



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB March 2020

President's Corner

Warm weather greetings.

This is great, we still have decent weather in February, and cycling just gets ongoing. We have had some fantastic days to log some miles in. Hopefully, March will not be a bummer for cycling, and we end up with a lot of snow and ice.

We had a great Membership Meeting on the 13th, and another scheduled for the 11th of March, with a featured Speaker from Pa Association of Lyme Disease coming. We also have Holmes Cycling coming with e-bikes for you to try and learn about. Our March meeting is being held at the Giant Community Center in Camp Hill, starting a 7 P.M. and surely will be informative.

April brings us Spring Fling in Charlottesville with the 1000 Islands in May with the Finger Lakes directly after. I hope all that are interested have booked their spot. Remember if you booked for Charlottesville or 1000 Islands please send me an e-mail. gwareham@aol.com

Still looking for a few volunteers for Junior Diabetes Research Foundation, they need a Ride Coach, which will help them fundraise for this awful disease.

We are putting together a team of riders to also participate in the Hope Ride, which is for Cancer Research and those dates are June 27-28 if interested in joining the team, please let me know. Then we have New Cumberland Bike Week, which is a community outreach program to improve cycling for our next generation of riders which will teach safety and healthy lifestyle to our youth. I sound like a broken record, but I still, need more volunteers for that also.

Don't forget to volunteer to host the Friday Night Socials. These reoccurring Friday Night get-togethers are just a fantastic way to meet new members and ride a short ride in different locations with social time following.

Check out our Web Site for the upcoming Special Events, Finger Lakes, Fall Tour, Three Creek Century, Williamsburg

Also, let's make it a goal that all our members have Road ID's this year.

Just a side note to everyone. When you see a new member or a new face in the crowd at our meetings or events, please take a minute and introduce yourself, and welcome them to our great club. Thank You

I'm hoping to put a team together for the American Cancer Society Hope Ride held on June 27th and 28th. This event is a worthy event, with a ride to Kutztown Pa, leaving Hershey. You can ride two days or a one-day event. One of the requirements for the two day is raise 300.00 for the AMC. Registration is 100.00 for the two days, but there is a 15.00 discount being offered for HBC. The registration covers lodging. If anyone is interested in riding in a team, please let me know. For more information go to the American Cancer Society Hope Ride. gwareham@aol.com It is a great time to be an HBC Member !

Glenn Wareham
President
Harrisburg Bicycle Club

February Membership Meeting Summary

About 75 people attended the February HBC Membership Meeting at the Camp Hill Giant Community Center on Feb. 13. Some of the highlights included the presentation of the HBC Community Grants, learning about Bonnie Iorfido's upcoming trip around the perimeter of the United States and the important information provided by Dr. Bill Apollo from UPMC Pinnacle Health Cardiovascular Institute.

Susan Casto, center, presented HBC grants to the following people and organizations:



- Ross Willard, Recycle Bicycle \$3,000.00
- Bob Schmedlien, Cumberland Valley Rail Trail Council \$1,000.00
- Carl Dickson, Capital Area Greenbelt Association \$1,000

Bonnie Iorfido speaks about her reasons for planning to ride over 11,000 miles to raise funds during Bike the US for MS. She is halfway to her fundraising goal of \$15,000 and expressed her gratitude to all who have supported her so far.



Dr. Bill Apollo, the February speaker, in his retro FAEMA wool jersey, poses for a photo with Dick Norford, Susan Tussey and Glenn Wareham.



March Membership Meeting

March 11th - Camp Hill Giant Community Center

7:00 P.M. Start

What an exciting time! Come and find out how. There will be snacks, sandwiches, so get there early.

New HBC Business Sponsor - **Phoenix Physical Therapy**

Phoenix Physical Therapy is the business sponsor for the March General Membership meeting - providing all of the food and room.

