

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



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Club News

October Meeting Clarification

The meeting speaker name and topic in the GVR’s Friday e-blast was incorrect. The meeting on Wednesday, October 12, WILL feature a talk by our esteemed secretary, Neil May, describing riding a double century or 200 miles in a single day multiple times. We hope to have Sandra "Piper" Baenen, the speaker listed by GVR at our January meeting.

November Club Meeting

The Next club meeting will be on November 9th at 3:00 p.m. at the GVR East Center. The speaker will be our editor, Tom Wilsted. He will be talking about cycling on New Zealand’s South Island. He will answer your questions as to whether you need a jet boat to ride there, what is a nothing fruitcake and what to expect when you get a restaurant menu with the heading, “Just Feed Me.”

El Tour de Tucson Help Still Needed

Help is still needed for the 2022 Tour de Tucson water/snack/rest station located beyond Green Valley near Mission Road. The hundred mile plus route will travel through Green Valley on November 19th. If you are interested in volunteering to help with the rest station, contact: Bobby Epstein at rye812@gmail.com.

Local Cycling News

Counting Bikes is More Fun than Counting Cars

The Pima County Association of Governments is currently carrying out its bi-yearly census of bicycle use - [Website](#). The project runs from October 11 through November 7. Volunteers sign up for a two hour (weekdays) or three hour (weekend) shift at their preferred location. Information is gathered on the number of cycles, number of male/females riding, helmet use, etc. You sign up on-line for a shift and location and there is an on-line tutorial on how to collect data. At the completion of your shift, the information is uploaded by the volunteer into an on-line database. If you want to see what areas that are available, go to: [Website](#). The data helps local governments plan for road infrastructure and, hopefully, result in safer riding for cyclists.

Upcoming Fall Events

The Greater Arizona Biking Association will celebrate Chuck Huckleberry's vision and effort in completing Tucson's cycling loop on Sunday, October 23, from 10 a.m. to 1 p.m. Events will be at Brandi Fenton Park where you can congratulate Chuck as well as partake in an ice cream social.

GABA's Fall Bike Swap Meeting is scheduled for Sunday, November 13th from 7:00 a.m. to 1:00 p.m. The event is at Armory Park, 221 South 6th Street, Tucson. If you need a bike or a part or just want to gawk at a huge variety of bikes and gear for sale, the Swap Meet is the place to go. There are food vendors there as well.

National and International News

More Bikes, Fewer Women



The return of the Taliban in Afghanistan has resulted in more bikes on the streets. Unfortunately, that is not good news for everyone - [Website](#). Prior to the Taliban's return, women were beginning to ride bikes and there was even a national women's cycling team. However, riding by women has almost ceased as they are not allowed outside their home without a male escort or without wearing clothing covering their entire body. Bike owners indicated that the increase in cycling is not connected to environmental concerns but in the poor local economy and the fact that bikes are cheaper to own and operate than a car or scooter.

Another Take on Bike Theft

Adam Becket, *Cycling Weekly's* Senior News Editor, has had it with bike thefts - [Website](#). He lives in London and is constantly concerned about having his bike stolen. He offers suggestions for protecting your bike but has little expectation that once stolen, it will be returned even if the bike is equipped with an electronic chip. His solution, make bike theft a higher level of criminalization. Maybe that is what is needed here in the United States as well.

The Cost of Commuting

Vancouverite Brent Toderian recently compared the costs of commuting on the wider society - [Website](#). Each type of commute has its costs: the type vehicle and attendant extras like insurance, fuel, etc. However, those costs don't take into account the costs that society pays for infrastructure, road maintenance, policing, etc. Here is a listing of the costs to society (in Canadian \$) for a comparable commute:

Walking Cost: \$1	Societal Cost: \$.01
Biking Cost: \$1	Societal Cost: \$.08
Bus: \$1	Societal Cost: \$1.50
Automobile: \$1	Societal Cost: \$9.20

It will take more research like this to get people out of their cars and into alternative means of transportation.

Becoming an Eco-Cyclist

Cyclists are always lured to the latest and greatest in cycling. You may already have a bike or two or three. However, you read about gravel bikes and think, wouldn't it be fun to be going off-road without taking up mountain biking? Having more bikes than we need is a danger but what is a cyclist to do? One answer is to own the minimum number of bikes one rides, say a road and a mountain bike. However, what if you already have four bikes and counting. One method of improving the environment is to pass the bike along to someone else who needs it and will ride it. That can be an online sale or even a donation to a group like Bicas in Tucson. However, what if the bike is just too old and it's a bike that no one wants. One could recycle the bike and put the parts to use in another venue. If you are thinking about recycling, *Bicycling Magazine* recently carried an article on exactly that topic - [Website](#). However, recycling is a complicated process since different types of material need to go to different places. Rubber goes one direction, steel goes another and aluminum goes yet another. Of course, to recycle the parts requires taking the bike totally apart. If you decide that sounds too complicated, remember BICAS in Tucson accepts donations. If the bike is serviceable, it may be given out through one of their programs or sold. If it is in too poor condition, it will be taken apart with parts being sold or reused in restoring bikes or as a last resort sent for recycling. You can still be an Eco-cyclist just by donating a bike to BICAS.

Cycling Gear

MIPS, Wavecel, KineiCore: The Ins and Outs of Helmet Technology

If you are in the market for a new helmet, or wondering about how safe your current helmet is or are curious about all things cycling, *Road Bike Action Magazine* recently did a comprehensive story comparing the existing and new technologies used in cycling helmets - [Website](#). It discusses the advantages of each technology that is currently available and which helmet manufacturers provide which technology.



