

# CHAINRING

Newsletter of The  
GVR Cycling Club

[www.gvrcycling.org](http://www.gvrcycling.org)



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## Bike Club News

### March Club Meeting

Stay tuned for information on the March meeting, scheduled for March 13, 2024 at 3pm in the Las Campanas Ocotillo Room.

### Club Door Prizes in March

By the time you are reading this, the first group of door prizes will have been distributed at our February club meeting. If you weren’t there or you didn’t win one of our sponsor door prizes, circle March 13<sup>th</sup> when the final prizes will be distributed. If you don’t attend, you can’t win!

## Local Cycling News

### Mountain Biking School

If you are a beginning mountain biker or a wannabe, the Sonoran Desert Mountain Bicyclists is offering a half-day training class on February 24<sup>th</sup> - [Website](#). The class will run from 8 a.m. to noon and the cost is \$20 for members and \$60 for non-members. The class will be held at the Fantasy Island Sharp Location - [Website](#). At the date this is being written, there were still six class spots still open.

## New Patagonia-Sonoita Trail Planned

Patagonia currently has a trail that goes southwest from the community called the Train Track Trail (TTT). This follows the tracks of the New Mexico and Arizona Railroad that ran from Benson to Nogales - [Website](#). An extension of this trail is being planned to go north from Patagonia to Sonoita - [Website](#). The new route is supported by the Cienega Watershed Partnership, the Friends of Sonoita Creek and the Empire Trail Association. The trail will honor Tom Meixner, a U of A. hydrologist and president of the La Cienega Water Partnership who was killed on the University of Arizona campus in 2022.

## El Tour de Zona

The El Tour de Zona is scheduled for March 21-23 - [Website](#). Headquartered in Sierra Vista, riders can choose to ride the Bisbee, the Tombstone, or the Ramsey Canyon Preserve routes or all three. Three-day registration is \$249. Lodging and food are extra and there is space for RV parking if you own one.

## GABA Swap Meet Coming Up – Sunday, April 14

This year's GABA Swap Meet is scheduled for Sunday, April 14<sup>th</sup>. The event runs from 7:00 a.m. to 1:00 p.m. and is located at Tucson's Armory Park, 7<sup>th</sup> Street and 6<sup>th</sup> Avenue - [Website](#). Get the event on your calendar and if you seeking a special something, plan on getting there early before all the "good stuff" is gone.

## Tucson – USA's Best Winter Riding Destination



*Photo Courtesy Visit Tucson*

Velo recently ran an article listing Tucson as America's best winter riding destination - [Website](#). It met several criteria: great weather, a variety of terrain on which to train and good coffee. Perhaps we should let people know that Sahuarita/Green Valley has the same attributes as our winter visitor cyclists have already learned.

## National and International News

### Bike Battery Fire Results in Death and a Lawsuit

Vancouver Canada resident Kellyann Sharples has brought suit against a number of bicycle and bicycle parts manufacturers for a lithium battery fire that killed her partner - [Website](#). The

battery was stored in their shared apartment and the suit claims that the battery sparked a massive fire with the battery cells shooting out fiery rockets across the room resulting in a quickly spreading fire.

## 100-Year-Old Cyclist Carries Olympic Torch in Paris

French Cyclist Charles Coste, who won an Olympic gold medal at the 1948 London Olympic Games, will carry in the torch at the Paris Olympics later this year - [Website](#). Coste, born in 1924, won his medal in the cycling pursuit competition. He continued to compete throughout the 1950s, riding in the Giro d'Italia and the Tour de France.

## Paris Goes All-Out for Bikes

Following on the shut-down of streets for bike traffic during the Pandemic, Paris has permanently closed 100 streets to vehicular traffic - [Website](#). In addition, it has raised fees by 100% for certain vehicles entering Paris to lessen the amount of traffic flowing into and through the city. While it is uncertain whether other European cities will follow Paris's example, other cities have gone beyond just closing some streets. Ljubljana, the capital of Slovenia, closed all its city's streets in 2007 as part of its 2025 Strategic Plan - [Website](#). While there was initial pushback against the change, the residents have come to love the open streets without traffic noise and pollution.

## BMC Cycling Facing Economic Headwinds

Swiss company BMC Cycling is facing economic difficulties hounding other bicycle manufacturers. It has approached the Swiss government for funding to keep its employees on the payroll using a government furlough scheme - [Website](#). BMC makes road, gravel, mountain and lifestyle bikes and also is a sponsor of Pro Team Tudor.

## Bike Batman Returns Stolen Bikes

A Toronto citizen named Jonny but calling himself Bike Batman, is on the lookout for stolen Bike



Share bikes found across the city of Toronto - [Website](#). When he finds one, he returns it to a rental location. He has received thanks on social media with one person saying the returned bike saved him a lost fee of \$1,800.