Key Speaker: Doug Fickes **Topic:** Cyclists - How to prevent injuries - Free Screening cards available / brochures Phoenix Physical Therapy - <https://www.phoenixrehab.com/Carlisle/>

3 locations: Carlisle / Etters / Harrisburg

Full Agenda :

- Phoenix PT
- Pa Lyme Disease
- Holmes Bike Shop - E-bikes

Harrisburg Bicycle 2019 Grants

We awarded three grants for 2019. These are the thank you notes we received



January 8, 2020

Harrisburg Bicycle Club
P.O. Box 162
New Cumberland, PA 17070 - 0182

Dear Club Members and Board of Directors,

On behalf of the Capital Area Greenbelt Association, Inc., thank you for your grant of \$1,000 to help offset the cost of repaving a section of the Greenbelt Trail through the East Harrisburg Cemetery.

Your grant brings the total raised to \$53,500 toward our goal of \$65,000. We are very optimistic about reaching our goal and completing the project in time for the 20th Annual Tour de Belt in June.

Thank you again for your support and all that you do to make the Harrisburg area a better place.

Sincerely,

A handwritten signature in black ink, appearing to read "C.A. Dickson", with a long, sweeping underline.

Carl A. Dickson
President



THANKS TO ALL FOR YOUR
FRIENDSHIP AND CONTINUED
SUPPORT. COME SEE US WHEN
YOU CAN
Terry

14 Jan 2020
Harrisburg Bicycle Club
ATTN: Glen Wareham

Dear HBC Members:

Thank you very much for your generous grant in the amount of \$3000.00

Your donation will be put to good use in rehabbing the building that we recently purchased at 1722 Chestnut St.

We have already replaced the roof. We are currently busy installing new plumbing and electrical circuits. We are also building walls, insulating, etc. etc.

Please come visit us anytime.

We will send you an invitation to our grand opening in early summer.

RBH is a registered 501-c3 corporation. Please save this letter for your tax records.

Best Regards,

Terry M. Turney

CFO Recycle Bicycle Harrisburg

tturney@hotmail.com

717 309 4781

JOIN US

Harrisburg

St. Patrick's Day Parade

March 21, 2020 - 2 pm



• Bike Unit •

Recycle Bicycle Harrisburg
Bike Harrisburg
Bicycle South Central PA

Ride your bike, dress festive

Meet at City Island between

1-1:30 pm

For details follow us on



Harrisburg Bicycle Club – Area Road Updates



Sheepford Road Bridge has failed "inspection" and has been closed and barricaded. This road is a key route for the Mechanicsburg Rides. There is a social effort going on to save it.

Go to : <https://savesheepfordroadbridge.org>

Gravel Rides / Bikes Forum Created

We have many riders using gravel bikes for trails, state forecasts and rails to trails. We created a forum for those interested. This an OPT IN forum. Therefore, you will need to edit your personal profile on the website. Go to Additional Member Data, find the Gravel forum, click membership to YES, and scroll to the bottom and click SAVE.



OurStreets is a mobile application that uses crowdsourcing to report and analyze dangerous driving behavior and shared micromobility issues. We work directly with advocacy organizations, municipal stakeholders and transportation departments, and shared micromobility operators--providing a dynamic framework to amplify people power for safer street. A quick update to let you know that OurStreets is now live for Android and iPhone and available for use anywhere in the United States.



Advocacy Partners to Date

OurStreets can't work without stakeholders that can use our data to help make our streets safer. Our advocacy partners to date below all get a free dashboard of OurStreets data to help drive their advocacy for safer streets.

- League of American Bicyclists (partnership announcement)
- Bike Pittsburgh (partnership announcement)
- Alexandria Bicycle and Pedestrian Advisory Committee
- Bike Baton Rouge
- Bike Indianapolis
- Fairfax Alliance for Better Cycling
- Washington Area Bicyclist Association

If you're associated with an organization not listed here and would like to work with OurStreets, simply contact us at: mark@ourstreets.com to get started.

The HBC Public Relations Committee Needs Your Help!

We all know how wonderful HBC is, but your help is needed to spread this message, as well as the message of bike safety, to others in the Harrisburg area. There are several upcoming events where HBC will have a display table and we need volunteers to help out. Your duties would be to set up or take down the display, answer questions, give out brochures, and in some instances, operate the Bike Wheel Safety Game. The kids love this game!

The dates we need volunteers are:

April 24 – Wetlands Festival at Wildwood Park

Shifts: 9:30 a.m. – 1:00 p.m. or 1:00 p.m.– 4:00 p.m.