New Cycling Jersey Recommendations



If you have been riding for a while you have your favorite cycling jerseys or ones that make you readily recognizable to fellow riders on the road. However, if some of them are getting a bit threadbare, maybe it's time to see what else is available. *Cycling Weekly* recently did a review of the best long and short sleeve jerseys for 2022 - [Website](#). Jersey prices ranged from \$44 to \$175 and the article provided some useful criteria for when you choose a jersey.

Installing New Cycle Pedals

Installing cycle pedals is a pretty straightforward project - [Website](#). The first thing you need is a pedal wrench. If you don't have one, you could always go to one of Green Valley's bike repair stations (Posada Java or the rear of Continental Plaza behind Green Valley Hardware) that have a variety of tools including a pedal wrench. The tricky part is that the right and left pedals are threaded differently. A simple solution as the website above notes is to always turn the pedal toward the rear of the bike to loosen and always turn the pedal forward to tighten.

Bicycle Health and Safety

When to Exercise?

If you live in Arizona, you tend to exercise early to avoid the mid and later day heat. A recent Japanese medical study challenges that choice - [Website](#). The study tested the impact of exercise on controlling blood sugar, cholesterol and triglycerides and found that exercise was more effective if done in the afternoon. So, the choice is cooler riding or lower blood sugar and cholesterol. Mid to late afternoon exercise might work during an Arizona winter but during the summer months it's early-day riding for most cyclists.

Should There Be Mandatory Bike Helmet Laws?

The National Transportation Safety Board supports and is pushing for a law requiring cycle helmet wearing for cyclists in all fifty states. There are currently twenty states with such laws on the books for children and statistics indicate that deaths and injuries have been lowered as a result. There are, however, cycling groups who oppose such a change - [Website](#). They argue that such a law will discourage people from riding and that building a better cycling infrastructure is the answer. It is an argument without end. However, having two crashes

where my head was involve and the helmet took the brunt, I never ride without a helmet. My head, my choice!

What Do Bicycle Pacelines and Sperm Have in Common?



A bicycle paceline is a cyclist group working together to allow the group to go faster with less effort. A rider at the front of the paceline provides a draft or a pull lessening the effort of the cyclists riding behind. Riders in the paceline regularly move to the front position giving the first front rider a rest and the overall effect is an easier ride for the entire group. Scientists at North Carolina Agricultural and Technical University recently discovered a similar pattern followed by sperm seeking to fertilize a female egg - [Website](#). Scientists previously thought that all sperm were in direct competition with each other trying to be the first to reach the egg. They have found, however, that sperm operate in groups much like a paceline or peloton with someone starting in the lead with others following and then the leader dropping back and another member of the group providing the lead or draft. Smart sperm/smart riders!

Cycling History

Marin Museum of Cycling and Mountain Bike Hall of Fame

If you are traveling to San Francisco or Northern California, you might want to add a stop at the Marin Museum of Cycling and Mountain Bike Hall of Fame - [Website](#). It is located in Fairfax, CA North of San Francisco where mountain biking began. The museum has just re-opened after a covid closure. The museum is more than just about mountain biking as its collection covers 200 years of cycling. It is open from Thursday to Sunday with admission \$8 for seniors.

Interesting Cycling Stories

Ryan Wilson Rides the South America's Deepest Canyon

Ryan Wilson adventures in South America continue to interest and inspire. His latest was riding into and out of the continent's deepest canyon in Peru - [Website](#). The canyon depth is just over 11,000. However, the road only drops to 4,400 feet but when you reach the lowest point, the climb out of the canyon will take you to over 15,000 feet. It is an amazing story with wonderful photos. A full image is below to give a sense of proportion.



Sticking With It When You Just Want to Quit



The Adventure Cycling Association recently printed an anthology of inspiring stories about cyclists who were facing a challenge and ready to quit but found the strength to go on - [Website](#). Stories include a lone rider stuck on the island of Haida Gwaii, the wettest spot in Canada, who is ready to go home until she is befriended by local residents; a rider who reach a riding goal of 5,000 miles and felt unfulfilled until he is cheered someone who has ridden 48,000 miles; two riders who are inspired by a Scottish couple riding a

tandem that they meet on the road; a traveler crossing Europe who discovers that a steel wheel isn't up to the task and finally finds an aluminum replacement; the joy of crossing 42 bridges on the Florida Keys; and, finally, hitching a ride in Mexico when you bike breaks down. All are great and inspiring stories.

Building a Greener World through Biking

Will and Claire Sneddon married in 2017. They put off their honeymoon which they hoped would be a bike trip to New Zealand. When the time came, covid was a reality but they had already decided that flying was something they wanted to avoid because of its impact on global warming - [Website](#). Instead they chose to ride from California to the Northwest, the Southwest and the Midwest on E-bikes while pulling a trailer carrying solar panels. Their riding has been an eye-opener for both of them and they look forward to continuing their travels



Riding Near Wilcox, AZ

Give Them Bikes and They Will Ride

New York City has one of the most active public bike ridership programs in the country. The program offers 1600 stations across the city with a total of 25,000 bikes. But, wait, there is more says the sideshow barker. During the month of August a total of 3.7 million people used a Citibike to reach a destination and on September 8th, the program broke a daily record when there were 137,727 riders - [Website](#). New York's dense population helps make this program successful but the more riders there are, the lower the carbon pollution. Watching the Florida hurricane drives home the need to find better ways to halt global warming.



Today's Cycling Quotation

Bike Training is like wrestling a bear – you can't stop just because you're tired

Today' Photograph



Today's Funny



“Goodbye, Kevin. I could look the other way with the boozing and the skirt-chasing, but I did not sign up for bicycle clothes.”

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