

# CHAINRING

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



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## Club News

### Club Meeting October 12th, 3:00 p.m., GVR East Center

Our October meeting will feature our club treasurer, Neil May. He will describe his riding a double century or 200 miles in one day. However, he hasn’t just ridden one double century but he has ridden over fifty. He was recently honored by the California Triple Crown Hall of Fame for this achievement. While riding a double century seems a pretty distant goal, Neil claims there are quite a few riders in their 70s with a double century under their belt/seat. Come along for an interesting afternoon’s program. You’ll also hear the month’s safety tip, about a club jersey and an update on the local Tour de Tucson rest station.

## Local Cycling News

### Upcoming Riding Events



The Nogales Classic is scheduled for October 15th - [Website](#) . Rides are 22 to 85 miles long and registration is \$50.00. It is a fun ride and a number of GVR Club members have participated in the past.

Sierra Vista hosts its Sky Island Tour on October 1<sup>st</sup> - [Website](#). Ride lengths are 5, 20, 30, 44, and 62 miles. Following the ride there is art and wine tasting in Veterans’ Memorial Park. Registration is \$20-\$70 depending on your ride length and the event supports National Alliance on Mental Illness of Southeastern Arizona.

Sunday, October 30<sup>th</sup> is the date scheduled Tucson's Fall Cyclovia - [Website](#). This free event includes walkers, riders, and runners who come out to celebrate Tucson's public streets. There is a traffic free route through Tucson with events and food booths along the way.

### Pima County Trail Maintenance

Pima County Natural Resources, Parks, and Recreation is organizing a volunteer trail maintenance event for Sunday, October 2<sup>nd</sup>. They will be working on the 36<sup>th</sup> Street Trail on the west side of Tucson. For more details and to sign up, go to: [Website](#).

### Leadership Change at El Grupo



Sean Pantellere, El Grupo's Executive Director, just announced his resignation. In just over two years he has made a significant impact on the organization bringing them through the covid epidemic, purchasing a new clubhouse and expanding and energizing their programs. Those efforts were recently recognized with El Grupo receiving the Biking Club of the Year award from the League of American Bicyclists. El Grupo has already begun a search for a new executive director.

## National and International News

### Dangers of E-Bikes

Carlsbad, CA, is dealing with a rapid increase in both bike and E-Bike accidents and deaths within their community. Accidents and injuries have increased over 233% over the past three years and show no signs of diminishing - [Website](#). The town has taken a multi-pronged approach with a budget of \$2 million that includes expanding police presence, public education, signage and improved infrastructure. Accidents have included bikes colliding with other bikes, cars, motor cycles and single bike accidents. Two people died in accidents in August alone. E-bikes have become very popular with teenagers with E-bikes involved in a larger and larger proportion of the accidents.

### Cyclists Pay Tribute to Queen Elizabeth

English cyclists have joined other British citizens in honoring Queen Elizabeth -[Webpage](#). Many have been wearing black armbands and queuing up on the many lines in both Scotland and London. Because of the large size of the crowds, cyclists have been presented with a challenge. To deal with the large crowds, port-a-potties have been installed in bike lanes making cycling more dangerous. However, the placement of the units has been even more problematic. The port-a-



potties doors open out onto the bike-lane leaving cyclists with possible “dooring” as they pass.

## Cycle Racing

### Helmets Protect Your Head from Accidents and Magpies?

The UCI Road Wollongong, that ended Lang didn't look up to your bike” - magpie nests and will swoop area. Both care but a number of riders were “dive bombed”.



World Championships were held in Australia. The race planners set up a route Park near the beach. Unfortunately, they see the sign which said, “Birds swooping, walk [Website](#). The beach area hosts a number of whose birds are very protective of their area down at cyclists if they are riding through the cyclists and spectators were warned to take

### The Belgian Waffle Ride



With a name like The Belgian Waffle Ride, who wouldn't want to participate? However, what exactly is The Belgian Waffle Ride - [Website](#). It was named by the founder as an homage to cyclocross racing in Belgium. The ride began twelve years ago as a single day event covering 132 miles of mountain biking trails near San Marcos, California. It has now added a second course of 70 miles called the Wafer in case the first day was too long for some riders. The event became so popular that there is now a second Belgian Waffle Ride in Cedar City, Utah so there are lots of choices. Of course, each day begins with a waffle and coffee. If you have ridden this course or plan to, let you editor know your story.

### Cyclocross – Be Prepared for Anything

If you look on Rochester, NY even pretty - [Website](#). September 24-25 – was turned the course into a sea of some hills and hiking up some If you are a cyclocross racer, anything.



Cyclocross website, it looks normal, However, this year's event – anything but beautiful. The rain had mud with riders tobogganing down they would normally ride - [Website](#). you truly have to be ready for

### Jumbo-Visma Cycling Team under the Microscope

Jumbo-Visma is one of the most recognized professional cycling teams in the sport. It sponsors both men's and women's professional teams and a team member won the Tour de France this year. Jumbo was recently in the news for another reason. Its CEO, Fritz van Eerd, was one of nine men arrested by Dutch police for money laundering - [Website](#). Jumbo, a Dutch supermarket chain and sponsor, has distanced itself from van Eerd, claiming no knowledge or involvement.

