

CHAINRING

Newsletter of The
GVR Cycling Club

www.gvrcycling.org



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Club News

The GVR Cycling Club at Three

By Hank Deutsch and Tom Wilsted, the Club’s First President and Vice-President

When Hank Deutsch approached Green Valley Recreation in 2019 about forming a cycling club, no one was certain there was a need or whether it could succeed. A new GVR club needed thirty-five members and that seemed like a huge leap. The leaders got out a notice for an informational meeting to see if there was sufficient interest. When nearly forty people arrived and reacted enthusiastically, it seemed like there was a new GVR club in the making.

However, GVR has very specific rules on how clubs are formed. There must be some initial officers, there must be a constitution and bylaws, a dues structure and membership roster. As initial planning began, a secretary (Joanie Rogucki) and a treasurer (Erin McGinnis) were recruited along with a technology director (Karen Rainford). With this talented and enthusiastic group, the club began to take shape. A website was developed and built, bank accounts opened, a post office box was rented, dues collected and the numerous forms required by GVR were completed and submitted.

Through the winter of 2019 and 2020, club meetings were held, dues were collected, a website appeared and a newsletter began to reach club members. The club gathered information about group rides in the Green Valley area and shared this with members. A new ride began called the 10-10-10 which brought along some additional new members.

Unfortunately, the formation of the club coincided with the beginning of the Covid epidemic and meetings were soon cancelled. The club turned to Zoom on-line meetings as an alternative. It expanded its newsletter to provide not only club news but news from across the cycling world using a new logo designed by club member Chuck Hill. Although physical meetings did not take place, members continued to ride during Covid as this was one of the few safe alternatives prior to the arrival of Covid vaccinations.

Membership held steady and slowly grew. The club became an information center to new riders arriving in Green Valley. Questions about where to ride and the names of riding groups were shared via the website. As the threat of Covid receded, in-person meeting began again. The monthly membership meetings included cycling fellowship, adventures, and cycling maintenance. In addition to specific speakers, the club expanded its emphasis on riding and gear safety.

As the club enters its fourth year, the club continues on an upward trajectory. GVR continues providing support for the club, publicizes its events and provides space for the group to meet. Cycling Club membership is approaching 100 members and it has a stable budget. It continues supporting cycling health, safety, cycling advocacy, youth and community development programs. It has and continues to support an aid station for the Tour de Tucson and in 2023 will co-sponsor a bike drive in support of local groups needing bikes as well as working with other clubs to improve the area's bike infrastructure. The Club has an enviable reputation for supporting and encouraging GRV's fitness and safety programs. Its first three years reflect a growing level of success and the group is poised toward even greater achievements in the years to come.

2023 Membership Dues

Memberships/renewals for 2023 are now being accepted. For payment online, go to: <https://www.gvrcycling.org/#/> and click on membership for details. Payment can also be paid at club meetings by cash or check and payment by check can be mailed to: P.O. Box 326, Green Valley, AZ 85622. Dues are still \$10.00 by cash or check and \$11.00 if paid online (\$1 covers online collection cost).

November Club Meeting, November 9

The Next club meeting will be on November 9th at 3:00 p.m. at the GVR East Center. The speaker will be the club's newsletter 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, if there is such a thing as a "nothing" fruitcake and what to expect when you get a restaurant menu with the heading, "Just Feed Me."

Local Cycling News

Tour de Tucson Help Needed

You can participate in El Tour de Tucson even if you aren't riding. Help is 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, go to: <https://forms.gle/ornAE16GY77EBZLw7>.

National and International News

Antarctic Unlimited – You Won't Believe This



Italian cyclist Omar DiFelice is planning an unsupported 994 mile coast to coast ride across the Antarctic. He intends to break the current record of 774 miles done by Daniel Burton in 2013-2014 - [Website](#). The ride will take eighteen months and be completed by March 2024. He will ride to the South Pole and back and because of the Antarctic conditions, a good part of his trip be involve walking/hiking. He has been dreaming about this for years and will begin in 2023.

Bike Lane Support from the Automotive World

Edmund King, the head of England's Automobile Association, thinks more bike lanes would be good for Britain's drivers - [Website](#). He cites bike lanes as a way to avoid the country's high fuel costs (\$7.30 per gallon), a means of easing road congestion, improving citizen health and a good alternative when trips are less than two miles. They have written the government recommending increased support for bike lanes.



Alaska's Multi-Use Trails Are for Cyclists, Runners, Walkers and Moose

Riding in Alaska has its challenges from cold, snow and short winter days. However, one must also be aware of Alaskan wildlife. Cyclists were recently riding on a bike path when two moose ran by them going in the opposite direction - [Website](#) (check out the video). Alaska Game and Fish Department warns riders and anyone else to give moose the right-of-way as they can knock a rider down and even attack them. They are especially dangerous during rutting season.

Is It Safe Taking Your Bike on the Train?