## Giant + Dick's Sporting Goods – a New Partnership

Giant bicycles has agreed to sell its products through Dick's Sporting Goods twenty-five specialty stores. Giant will join Cannondale and Intense brands - [Website](#). Dicks has established bicycle service centers in the stores and hopes to compete with the REI brand and format. The stores will stock kids' bikes, mountain bikes and e-bikes. Giant sees this as a commitment to sell through retail outlets rather than on-line.

## Cycle Racing

### The Bane of Cyclists: Saddle Sores

You often hear someone say, I tried riding but the pain in my groin area was too much, so I gave up. It is a real issue for most beginning riders. Options include finding the right saddle, finding shorts or bibs with a chamois pad that fits your particular body shape as well as using lubricant to avoid chafing. If you are a professional cyclist, saddle sores are an ongoing worry.

Professional riders are constantly training as well as having obligations to enter specific races. Professional demands can result in saddle sores that are impossible to cure without surgery. A recent article in *CyclingNews* describes racer Giulio Ciccone's battle with saddle sores and the impact of surgery on his cycling career - [Website](#).

## Cycling Gear

### The Lifespan of a Bike Frame

With more people choosing carbon fiber bikes, it is worth considering how long they will last. With steel and aluminum frames, age is not generally a concern. There are lots of bike collectors with steel frames that are fifty or one-hundred years old. Of course, carbon frames only go back several decades, so their lifespan hasn't been thoroughly tested. An online article by ICAN Cycling, a Chinese carbon frame manufacturer, provides a comparison on the various lifespans - [Website](#). This article suggests that chrome-moly frames last the longest at several decades and rarely break. While aluminum is a sturdy material, it can break and the article suggests a lifespan of ten years. While carbon fiber is strong and light, it is subject to breakage if hit with a sharp object or with force. It also deteriorates over time with UV light exposure. The expected lifespan for carbon fiber is ten years depending upon how well the bike is maintained. If you are an active environmentalist and concerned about bike recycling, both steel and aluminum bikes are readily recyclable. Carbon frames, on the other hand, are more likely to go into a landfill because of their chemical makeup. A recent article in *The Pro's Closet Newsletter* suggests that a new type of carbon now on the market which avoids the use of resins making them more flexible and easily recyclable - [Website](#). Carrying out regular maintenance and good storage conditions will ensure your bike and frame last longer. If, on the other hand, you own lots of bikes or trade regularly, this won't be an issue.

### Speaking of Expensive – Wheels That Cost More Than a Bike



Princeton Carbon Works in Princeton, NJ offers perhaps the ultimate in bicycle wheels - [Website](#). One purchaser described them as "These wheels are just next level INSANITY!!!"

Their top-of-the-line wheel – the Wake 6560 Evolution – retails just over \$4,000 for the wheelset. The inner wheel is not round but is a series of curves to provide greater strength. For a more detailed description, go to: [Website](#).

## Bicycle Health and Safety

### When (as well as what) You Eat Matters

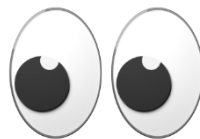


A recent study covering over 100,000 participants with an average age of just over 40 zeroed in the effect of eating times relative to heart attacks and strokes - [Website](#). The study found there was a 7% greater risk of a stroke for those eating after 5:00 p.m. and a 28% greater risk of a heart attack from eating after 9:00 p.m. It also found eating breakfast after 8:00 a.m. also had a negative heart risk. For those of us who ride regularly, it recommended that you eat one hour before exercising or one hour afterwards.

### Supporting Personal Eyesight

When we think about cycling, our mind turns to legs and balance. However, imagine trying to ride and keep one's balance without our sight. Jay Tapper, a personal trainer and corrective exercise specialist, has often shared useful exercises for cyclists. Here is his most recent offering to help keep our eyes in shape.

## 6 EYE EXERCISES



Staring at electronic devices, poor lighting, and night time driving can cause eye strain. These exercises will relax your eyes, increase eye lubrication, increase eye muscle strength and prevent eye fatigue.

#### Palming

Rub palms together to warm hands.

Cup your hands and hold them over closed eyes.

Maintain this position for 15-30 seconds.

This will warm eyes and allow them to rest.

#### Blinking

When staring at electronic devices you will tend to blink less.

Blink often to increase eye lubrication.

#### Eye Rolling

Close eyes and roll your eyes in a circular motion.

This increases eye lubrication and exercises eye muscles.

### Visual Scanning

Look at different objects close and far to vary visual field.

This will reduce eye strain.

### Glancing

Close eyes and look to the right and hold for a moment. With eyes still closed, look to the left and again hold for a moment. Close eyes and look upward and hold for a moment. With eyes still closed look downward and again hold for a moment. This increases eye muscle strength.

### Exhale

Exhale to relax neck and shoulder. This will decrease muscle stress in the neck, forehead and muscles around the eye sockets.