May 23-25 – Valet Bike Parking at the Harrisburg Arts Festival at Riverfront Park



Recycle Bicycle has bike parking booths at both ends of the festival and volunteers are needed to help with parking and to disseminate information about biking resources in our area, and HBC is one of those resources. Contact Ross Willard to arrange a time and location. Shifts are flexible. recyclebicycle@verizon.net 717-571-2008

June 7, Tour de Belt at HACC's Wildwood Campus

Shifts: 8:30 a.m. - 11:00 a.m. or 11:00 a.m. - 1:30 p.m.

We would really appreciate your assistance. Please contact Marilyn Chastek if you can help. mchastek2009@gmail.com

New Cumberland Revitalization Board

New Cumberland is looking for help to promote Biking The Borough in May. The dates are the 14th, 15th, 16th. HBC has been contacted to set up the tour, and lead the ride, so we will need a few leaders and sweeps. This will be a family event, for riders of all ages. Also, we will need someone to man a booth to promote HBC those 3 days. Anyone interested in volunteering or finding out more information, contact Glenn Wareham at 717-979-3019 or gwareham@aol.com.

Save the Date!

The HBC Picnic will be Sunday, July 12 at Fort Hunter Park



HBC'S Three Creek Century and Trifecta Registration **Open NOW**



HBC's Three Creek Century will be held at the Penn Township Fire Department Complex on Pine Road on Sunday, Sept. 20. Choose your distance: 25, 50, 75 or 100 miles or the 18-mile option on the lovely, traffic free Cumberland Valley Rail Trail. Early bird registration is only \$30.00 for this well supported and enjoyable event. The homemade chicken corn soup is so good riders keep returning just for that! The South Mountain Challenge option will again be offered on the 50-mile route. All 50-mile riders will bike to the rest stop at Shippensburg Township Park where they will have the option of choosing the traditional route back to the firehouse or adding in additional climbing up to Big Flat.

This Century is HBC's largest fundraiser so be sure to invite your friends and relatives to join you on this scenic and well-organized ride. We had over 700 riders last year!

The Century Committee is proud to announce that The Three Creek Century will once again be part of the Central Pennsylvania Bicycling Trifecta. The Trifecta brings together the Penn State Chocolate Tour in Hershey, the Lancaster Bicycle Club's Covered Bridge Classic in Lancaster and the Harrisburg Bicycle Club's Three Creek Century near Carlisle to form central Pennsylvania's premiere cycling event. Riders who complete all three events will earn a commemorative glass mug. **You can register for all three Trifecta events with just one online form and payment!**

The Chocolate Tour and the Covered Bridge Classic are very popular events that may sell out, so don't miss your chance to register. Register early for best pricing.

Registration information and more details about the Century, September 20th 2020, and the Trifecta can be found at www.threecreekcentury.com.

We are grateful to Donegal Insurance for their generous sponsorship of the Three Creek Century and Central Pennsylvania Bicycling Trifecta.



Penn State Chocolate Tour, Sat. August 1st 2020
<https://www.thechocolatetour.com>



Lancaster Covered Bridge Classic, Sunday,
August 16th 2020
<https://coveredbridgeclassic.com>



**New" HBC Design Team Jerseys
March SPECIAL Pricing – Starts March 1st
HBC 2020 Club Jerseys**

Order online at <https://vomax.com/collections/Harrisburg-Bicycle-Club>

**HBC Classic Club - \$49.50 (lowest price ever!)
ELITE Short Sleeve Jersey - \$57.00
Sizes XS – XXL
Colors - Hi Vis Green or Blue**

- Comfortable relaxed fit / Made entirely of micro-dry two-way stretch Tropos performance fabric
- Over-locked seams ensure proper fit and withstand wear and tear
- 3 rear-positioned racer pockets offer secure storage and easy access
- Full silicone gripper waist
- Gender-specific sizing from XS to 4XL. See size charts online. We have sizing samples to try on!!

