

CHAINRING

Newsletter of The
GVR Cycling Club
www.gvrcycling.org



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Club News

GVR Board Member Elections

It's November and time to elect or re-elect club officers. The election will take place at the November annual meeting (November 9) so a good turnout is important. We need to elect a President, Vice President, Secretary and Treasurer. There are several openings on the board, so if you are interested in being nominated, or if there is someone else you'd like to nominate (with their permission), indicate the position and reply to GVRcycling@gmail.com or make a nomination at the meeting. Club bylaws have term limits, so be assured, it's not a multi-year commitment, and there's support for new board members. In addition, we need volunteers for the technology, wearables, and bike drive committees. Karen Rainford, the current President, will move to the role of Past President and Dale Brokaw, our 2022 treasurer, is retiring from the board. We thank them both for their service.

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).

Next 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." The meeting will also feature a safety tip, an update on the club's new jersey design and the election of club officers.

Local Cycling News

El Tour de Tucson is coming to Green Valley

The El Tour is just around the corner and it all happens on Saturday, November 19th. The 100+ mile event goes through Green Valley. Riders will enter Green Valley via Old Nogales Highway, travel along Continental and exit west past the Continental traffic circle. The first riders will arrive between 9:00 and 9:15 a.m. The pros and the fastest riders will be at the front so get there early.

National and International News

Going to the Cemetery in a Corbicyclette



Isabelle Plumereau, a funeral director in Paris, has created a small hearse using a cargo bike - [Website](#). In addition to being more environmentally sustainable, she also sees the conveyance as a way for families to have a slow procession from a church or funeral home to the cemetery. The term Corbicyclette is new French word meaning both bicycle and hearse. The cargo bike is e-powered to allow for the extra weight.

Upheaval at British Cycling

British Cycling is having a bad year. The latest controversy was their acceptance of Shell Oil as sponsor. Previous issues included telling club members not to ride on the day of the Queen's funeral and before that not allowing trans-riders to ride in competition. British Cycling CEO Brian Facer has resigned and the organization is now searching for a new leader. Brian Cookson, who has served as both president of the international cycling group, UCI, and as well

as chair of British Cycling has called for more “heads to roll” including the chairman, Frank Slevin, if British Cycling is to right itself - [Website](#). This is an ongoing story.

Is There an E-bike Problem?

Aaron Gordon, Senior Editor at the *Motherboard* website, thinks E-bikes are dangerous because they don't fit into America's current transportation structure. He argues that he has had more close calls with E-bikes than he has with cars and that E-bikes don't fit into either the car or the biking infrastructure perspective comes to a large number of lanes where E-bikes The E-bikes move at some cases, their careless. I last summer when dedicated bike lanes 3 cyclists moving along at high speeds. However, if E-bikes don't belong in bike lanes, where should they be riding? Clearly, they aren't designed for highway speeds. As a new technology, our world and our government needs to address the needs of all types of cyclists because of the lack of a good cycling infrastructure.



- [Website](#). Gordon's as a regular cyclist with access New York City dedicated bike now have a significant impact. a much faster pace and, in riders are inexperienced or experienced this personally riding in California on where there were many Class

Does Biking Always Improve the Environment?

When one thinks about cycling, it usually falls into the category of being environmentally positive. People are pedaling (or pedaling with an electric assist) but doing very little else to create pollution and greenhouse gasses. However, there are times when bikes add to the carbon cost rather than subtracting. Andy Schleck, president of the Škoda Tour Luxembourg, is environmentally conscious and invited nZero, an environmental group, to calculate the amount of carbon generated as a result of Tour Luxembourg cycling race - [Website](#). Items included team, vendor and organizer travel to and from the event, support vehicles, hotels and a variety of other calculations. The final outcome was an emission total of 91.1 metric tons of carbon dioxide or the equivalent of 226,000 miles of automobile travel. The result was an eye-opener and it is hoped that this might lead to alternatives that lower carbon emissions at this event and other cycling events in the future.



Going to the Library to Check Out...A Bike



There is a growing movement among libraries to lend out bikes as well as books. There are currently 35 libraries who offer this service and the number is growing - [Website](#). Although there are many cities that have bike-share programs, they are not free or people may not have a credit card to access them. Some libraries have a variety of bikes including cargo as well as adaptive bikes. Most of the libraries offering this service are in cities where

people often live without a car but a bike provides an alternative where walking or public transportation won't work.