Taken from ActiveEdge training material by Jay L. Tapper © 2016 Copyright© 2009

[www.activedgewi.com](http://www.activedgewi.com)ycling History



## Green Valley's West Desert Preserve:

### The Open Space That Nearly Wasn't

The boundaries of Green Valley twenty years ago were not very different from our community today. It ran north to south divided by I-19. Most of today's HOAs existed then but the community had little room to grow. The Town of Sahuarita was the north boundary, The river, the railroad and FICO's pecan groves provided a barrier to the east. There was some growing space to the south as well on a parcel of land to the west between the community and the Sierrita Copper Mine.

The land to the west was reserve owned by State of Arizona and could be sold with the proceeds going to the state's educational reserve fund. Since the land was adjacent to a number of HOAs, residents enjoyed their close access to the open space and a variety of trails for hiking, mountain biking, and dog walking.

Pima County had been a strong supporter of the preserve. The Conservation Acquisition Commission had added it to its list of properties for future open space acquisition. Another interested party was the Phelps Dodge Corporation which owned the Sierrita Mine. They maintained a partial lease on the land for grazing with the hopes that the land would remain undeveloped and continue as a buffer between the mine and Green Valley.

2004 was the year that local citizens learned that the State of Arizona intended to sell the 2100-acre site at auction to the highest bidder with the money going to the state's educational reserve fund. It was expected that the land would be sold to developers resulting in more housing to meet Green Valley demand.

The news of the proposed sale spread across Green Valley through the local media and by word of mouth. Hikers, walkers, cyclists and environmentalists were all irate and began discussions about how to protect this nearby open desert. There was an initial hope that the county could intervene. It passed a bond issue to purchase open land in 2004 before the Green Valley land was an issue. However, another bond issue was planned for 2008 that included the West Desert Preserve but this bond issue was defeated.

Locals began their own effort to protect the land. They formed the Committee to Save the West Desert Preserve led by two local cyclists, Bill Adamson and Jim Jordan. They soon reached out to the community through a quarterly newsletter, the *West Desert Defender*, to keep local citizens informed. The group began building a coalition of interests to preserve the parcel. They sought letters of support from Green Valley HOAs. By the end of 2006, 40 HOAs representing nearly 7,000 homes in Green Valley had written letters of support as well as donating funds to the effort. The Green Valley Community Coordinating Council (a precursor to our current Green Valley Council) became a supporter as well.



*Giant Crested  
Saguaro*

Members of the Green Valley Recreation Hiking Club set out to do an environmental survey of the property. An endangered species, the Pima Pineapple Cactus, was discovered on the parcel and ninety were quickly found as well as a rare Giant Crested Saguaro. This data was shared with the Pima County Natural Resources Parks and Recreation Commission as well as data on trail's location for the Commission's Master Trails Plan. The Hiking Club also provided trail hikes to raise awareness of local citizens about the value of the West Desert Preserve.

State efforts to sell the land moved slowly.

In 2007, Freeport McMoran Gold and Silver purchased the nearby Sierrita Mine from Phelps Dodge. A concern the company faced was the leaching of chemicals from the mine tailings which would ultimately affect groundwater used by both Green Valley and Sahuarita. The mine had drilled wells to address the problem but needed more land for additional wells. Purchasing the reserve site along with additional state land could address the company's problem. When the state finally carried out its public auction in 2012, Freeport-McMoran was the sole bidder. It purchased a total of 8,300 acres including the 2,100-acre West Desert Preserve.



*Pima Pineapple  
Cactus*

Freeport's arrival on the scene continued discussions with Pima County and the local community begun by Phelps Dodge. A local citizens committee provided input and advice to the company. The company agreed to leave the West Desert Preserve in its natural state with the exception of adding some additional wells. It also agreed to allow public access for mountain biking and hiking.



Over the years, hikers, walkers, environmentalists and mountain bikers have shared the space with the latter expanding and improving the trails. The West Desert Preserve (Now call The West Desert Trails) is a great example activist citizens and a large corporation joining together to achieve a common good.

## Interesting Cycling Stories

### For Wisconsinites and Those Traveling Through



*Photo Courtesy of Trail  
Link*

If you are going back to your summer home in Wisconsin or just traveling through the state, you might want to take a side-trip and ride the Elroy-Sparta State Trail - [Website](#). Located in western Wisconsin, it is a 33-mile-long rail trail with a crushed rock surface. It is said to be the oldest rail conversion trail in the United States. Like most rail trails, it is reasonably level. One thing that distinguishes it are the three tunnels located on the trail, so be sure to bring a light.

### Today's Cycling Quotation

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."

Iris Murdoch

### Today' Photograph

Bill Adamson leading a mountain bike ride  
on the West Desert Preserve



## Today's Funny



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## GVR Cycling Club Supporters