Classic Club Short Sleeve \$49.50



2020 HBC Classic Club Cycling Jersey - Green



2020 HBC Classic Club Cycling Jersey - Blue

ELITE Short Sleeve \$57.00



2020 HBC Elite Cycling Jersey - Green



2020 HBC Elite Cycling Jersey - Blue

**Questions? Contact Sue Casto / HBC PR Chair
susan.casto14@gmail.com**

Bicycle South Central PA's 4th Annual Regional Bike Summit

**March 21 2020 8:30 a.m. – 2:45 p.m.
Harrisburg Area Community College, Lancaster Campus
1641 Old Philadelphia Pike, Lancaster – East Hall
“Safe Streets for Everyone”**

You won't want to miss the 2020 Bicycle South Central PA Regional Bike Summit! Still only \$15 per person!

This year's theme will be “Safe Streets for All.” We'll be focusing on programs designed to make cycling safer and more commonplace in our communities. We'll hear about the Lancaster County Active Transportation Plan and Vision Zero Initiatives. We'll get the PennDOT Update from Roy Gothie, PA Bicycle/Pedestrian Coordinator. Other topics include the BSCPA Bicycle Safety Initiative, Trails on Trails, Bike Law Q & A, the QBP & BSCPA sponsored Minneapolis Best Practices Workshop, how to apply for Bicycle Friendly Community Status and more.



Registration is open now at : <https://bscpa.eventzilla.net/web/event?eventid=2138780223>

You can pay by check using the downloadable registration form. Register by March 14 and save \$5.00 A small processing fee will be added to all online payments.

A guided bike tour of Lancaster area will follow the sessions for any who would like to explore this historic and unique community

Our sponsors:

Lancaster Bicycle Club – Summit Level

Piscitello Law – Lunch sponsor

Quality Bicycle Products – Break Sponsor

Transportation Resource Group – Resource Table Sponsor

Adopt-A-Highway Clean Up Saturday April 18th

Aluminum cans take 200-500 years to decompose. Come join HBC for a little walk, bend and reach exercise Saturday April 18th at 9:00am. Meet near the “S” turn on Texaco Road around 9:00am. The “S” turn is about the midpoint on Texaco Road. You never know what you will find along the way so join in the fun. If you have any questions, please call 717-938-3494 to contact Joan Short.

January 2020 changes to Ride Leader Training, Sweeps, and Flex Rides

Ride Leader Training

- Existing Ride Leaders will continue to renew their Ride Leader Training every 3 years. We will notify you in your 3rd year and you'll have until December 31st of that year to complete the training.
- Ride Leaders who were "grandfathered" in without training can continue to lead rides but must complete the actual Ride Leader training by December 31st, 2021.
- 2020 Ride Leader training will be held on below dates. More training will be announced in the Fall.
 - Wednesday March 18, 2020 at 6:00 p.m. at the Hershey Medical Center Cancer Institute, Room T4007
 - Wednesday March 25, 2020 at 6:00 p.m. Mechanicsburg Presbyterian Church



Sweep Credit and Training

Recognizing the value that the Sweep role brings to our club rides; we will start giving Sweep credits in a manner similar to Ride Leader credits.

- Members who have completed the Ride Leader Training will get ½ credit for being the Sweep on a club ride. So, if you Sweep on 4 club rides, it's the same credit as being a Ride Leader for 2 rides.
- Sweep credits will be applied to club rides with 8 or more riders (including Leader and Sweep)
- Members who haven't taken the Ride Leader Training can still Sweep, they just won't get the credits towards club rewards
- Sweep credits will be combined with Ride Leader credits and used for Ride Leader gifts and recognition, free attendance at the HBC Banquet, and other goodies.

Flex Ride protocols

- Flex rides should be announced on the HBC website at least 12 hours prior to the ride departure time. This will give all HBC members an opportunity to participate in Flex rides.
- Multiple Flex rides are permitted to overlap as long as there is a difference in the rides. That could be a different departure time, or different location, or different distance or pace.