Cycle Racing

Riding Is Even Agony for the Pros

Filippo Ganna who rides for the *Ineos Grenadiers* Cycling Team just broke the world cycling record for the longest distance ridden in one hour on an indoor track - 56.792 kilometers (35.28 miles per hour) - [Website](#). He said afterwards that the last fifteen minutes of the ride were pure agony and he was even hoping for a puncture or an accident.



Filippo Ganna Rode a Very Special Bike to the World Record



Filippo Ganna rode a Pinarello bike to his one hour world record. However, it was not just any Pinarello. The bike had been designed and created using 3-D computer technology - [Website](#). Pinarello said that by using 3-D technology they could make the frame more aerodynamic and using a 3-D printer they could shape aluminum parts more carefully than trying to use carbon fiber and molds. The bike could be your future ride – if you can afford it (\$59,220).

Best Professional Cyclist Ever



Wiggle, a British online cycling & sports gear retailer, recently asked its nearly 750,000 Facebook friends and 80,000 Instagram followers to name the top ten best cyclists ever. Because human memories are limited, most of those on the list raced in the past decade or so - [Website](#).

However, one name from an earlier era popped up at the top of the list - Eddie Merckx. Have a look and take a trip down memory lane.

Cycling Gear

An Electric Cargo Bike in Your Future?

Tired of driving around the Continental Mall looking for a parking spot? If you had a cargo bike you could zip into one of those golf cart spaces and that's just one reason to buy an electric cargo bike. Here are some others: nearby shopping trips, taking the grandkids or the doggies for a ride, exercise, saving gas money, and improving the environment. The Laka website (ignore the ad for bike insurance) has a good introduction to cargo bikes. Hopefully, I have convinced or guilted you into considering a purchase - [Website](#). If you



already own a cargo bike, send me a picture (tom.wilsted@uconn.edu) and tell me how you like it.

Is It OK to Ride E-bikes in the Rain?

While most cyclists avoid rain in Arizona by waiting until tomorrow when it will be sunny, there may be days like this past summer when a wet bike is unavoidable. Except for the battery and electrical connections, E-bikes are not much different from your average road, mountain or hybrid bike. While you might want to avoid a rain shower, that isn't always possible and there can be a monsoon that creeps up. Many bike manufactures indicate that riding in rain is safe but it is wise to review your owner handbook - [Website](#). However, if there is a monsoon with deep water, that should be avoided as significant water may well damage the battery or the electrical connections.

E-Bike Motor Introduction

If you are considering an E-bike, do you know what type of motor you want included? Of, course you may not have a choice when you are considering a specific bike or trike brand. However, it can be one of the considerations when you are narrowing down your choice of the trike or bike. *Bike Radar* recently provided an introduction and a comparison of some of the major cycling motors - [Website](#). The article provided detail on the location of the motor and the battery and their impact on bike performance. There are details on Bosch, Shimano, Fazua, Specialized, Yamaha, TQ and Mahle motors.



To Valve Cap or Not to Valve Cap, That is the Question

Bicycle tubes come with one of two types of valves, Presta and Schrader - [Website](#). Presta is a narrow nipple with a knurled nob that screws open to add air and tightened when done. Presta has a somewhat wider nipple with a spring loaded pin that is pushed down to add air. In the case of the Presta valve, the cap is not needed to retain air. It does keep the nipple from catching on clothes, etc. Many racing cyclists leave it off to save weight. The Schrader valve on the other hand keeps any small amount of air leaking from the tube and should be retained. If you are like me, I always feel more comfortable having a valve cap on my tube whichever type it is.



Starting to Recycle E-bike Batteries

A company named *Call to Recycle* supported by *PeopleForBikes* has now established more than 1,500 sites across the United States where owners can drop off E-bike batteries for recycling - [Webpage](#). Thus far 2,379 individual e-bike batteries — 15,365 pounds — have been recycled. *Specialized Bicycles* have been a major supporter of the project and is helping smaller manufactures to participate in the program.

Bicycle Health and Safety

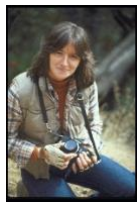
E-battery Safety Advice

With the number of articles about the dangers of charging E-batteries, E-bike riders should learn how to safely store and charge their batteries. *Bicycling Magazine* recently provided a good overview on battery safety - [Website](#). Suggestions included only use batteries that are certified by a recognized testing laboratory (no knock-offs or used batteries), follow the bike manual for how to store and charge batteries, keep batteries out of heat and sunlight, don't charge batteries next to something flammable and dispose of used batteries properly (see article above).