## Cycling Gear

### Wondering When Your Tires Need Replacing?



Many bicycle tires have special markings giving you a sense of when a tire needs replacement - [Website](#). These are often small dimples in the tire tread. If you look carefully at a new tire these are readily visible. As the tread wears, the depth of the dimple gets shallower and shallower. If the marking is gone, it is time for new tires. Specialized, Continental and Schwalbe all have tire wear markers.

### Fix Flat Tires with Care

Flat tires are the nemesis of every cyclist. Hopefully when that happens, the rider has a spare tube or a patch kit. However, don't just pull off the old tube and throw on a new one because you are in a hurry - [Website](#). As you are removing the tire and tube (if you have one), you need to investigate what caused the flat. The article noted above gives some great advice about how to approach your flat and what steps to take.



### Bike Hauling

When you are out on your bike somewhere and find something you want to bring home, what do you do? The back pocket of your jersey is only so big and it wasn't designed to bring home an oversized book home anyway. *Bicycling Magazine* recently provided some suggestions. These ranged from bungee cords to baskets to bike racks - [Website](#).

## Bicycle Health and Safety

### Passing on a Lane or Trail

All cyclists should signal a walker or rider when they are attempting to pass. It is just common courtesy as well as being safe. Doing it well before you reach the bike or person warns them of your approach and gives them time to move out of your way. However, there are problems with this. Issues include riders or walkers with earbuds blasting, people who don't know right from left and those with dogs on long leashes. *Bicycling Magazine* recently covered this issue and included a great video demonstrating walkers' responses on the trail - [Website](#).

### Group Cycling Etiquette



Since we were talking above about passing other riders, perhaps it is time to expand that conversation to include how to ride in a group. *Road Bike Rider* recently did an article on this very subject - [Website](#). It gives wide coverage including hand and voice signals, pace line rules and some of the dangers to avoid in pace lines. If you are a beginner or even an experienced rider, it is a useful read.

## Long Haul Covid and Exercise

I'm hoping this subject doesn't pertain to anyone reading this and if you don't fall into that category, just skip onto the next item. However, if you or someone you know falls into this 10-15% of long covid sufferers, take heed - [Website](#). Some of the long-covid symptoms include extreme fatigue, brain fog, aches, pains and fever. Long covid is not an easy diagnosis for doctors to make and if you have these symptoms you should avoid heavy cycling exercise as this will slow down your ability to recover.

## Cycling History

### Inside Brooks Cycling Saddle Factory – Founded 1866



Lucas Winzenburg and Jack Boffy met each other in Georgia (the country not the state) where Winzenburg lived. Lucas recently traveled to England where Boffy lives and the two of them decided to visit the Brooks bicycle saddle factory near Birmingham. Brooks's saddles have been used by riders for over 150 years and many expert and professional riders swear by them - [Website](#). They are a throwback to an earlier era of leather saddles and are touted for their ability to

mold to your body shape making them especially comfortable. There is lots of history and current information in the story. Brooks must be doing something right as they still produce 200,000 saddles a year.

## Interesting Cycling Stories

### Streaming Cycling Movies

Covid may be over (well, maybe not totally) but you can still sit down and stream a good cycling film. *Bicycling Magazine* recently released a list of the best cycling films available online. These included some old favorites like *Breaking Away* to fun films like *Peewee's Great Adventure* - [Website](#). If you don't like riding after dark, pull out your I-pad some evening and download a movie.



### Cycling for World War II Buffs



Operation Market Garden was one of the last major military operations of World War II. Combining both American and British troops, its goal was to capture a major crossing over the Rhine River near the end of the war- [Website](#). Dutch cyclist Bart Verhulst takes rides through the Dutch countryside and came across the story of what was called by those who fought there, "Hell's Highway." As he researched the story, he developed a biking route that followed the army from Arnhem to

Nijmegen - [Website](#). If your travels take you to the Netherlands and you enjoy history this would offer you a two day ride into the past.

### Colorado Trail Race



The Colorado Trail Race is a 500 mile annual bikepacking race. There is no entry fee, no registration, no support, and no prize money, and you carry all your own gear. The goal is to be the fastest to the finish line with some riders doing the race in circa four days. Here is the story of Seth Holmes who finished in 9<sup>th</sup> place after six days of riding - [Website](#).

### Riding the Arizona Trail: Another Bikepacking Challenge

The Arizona Trail stretches 800 miles from Mexico to Utah across Arizona. It is a hiking trail but mountain bikers are encouraged to use it as well. Since it is a hiking trail there are sections that require the rider to carry their bike - [Website](#). In April 2022, Lael Wilcox set out to ride the trail faster than any previous rider. She completed her ride in 9 days, 8 hours, and 23 minutes, a new unofficial record. Here is her story - [Website](#). Since the trail is nearby, are there any club members interested in the challenge?



### Bikepacking Peru's Andes Mountains: You Thought the Arizona Trail Was Crazy



Ryan Wilson continues his reporting as he rides across South America. His latest ride is in Peru where the trails reach nearly 14,000 feet. Wilson's story is epic and his photographs are terrific. He spins an interesting yarn and you wonder at the challenges he faces - [Website](#).

### Today's Cycling Quotation

"Cycling has encountered more enemies than any other form of exercise"  
Louis Baudry de Saunier – 19th-century journalist, writer, and scientist

### Today' Photograph



*Electric Unicycle - E-Bikers Eat Your Heart Out.*

## Today's Funny

*Seinfeld's* take on cyclists doing car swarming - [Website](#)

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