CPR & First Aid

- CPR & First Aid training will be offered on a voluntary basis to any HBC member who would like to take it. More info on dates will be coming. Ride Leaders who take CPR & First Aid will be reimbursed for the cost after completion. All others will pay a nominal fee for the training

RESISTER TO ATTEND:

Training is FREE, but to attend you must be an HBC member and register by contacting Cindy Gorski at cgorski@embarqmail.com or 717-960-9010



To register please include:

Which training you are registering for Mechanicsburg or Hershey
Name

Email address

Phone number

Area you wish to lead rides

Ride category you wish to lead

If you are a current ride leader

If you have taken HBC ride leader training in the past

Any questions or concerns you wish to be covered at the training

WHEN DID I TAKE THE RIDE LEADER TRAINING LAST?

Go to www.harrisburgbicycleclub.org

Click on Members Only tab

In the drop-down menu Click on Ride Scheduling System

In the next menu that pops up Click on Trained Ride Leaders

There you will find the members that took Ride Leader Training each year and when their training expires

Kings Gap Time Trial

The Deborah Barisch Memorial Kings Gap Time Trial is a cycling event benefiting The Friends of King's Gap. The four-mile course from the base of South Mountain to the top of Kings Gap is designed to challenge riders of all skillsets while being a fun event for everyone. It is NOT a sanctioned USA Cycling race event. A portion of the proceeds will go to the Friends of Kings Gap.



The Friends of Kings Gap is a non-profit organization of dedicated volunteers that supports, protects, and enhances the Kings Gap State Park. Local cyclists have the luxury of enjoying this climb, which is one of the most beautiful and popular in the area, year-round because of these volunteers. Participating in this event is a way to say thank you to this very special group of individuals as well as the staff of the Kings Gap State Park.

Registration will open on March 1st There is an early bird discount.

Go to this webpage: <https://www.bikereg.com/45040>

HBC Williamsburg Trip When: October 8th to 11th, 2020

The Harrisburg Bicycle Club is once again sponsoring a ride in the “Historic Triangle” and surrounding areas of Williamsburg, Virginia. Participants will travel to Williamsburg on Thursday, October 8th and stay three nights at the Best Western Historic District, within easy walking distance of Historic Colonial Williamsburg. A variety of ride options will be available for Friday, Saturday and Sunday to explore the area. All routes will be available on the HBC Club Account on the Ride With GPS website. Attendees may optionally purchase Route Books containing cue sheets and maps for an additional \$6. The price for three days of lodging, three full breakfasts, hospitality and Friday dinner at the Williamsburg Winery are listed on the registration form. It will be based on bed size and occupancy number. Deposit is due July 31st, 2020.



Colonial Williamsburg



Williamsburg Winery

NEW this year! Included with your registration, a buffet dinner will be held on Friday evening in the Wessex Hall of the Williamsburg Winery. Dinner menu will consist of a mixed green salad, Joyce Farms grilled chicken with lemon herb sauce, roasted potatoes, mini corn on the cob and seasonal pie. A cash bar will also be available. Come early and do a wine tasting!

You will be staying at the Best Western Historic District, conveniently located within a 1/2 mile walk to Colonial Williamsburg. Your registration includes full buffet breakfast, Wi-Fi, swimming pool and self-parking. Hospitality snacks, beer, wine and soda will be provided Thursday and Saturday. Group room rates are honored 3 days prior and after if you wish to extend your stay.

The Williamsburg area is “bicycle friendly” with dedicated bicycle/multi-use paths as well as bike lanes. Routes are available to provide a variety of ride options and lengths. Routes will be available to/from the hotel and Jamestown, Yorktown and Colonial Williamsburg. For those desiring to ride further distances and explore the countryside, longer routes will be available in surrounding counties of James City, Charles City, York and Surry (accessible via a free ferry). For those that opt for the safety and calm of dedicated bicycle paths, the Virginia Capital Trail and Powhatan Creek Trail offer many miles of scenic riding. The Virginia Capital Trail extends 52 miles from Jamestown to Richmond! The Colonial Parkway will be used on some of the routes as well.



The Virginia Capital Trail

You can access the registration from the SPECIAL EVENTS tab on the website.

Please contact Rick Nevins with questions about registration. 717-579-7644 or rick@nevins.com
Registration opens March 1st.

