1876 Philadelphia Centennial, he didn't know that it would change his life and bring popular cycling to the United States - <https://connecticuthistory.org/albert-augustus-pope-1843-1909/>. Pope was fascinated by the high-wheel velocipedes that arrived from Europe. He soon traveled there to discover how they were made and bought the patent rights for American production. His first fifty cycles were built in a sewing machine factory and was so successful that he bought the plant and was producing 8,000 bikes



per year. He went on to popularize the "safety bike" as well as moving on to build electric cars.

Interesting Cycling Stories

A Tragedy on the Tour Divide Ride

Leah Lokan was a participant in the Tour Divide ride that begins in Alberta, Canada and ends at the U.S.-Mexico border. Camping out with others in Montana, she heard a grizzly bear that she scared off. Unfortunately, the bear returned and attacked and killed her - <https://www.washingtonpost.com/nation/2022/07/19/grizzly-bear-deadly-attack/>. While cyclists often worry about riding hazards with bike hiking, being out in nature can also pose dangers.

A Bike Trail for an International Border



A bike trail provides an unusual international border between Belgium and Germany -

<https://www.bbc.com/travel/article/20220628-the-worlds-weirdest-border>. The border meanders between the two countries separating portions of each country on either side of the trail. Initially a railroad route, the border reflects two European wars and the boundaries that both Germany and

Belgian claimed. At one time the border became a hotbed for smugglers. However, with the European Union, one now easily rides to, from and between each country.

Michigan's Lakes to Shining Lakes Trails

Michigan's Rails to Trails Conservancy is currently in the process of developing five trails that will cross Michigan linking three of the state's great lakes -

https://www.railstotrails.org/trailblog/2022/july/04/michigan-trail-system-makes-connections-from-lake-to-shining-lake/?utm_source=newsletter&utm_medium=email&utm_campaign=enews. Three of the

trails will connect Lake Michigan with Lake Huron. One of the trails is 100% complete with the other two at 85% and 78%. The other two trails will connect Lake Superior with Lake Michigan cutting across Michigan's Upper Peninsula. The latter two are in an earlier stage of development. If there are any Michigander club members who have ridden these trails, write to the editor about your experiences.

What Do You Do When Six Bull Moose Come at You – Just Move to the Right

Cyclists were recently riding on a trail in Rocky Mountain National Park when six large Bull Moose ambled down the trail toward them. The cyclists stopped and moved off to the right to get out of their way. The moose kept coming, slowly walking past on the left (moose are trained in traffic laws!) and just kept going – problem averted! To see the video, go here: <https://unofficialnetworks.com/2022/07/08/bull-elk-cyclists/>.

Too Hot to Ride – How About an Afternoon with a Cycling Book?

There are many new cycling books that came out in 2021. Below is a quick look at some. If you are looking for a more detailed list, go to: <https://bookauthority.org/books/new-cycling-books>.

From A to B, A Cartoon Guide to Getting Around by Bike by Dave Walker. A fun look at various aspects of cycling from a British perspective. 128 pages. Paperback: \$17.39 on Amazon.

Suit to Saddle: Cycling to Self-Discovery on the Southern Tier by Larry Walsh. One man's description of a cross-country ride from San Diego to St. Augustine and how it changed his outlook on life. 268 pages. Paperback: \$13.59 on Amazon.

From My Home to Yours: Our Spectacular Cycling Journey from France to Vietnam by Thibault Clemenceau. Newlyweds embark on a journey from the groom's country to his bride's. A 10,000 mile trek by inexperienced cyclists. 374 pages. Paperback: \$19.99 on Amazon.

50 Shades of The USA: One woman's 11,000-mile Cycling Adventure through Every State of America by Anna McNuff. An inexperienced British cyclist chucks out her London life for a cycling adventure riding through every one of the United States. 484 pages. Paperback: \$15.99 on Amazon.

Bicycle Repair Manual: Seventh Edition by Chris Sidwells. If you are looking for something practical instead of pleasure reading, what could be better than a book that will help you maintain your cycle whether it be a road, mountain or hybrid bike? 176 pages. Paperback: \$14.99 on Amazon.

MS vs. Biking

Sixty year old Lucia Saitta was diagnosed with multiple sclerosis fifteen years ago. Her doctor predicted that she would be in a wheelchair within ten years. Fortunately, a friend introduced



her to cycling, first on a tandem. She extended herself to longer and longer rides and eventually moved to a recumbent -

<https://www.bicycling.com/culture/a40604755/how-cycling-changed-me-lucia-saitta/>. She recently attempted her first ironman and while she didn't finish, she plans to continue challenging herself. Riding has many benefits, not the least of which is allowing individuals to overcome one of life's challenges.

Traveling by Bike-Train

Amtrak provides riders and their bikes with the opportunity to travel with them from one destination to another on many of their rail routes. It has recently expanded this service on its Capital Limited train that travels from Chicago to Washington, D.C. -

<https://www.amtrak.com/capitol-limited-train>. The train passes through a number of areas with great bike trails – Ohio, Pennsylvania and West Virginia and one could plan a cycling trip

hopping on and off the train as different destinations. If you are traveling in the East, check it out.

Not a Bicycle Dating Service

Missoula, Montana's Adventure Cycling offers a variety of services. However, a dating service is not one of them. It does, however, try to connect cyclists who are trying to organize adventure rides - https://www.adventurecycling.org/adventure-cyclist/companions-wanted/?ruid=437746&utm_source=bikebits&utm_campaign=20220706_BikeBits&utm_medium=email. If you are an Adventure Cycling member, you can list your interest in a riding date and location such as a coast-to-coast ride from San Diego to Savannah or a local or shorter one seeking like-minded cyclists who would be interested in riding with you. This can be especially helpful to many solo riders out there.

Today's Cycling Quotation

"Young riders pick a destination and go. Older riders pick a direction and go."
Unknown

Today' Photograph



Bicycle Art, Ft. Collins, Colorado. Photo by Hank Deutsch

Today's Funny



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