While we may want moves by public riders recently made The train offered a where they thought assumption was with their bikes. The moral of the story is ALWAYS lock your bike even when it seems safe.



to ride everywhere we go, there are times when our bike transportation – bus, plane, train, etc. Some Canadian a one-way trip by bike with a train-ride home - [Website](#). . separate car for bike storage which they could see and their bikes would be safe unlocked. Unfortunately, that incorrect. Somewhere before their stop, thieves got off

Seeing Architecture by Bike



We usually think about getting on our bike to enjoy the great outdoors – beautiful vistas with views to the horizon. However, as Rails to Trails and other groups are repurposing former railroad lines, there are some great urban trails as well - [Website](#). If you are visiting Madison, WI, Mason City, IA, Chicago, Brownsville, TX, or Seattle you might seek out a former railroad trail and see some interesting and inspiring architecture as well absorb some local history.

Getting Young People on Bikes

Growing up in the 1950s having a bike was a rite of passage. You rode your bike to school, you rode together with your friends and it was a central part of your life. The bike for today's youth is no longer a central part of life. Parents drive their children to events or to school or a bus transports them. There are more cars on the road and more congestion making riding less safe. The League of American Cyclists is trying to change that pattern - [Website](#). The League believes that riding a bike is part of every child's basic education. Working with schools, it is bringing bike education to children. By teaching children bike safety, how to fit and wear a helmet and safe cycling routes, it hopes to create life-long cyclists.

Toronto's Bike Ice-Rink



A portion of one of Toronto's bike lane is constantly flooded - [Website](#). During warmer traveling the path means a splash and wet legs but during colder weather it makes that portion of the path an ice rink. Cyclists continue to push the city to find the water source and fix the leak.

Is a Downturn in Car Bike-racks Sales a Sign of Slowing Bike Interest?

At least two bike rack manufacturers are facing economic headwinds. Saris, a Wisconsin-based maker of bike racks and bike trainers, entered bankruptcy and was then purchased by C+A Global which owns a variety of electronic and other consumer products companies - [Website](#). It is hoped that C+A Global will bring new capital to Saris to help it continue and expand. At the same time Thule, an international player in the bike-rack world, announced the layoff of just under 10% of its American workforce - [Website](#). It announced that income was down 72% with sales down 25%. Thule blamed this drop on excess inventory in bike shops.

Cycling Gear

Mountain Biking Shorts for Plus-Size People

If you, or someone you know, is a plus-size mountain biker, *Pinkbike* recently did a review of bike shorts for plus-size men and women - [Website](#). Brands went from the known such as Pearl Izumi, Patagonia, Fox and Rapha to some lesser-known companies like Freel, Machines for Freedom, Shredly and Troy Lee Designs. Prices ranged from \$75-\$150 with a bib at \$240.

SRAM in the Yacht Business?

Shimano has been in the fishing tackle business for many years so perhaps SRAM's announcement that it was partnering with the New York Yacht Club's *American Magic* is not too surprising - [Website](#). The *American Magic* is preparing to compete in the 2024 America's Cup to be held in Barcelona, Spain. It's unclear what role SRAM will play but I can't imagine it will be adding cranks and pedals to propel the boat.

Bicycle Health and Safety

Chinese Manufacturer Ancheer Recalls 22,000 E-bikes

Ancheer has recalled 22,000 E-bikes due to faulty batteries - [Website](#). Bikes were sold through such outlets as Amazon and Walmart between 2017 and 2022. There have been reports of fires, explosions and sparks with at least four burn injuries. Owners are told to stop using the bikes and contact the company for replacement batteries. Owners can reach Ancheer at: 888-661-1330.

Deaths and Injuries from Micromobility Products up Significantly between 2017 and 2021

The Consumer Product Safety Commission recently released a report on deaths and injuries on what they describe as Micromobility Products – e-scooters, hoverboards and e-bikes - [Website](#). From 2017 to 2021 injuries for all three categories were up 127%. There were 23 deaths involving E-bikes in 2021 and 53 fatalities overall from 2017 to 2021. Given the rapid growth of E-bikes during that period, it is not surprising that the number of deaths is increasing.

Numb Feet/Toes While Riding



Having numb or painful feet or toes while riding is a “pain”. I know from experience having had to stop twice during a Tour de Tucson ride to take off my shoes and massage my feet. There can be lots of causes for painful or numb feet. These can range from bike shoes that are too tight, improper fitting insoles, a poor bike fit or improper cleat placement.

While the pain can be short-term, there can be lasting damage to nerve tissue if the pain and numbness are not addressed. *Bicycling Magazine* recently provided a good overview of the subject and good suggestions to follow - [Website](#).

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

Dedicated Bike Lanes Only Work if They Stay Dedicated

Dedicated bike lanes are every rider's dream. Riding on a paved surface separated from cars, trucks and motorcycles makes for a pleasant afternoon ride. Unfortunately, drivers of cars and trucks see bike lanes as empty space available for their use. A truck driver making a delivery in Toronto decided a bike lane was a perfect place to park and unload - [Website](#). When asked to move by cyclists he became belligerent and threatening. *Bicycling Magazine* also reports cars driving into bike lanes during heavy traffic as well as cars racing while in bike lanes - [Website](#). Building good infrastructure only works if drivers use their own lanes and police enforce the laws.

