

# CHAINRING

Newsletter of The  
GVR Cycling Club  
[www.gvrcycling.org](http://www.gvrcycling.org)



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**Next Newsletter Deadline: December 5, 2022**

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## Club News

Next Club Meeting – Wednesday, December, 14th , 3:00 p.m., GVR East Center

The speaker at our next club meeting on December 14th will be Kurt Rosenquist from Fitness Cycling in Tucson. He is an experienced bike-fitter - [Website](#) – and his topic is: “Bike Fits for Safe and Enjoyable Riding.” In addition, we will be reviewing our new cycling kit and doing fitting for those interested in placing orders.

### El Tour Comes to Green Valley



*Courtesy Green Valley News*

Green Valley grew by nearly 12% on Saturday as 1,791 El Tour riders cycled through the town on their 102 mile ride. The overall male rider was Sean Christian of Tucson with a time of 3 hours 49 minutes for the 102 miles and the overall female rider was Anna Hicks of San Luis Obispo, CA with a time of 3 hours and 54 minutes. Green Valley was represented by five riders in the 102 mile distance: Tim Stewart (539 place – 5 hours and 19 minutes), James West (1041 place – 6 hours

and 27 minutes), Ben Berthold (1344 place – 7 hours and 13 minutes) and Jim and Debbie McDougal (tandem) (1411 place – 7 hours and 25 minutes). Congratulations to all!

### Green Valley Cyclists Support El Tour

Having thousands of riders out on the roads during El Tour requires lots of support. Scattered along the route are a series of aid stations that provide water, emergency repairs, bathroom facilities and nourishing snacks. A group of Green Valley cyclists provided the organization and support for one of those stations on Mission Road west of Green Valley. Aply led by Joanie Rogucki, Bob Epstein and Tom Parker, along with more than a dozen other volunteers, work began at 7:30 a.m. on the morning of the race. Tents and tables were erected, water monster watering stations were located and oranges, bananas and pickles cut up for rider energy. Riders starting arriving about 10:00 a.m. and there was a steady stream thereafter. Volunteers handed out food, held bikes, helped with flat tires, and responded to a variety of rider needs. By 2:30 in the afternoon, tired and pleased with the result, the group gathered up supplies, folded their tents and adjourned for some R&R and liquid refreshment. Having heard from many riders “that theirs was the best aid station on the route” was their reward.



### GVR Cycling Gets Its Own Kit

Four of your club members (Dave Dardano, James Ertel, Chuck Hill and Neil May) have been working hard to source and design cycling jerseys and bibs for you, our club members. The design reflects our club and our location that you can wear with pride.





Here is the pricing for each item:

Jerseys:

Club (relaxed) Fit: \$88 (XS to 4XL)

Race Fit: \$88 (XS to 4XL)

Repeater: 100% Recycled fabrics. Modern cut: \$115

Lay Flat Bibs: \$155

Shorts: \$140

Shipping per item: \$10

(There is a discount of \$10 per item and \$5 for shipping if we order as a group. Orders must be made by December 31<sup>st</sup> to receive the discount)

At our club meeting on December 14<sup>th</sup>, there will be samples showing the quality of each item as well as information on measurements to help you decide on size/s.

## Local Cycling News

Upcoming Training Opportunities at Bicas – Tucson

Basic Bike Maintenance - \$36 – December 12 & 19

Mountain Bike Maintenance - \$36 – December 18

Building a Bike Course - \$120 – December 6-20 (five sessions)

For more information and registration: [Website](#)



## Bicas Annual Art Auction



After a three-year covid hiatus, the Bicas Annual Art Auction returns on December 9–10, 2022. The auction will be held each evening from 6:00-9:00 p.m. at the Catalyst Arts and Maker Space in the Tucson Mall - [Website](#). The auction features unusual bike-related artwork including paintings, sculpture, and jewelry. Many of the pieces include recycled bicycle parts. In addition to pieces on sale, there is also a silent auction benefitting Bicas with the drawing on Saturday evening. Food and drink will be available for purchase during the event so you can make an evening of it. An example from a previous auction can be seen on the left.

## Bike Repair Options

Tom Gonzales, who owned a bike shop in Sahuarita and Nogales (pre-covid), has opened a bike repair shop in South Tucson. He's gotten good reviews and if a drive into Tucson is possibility, this might be an option for future bike maintenance. Contact information: Tom's Bicycle Repair, 2771 West Nebraska Street, telephone – 520-461-8464, e-mail: [thomas@tombikerepair.com](mailto:thomas@tombikerepair.com).