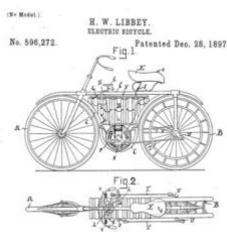
Cycling History

Wende Cragg and the Birth of Mountain Biking



Although there were a number of groups of people riding bikes in the mountains in the 1970s, the beginnings of mountain biking point to Marin County, California. There a group of young men who called themselves the Larkspur Canyon Gang began taking beat-up Schwinn's to the top of the surrounding mountains and riding them down. Wende Cragg joined the group both to ride and to document their riding experiences - [Website](#). She has continued to document the history of mountain biking and is now actively involved with the Marin Museum of Cycling.

The First E-bike



With the development and acceptance of the “safety bicycle” in the 1890s, it was not long until an inventor decided to add battery power. In 1897, Ogden Bolton Jr. applied for the first patent for an electric powered bicycle - [Website](#). The bike came with a 10 volt battery and a motor integrated into the crank. Little more is known about Bolton's E-bike or whether any examples were ever produced

Interesting Cycling Stories

Turning a Bike into a Train

Two Canadians, Madeleine and Kent Bonsma-Fisher, take their Halloween seriously. They decided to create a bike powered locomotive. With a bit of imagination they covered a bicycle with train shaped panels that could be pedaled down the street - [Website](#). People were



enthralled and children lined up to get a ride in the train cab.

Looking for Ways to Start Bicycle Touring

Do you sometimes think you'd like to try bike touring but don't know where to begin? The Adventure Cycling Association offers a variety of biking tours but has one that is especially for beginners - [Website](#). They are part of their educational series of rides but are specifically designed for those doing bike packing. There is a choice of programs designed for road or gravel cyclists and there is even a program for experienced bike tourists who want to know how to organize and lead a group.

Cycling Terms Defined

Do you read a cycling article and wonder what a term means. Maybe you need a cycling dictionary. *Road Bike Rider* has just the thing and it's online and free - [Website](#). It can tell you what a chainsuck, a feedzone or an overgear are. Keep this online link handy when you run into an article or book that includes lots of bike technical and not so technical terms.

Cyclist Friendly Armenia



Nikki Ellman and Jana Zanetto had read travel articles about Armenia and their historic monasteries and decided to plan a three-week biking adventure - [Website](#). One of them responded, "Where is Armenia?" but they soon got guidebooks, attended Armenian movies and began meeting Armenians who offered to help. They arrived with connections and even carried \$3,200 in cash from an Armenian in American to a relative. They met many friendly

Armenians who took them in, offered help and provided meals. A great story with interesting photos.

What Did You Do for Your 50th High School Reunion?

Sixty-seven year old Paul Webb of San Clemente had his 50th high school reunion coming up. Webb was a trail runner who took up cycling later in life. When his 50th reunion came up, he decided he wanted to ride from his California home to the reunion in Neptune, New Jersey – 2,899 miles - [Website](#). He didn't stop there as he decided to make it a fund-raising trip for *The Challenged Athletes' Foundation*. He took off on April 20, 2021 wearing flip-flops (he's from California). On August 6th he dipped his wheel in the Atlantic Ocean having raised nearly \$30,000 for his charity - [Website](#).



Doing a Backflip with a Cargo Bike

There are lots of videos out there of young (mostly men) doing crazy stunts on bicycles. You see them riding across rocky terrain, balancing on a front wheel or doing front and back flips.

Looking for a new challenge, Estonian William Kass decided to try doing a backflip while riding a cargo bike - [Website](#). The video is a bit long but it is a great introduction into how stunt riders train and rise to their goals.

Today's Cycling Quotation

"The older I get, the faster I was"

Paul Webb

Today' Photograph



Now This Is **Mountain Biking** (photo by Wende Cragg)

Today's Funny

A Cyclist's Bad Day!

A cyclist from Boulder, Colorado was knocked down by a car in a hit-and-run incident. He was taken to the hospital with injuries, but later released as his injuries were considered minor. He was making his way back into town with his bicycle when he was hit by a train while crossing a railroad bridge. He was found alive having been knocked into a creek.

He was taken to the hospital for a second time but his injuries were found not to be life-threatening. His tale of woe did not end there because the railroad bridge he crossed is not for use by pedestrians and he faces prosecution for trespassing. You can't make it up!

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