Cycling History

Bikes Come in All Shapes and Sizes

While most cycle frames followed a different path. claimed was a cantilever later joined a British firm to bike featured a hammock About 30,000 bikes were



today are pretty standard, early cyclists often Dane Mikael Pedersen designed a bike that he design - [Website](#). Initially produced in Denmark, he form the Dursley-Pedersen Cycle Company. The like saddle and came a single and a tandem model. produced before going out of business in the 1920s.

Wondering How El Grupo and BICAS Came to Be?

Tucson is blessed to have two bike non-profits, one that provide a range of bike services – BICAS – and another that encourages young riders – El Grupo. Both of them have interesting histories and have up-from-the-bootstraps beginnings. If you want to know more about their histories, go to their websites: El Grupo - [Website](#) and BICAS - [Website](#). Their early history was connected but the two have gone in different directions as they grew and matured.

Interesting Cycling Stories

Three Navaho Youths Discover Bike Packing

Jon Yazzie and Nadine Johnson operate a Navaho youth bikepacking program in Arizona's Four Corners. They encourage young people to get out on bikes by providing the bikes and training - [Webpage](#). Three recruits, Jason (20), Janessa (15) and Jodessa (35) began their bike-packing on October 2020 with short rides to teach them the basics. As they became more proficient, they were introduced to mountain biking where their riding took off. The program was capped off with a pack-rafting trip when they combined rafting and riding on Lake Powell. The three continue to ride and have joined competitive riding groups.

Adding Life to Your Days When the Days of Your Life Are Limited



Nils Amelinckx is a Belgian born skier and mountain biker now living in Great Britain. At age thirty he was diagnosed with cancer of the bowel and began a regimen of surgery, chemotherapy, drugs and pain medication - [Website](#). He stopped riding to deal with his illness as well as carry on his life as a husband and father. As his life progressed, the doctor's prognosis was perhaps five more years of life. At that point, he decided that "Life should not be about the number of breaths we take but the moments that take our

breath away" and he began riding again. This article describes a recent ride in England's Lake District and what riding brings to his life.

A Three Day Scottish Hostel Ride on a "70s Single Speed Bike

Markus Stitz is a travel writer and cyclist based in Scotland. Scottish Hostels recently asked him to tour some local hostels and do a podcast - [Webpage](#). He decided to use his 1970's Claud Butler bike on the nearly 250 mile route with more than 15,000 feet of climb. His bike featured rim brakes and a single speed drive-train and 28 mm tires. He admits to walking and riding as well as having to stop to let the brakes cool off on steep downhills. He also marveled at having no punctures during the three day journey. An interesting story and ride.



Crossing America by Bike – In Two Weeks



Artie Carpenter has a few years before college graduation but he has had more bicycle adventures than most of us in our senior years - [Website](#). He started taking longer rides as a 9th grader and has been expanding his rides ever since. His longest was 3,100 miles from Brooklyn, NY to Northern California. However, his most recent ride was more challenging. He decided to ride from Jacksonville FL to San Diego but had a two-week deadline. He made it on time – 2,445 miles – averaging 175 miles a day.

Taking the Bike-Bus to School

Sam Balto, a physical education teacher in Portland, Oregon, is always trying to find new ways to get children active. He first developed the concept of a walking school bus where he would gather a group of children to walk to school. He has taken that a step further now with a bike school bus - [Website](#). Each Wednesday students gather at one of two locations and ride approximately one and a half miles to school. Approximately 170 students participate, nearly a third of the entire school and parents join in and help chaperone. Balto is excited by the response and loves the fact that kids are getting some exercise.



San Diego to Cabo San Lucas by Bike



Traveling the length of the Baja Peninsula by car is a trek but it is a real challenge by bike. The nearly 1000 miles goes through heat and desert terrain with lots of cactus and wild country. Tom Perlmutter describes a 16 day adventure bike-packing with sleeping on beaches, running into lots of military and really friendly people - [Website](#).

Today's Cycling Quotation

“When you ride hard on a mountain bike, sometimes you fall; otherwise you’re not riding hard.”

Former President [George W. Bush](#)

Today' Photograph



Today's Funny

Portsmouth England Man Steals His Own Bike

A Portsmouth man took the law into his own hands after his Specialized bicycle was stolen. Craig Gifford said his was stolen after he loaned it to a friend. He spotted the stolen bike, which sported a distinctive sticker, advertised for sale shortly afterward in the local newspaper. The bike, which had been originally purchased for £950 in 2010, was offered for sale at £150. Gifford didn't want someone else to buy it so he arranged to buy the bicycle and met the seller for a test ride. He went off on the test ride and just kept on riding.

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