## National and International News

### Bicycle Friendly Colleges



The League of American Bicyclists maintains a variety of lists of bicycle friendly places – states, towns, businesses, etc. One of those categories is bicycle friendly colleges - [Website](#). If you have grandchildren who are avid cyclists, they might be interested in this list when making their college choice. Obviously, there are many criteria that go into choosing a college but cycling might be the tie-breaker between two options.

### Where the Covid Cycling Boom Isn't a Bust

In case you missed it, there was a cycling boom during covid with more people riding and shortages of bikes, parts and cycling gear. As the covid risk lowered, many people went back to their normal routine including driving instead of riding. However, that hasn't been the case everywhere. Cities that invested in new cycling infrastructure building bike trails/lanes have maintained or even expanded cycle usage. Cities like London and Paris and Tucson fit that profile - [Website](#). Tucson did a number of things during covid like closing streets to walkers and riders and finding ways to slow traffic down to encourage riding. Significant amounts of money have flowed toward Tucson cycling which is a good thing. However, those of us outside Tucson need to find ways to improve cycling here and direct some of the support to the Green Valley/Sahuarita area.

## Cycle Racing

### You Too Can Ride the 1972 Tour de France

How about riding the real Tour de France instead of being a “wannabee?” Grand Velo Tours has devised a tour event that follows the 1972 Tour de France won by champion Eddie Merckx - [Website](#). The full tour covers 1800 miles over a three week period (June 17-July 23, 2023). The ride begins in Nantes and ends in Paris. The tour costs €5.500 and includes accommodations, meals and support.



### 2022 Cycling Indoor World Championships – Cycle Ball and Artistic Cycling?



Ever heard of cycle ball or artistic cycling? Both are actually sports and there were recent world championships in Ghent, Belgium - [Website](#). Most American cyclists don’t know much about cyclocross and these sports are even further off our radar. Artistic cycling is comparable to a ballet on bikes and competition can be for an individual or a team of two or four. Cycle ball is played by teams of two cyclists and the ball is maneuvered by the motion of the bike. Have a look at the website to get a sense of some of the nuances. A bit of bad news, no Americans competed in any of these events. If you are tired of regular biking maybe you want to take up cycle ball or artistic cycling and represent your country.

### Bike Racing at 35 mph on Level Ground

The average speed for the Tour de France ranges from 12 to 28 miles per hour depending upon the terrain. In a recent cycling race in Morocco, the Grand Prix Hamra, the winning rider finished the two plus hour race at an average speed of 56.187 kilometers per hour (35 mph) with riders hitting over 75 kph in some sections - [Website](#). It must be noted, however, that the total climb was only 300 meters and there was a huge tailwind.



### Is a Tattoo the Mark of a Champion?



American footballers and basketball players all seem to have tattoos as a mark of their prominence and skill level. This trend seems to have moved on to the cycling world with many leading figures arriving at races with a tattoo on their arm, leg, neck or thigh - [Website](#). Some of the names include Jake Steward, Lorena Wiebe, Caleb Ewan, Peter Sagan and Primoz Roglik. One wonders if this trend will continue or whether there will be a run on doctors who can remove these as time passes.

## Cycling Gear

### Disk Brakes: Everything You Wanted to Know



While disk brakes seem to be becoming the dominant bike braking system there are still some holdouts (like me). However, for those of you who have embraced the technology, *Road Bike Action Magazine* recently did an in-depth overview - [Website](#). It provided a brief history of how we got here and an overview of the pad replacement process, rotor truing, system bleeding and adjustment. If you are a do-it-yourselfer, you may find this useful.

### Bike Shorts Under \$100

Are your bike shorts looking a little worn or the chamois is not doing its job? There are some alternative bike shorts out there that won't break the bank - [Website](#). Some of the brands included are Specialized, Trek, Louis Garneau, and Pearl Izumi and all are priced under \$100.

### 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 a specific 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 best 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.

### Buying SRAM Components – Be Careful!

Scammers are even moving into the cycling world. If the prices you see online seem too good to be true – take care. Some scammers erected a fake SRAM components website showing



heavily discounted components - [Website](#). However, responding with a credit card will mean a charge but not necessarily the delivery of the ordered parts.

What is the cycling world coming to?

## Bicycle Health and Safety

### Pizza for Breakfast? Yeah, Go Ahead!

You need breakfast before you venture out on a ride. There is cold pizza in the fridge or you could have some cereal. Which would be better for you? Nutritionist Chelsey Amer compared the ingredients in pizza with some of the cereals eaten at breakfast and claims that pizza would be the better choice - [Website](#). Her claim is that pizza has a



better balance of nutrients and has less sugar with the latter being a concern for riders going out cycling.

### The Wind – How Much is too Much



No cyclist likes the wind unless it is at their back. Unfortunately, it is a rare day without some wind. However, is it ever unsafe to ride when it's windy? Of course, you aren't going to ride during a hurricane or a tornado. Weather forecasters have wind levels that have appropriate warnings - [Website](#). Weather forecasters issue a high wind warning when sustain winds are at 40-57 mph. You certainly don't want to ride into that wind and even a tailwind might be dangerous. Below that, riders can choose to fight the wind if they choose. If you are going riding be sure to look at both the temperature and the wind levels before you leave home to decide whether you are riding today or waiting until tomorrow.

### Keeping Fit in Thirty Minutes

Cycling Coach John Hughes recently provided a thirty minute cyclist workout in *Road Bike Rider* - [Website](#). He includes core, circuit and interval training strength training. If fitness is a high priority this might be right for you.

### Is Tube Changing Knowledge a Cyclist Necessity?



New riders are told they must know how to change and/or repair a damaged tube. Arleigh Greenberg (aka The Bike Shop Girl) disagrees - [Website](#). She says that requiring a base level of cycling knowledge discourages potential riders and tire-changing knowledge is unnecessary if riders' trips are three miles or less. There are lots of counter-points and the discussion can get lengthy and heated.

## Cycling History

### Frank Lenz: Killed While Cycling Around the World



Frank Lenz was a pioneer cyclist, riding first on a high-wheeler and later on a "safety" bicycle - [Website](#). He was also an avid photographer in a time when you needed to carry a large camera and tripod plus heavy glass plates on which to capture images. Growing up in Pittsburgh in the late 19<sup>th</sup> century, he soon traveled further afield by bike, first to New York and later to St. Louis in an era of unpaved and often rutted roads. In fact, he often rode along a railroad track bed since this was smoother. As he became more proficient, he came up with a plan to cycle around the world. With financial support from *Outing* magazine and Victor bicycles, he began his ride from Pittsburgh on May 15, 1892 with a 57 pound bike and 40



pounds of camera and other gear. His two year ride would take him across the United States, by ship to Japan, and then across China. Somewhere in Kurdistan, he was killed by bandits. Much of his travel photography survives as he mailed home his glass plates along the way.

### Wright Brothers Cycle Shop

If you are in Ohio next year, you might add the Wright Brothers' Cycle Shop in Dayton, Ohio to your itinerary. The shop is part of a larger historical feature, the Dayton Aviation Heritage National Historical Park - [Website](#).

Those visiting will get an insight into cycling at the turn of the 20<sup>th</sup> century as well as how this led the Wright Brothers into an interest in aviation and flying. If you are an aviation as well as a cycling enthusiast, you might plan on spending a day or two in Dayton as it is the home of the National Museum of the United States Air Force and the (Neil) Armstrong Air and Space Museum - [Website](#).



## Interesting Cycling Stories

### Riding Australia's Tasmania Island the Hard Way



Visiting Tasmania has always been on my personal bucket list. However, Payson McElveen's 360 mile trek across Tasmania in 32 hours isn't what I had in mind - [Website](#). His route took him through rain forest, only three potential rest/refueling stops, a single track route of 70 miles and climbing a total of 34,000 feet. His goal was not to ride as fast as possible but to sample Tasmania's varied topography and enjoy the scenery. I think I'll find a different outfitter if I

ever go!

### Taking Your Dog for a Bike Ride



Earlier this year there was a story about Alexey Vermeulen and how he takes his dog Willie the Weiner for rides in a doggie frontpack. He has done a follow-up story about how to prepare your dog for a bike ride in case you want to follow his example - [Website](#). Suggestions include getting the right size bike pack, getting your dog into it (hint: have lots of dog treats), and planning for weather and riding length.

## Today's Cycling Quotation

"You can't buy happiness, but you can buy a bike and that's pretty close!"

Unknown

## Today' Photograph



*Bike Art - Ft. Collins, Colorado*

## Today's Funny



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