HBC Fall Tour 2020- SAVE THE DATE!!
September 22nd thru 27th, 2020
46th Anniversary of the HBC Fall Tour-Cape May, NJ
In Memory of Owen Moore

With the plethora of opportunities to cycle this year on weekend adventures, please mark the dates for the Fall Tour on your calendar!

Cycle Down or Drive Down to Enjoy the Weekend events with fellow cyclists and family

Stay Tuned as more details emerge in upcoming Spokesman or HBC website messages.



We excited to announce that our Spring Flings are coming together quite well. Here's the lineup, please remember to register early, both of these will be great trips.

Spring Fling #1

**23rd to 26th April 2020 in Charlottesville, VA
Chairman: Glenn Wareham**



Hotel Residence Inn by Marriott
Reservation # 99937649 We have 25 rooms reserved
Charlottesville, Downtown
315 West Main Street
Charlottesville, VA 22903
Phone 434-220-0075

Every Room is a suite \$189.00 per night **Rooms are limited**
Free Hot Breakfast
Book Directly with Marriott
Free Parking
Hospitality Room
Bikes in Rooms no problem (guest responsible for damage)

Omni Charlottesville Hotel
We have 15 rooms maximum
212 Ridge McIntire Rd
Charlottesville, VA 22903
Phone 434-971-5500
Rate \$189.00

- Parking
- Hospitality Room will be in the Residence in across the street
- Bikes in room
- Room configuration
- Online reservations

Things to Do in and around Charlottesville

- Monticello
- Ashlawn
- Wine
- University of Virginia
- Michie Tavern
- Downtown Charlottesville Walking Mall
- Many many more

Rides are numerous, Ride coordinator will be Lou Searles

- Charlottesville Bike Club will also be helping

These hotels are right across from each other, the reason for two locations is that the Residence has only rooms with King Beds and a pullout sofa. The Omni has two queen beds if that is what you need. The price is the same, and both are great hotels with great rooms. Dick Norford was able to make a deal at both for the same price for the club. **Each member must book their own room. So please register early.** Thank You Dick. And Thank You Lou for working on the routes.

Spring Fling #2

1000 Islands of Canada, Coordinator is Howard Ross

Spring Fling in will be held over the May 7- 10 weekend (Thursday through Sunday) in Gananoque, Ontario, Canada. We shall be based at the Holiday Inn Express and Suites, 777 King Street, Gananoque.



The rate for the rooms will be (tax included) \$152.76 CDN per evening (at today's exchange rate, this is \$114.57 tax included). All rooms include free wi-fi and breakfast.

We have reserved a hospitality suite, which will be free to us if we have 20 rooms booked for the three nights. If we do not have the rooms booked, the suite will cost us \$333.45 CDN (at today's exchange rate, \$250.01) for the entire stay.

We have 25 rooms on hold until March 1. There will probably be rooms available after that date, but at a higher rate. Each participant should call the hotel (613-382-8338) to reserve his or her room(s). They should ask for the Harrisburg Bicycle Club rate.

This is going to be a great one!!! Over the next week or so I shall send routes for riding.

Driving directions to Gananoque: (Google maps list this as 5 hours 35 minutes from Harrisburg)

Get on I-81 N

Follow I-81 N to ON-2 W in Leeds and the Thousand Islands, Canada.

Take exit 648 from ON-401 W

Continue on ON-2 W to the hotel

NOTE THAT EVERYONE MUST HAVE A VALID PASSPORT TO ENTER CANADA

Thank You, Howard Ross, for all you have done to organize this in what will be another great trip. Both these trips are set up for you to call the numbers associated with the hotel of your choice. Numbers are posted in the write-ups. **START MAKING YOUR RESERVATIONS TODAY!!!**



**SAVE THE DATE! HBC Finger
Lakes Trip
June 11-14, 2020**

Finger Lakes Update: All rooms are now occupied on campus. The Registrar will start a wait list and if cancellations occur, contact those on the list in order received.

Please send the registration form WITHOUT payment. Last year there were several last-minute cancellations and some rooms went unused.

This DOES NOT affect anyone who wants to stay off campus, you can still participate in the rides, socials and breakfast. The dinner reservations are also full. Contact Susan Tussey for questions.

Support the Fight Against MS !

At the age of 62, I will embark on another bicycle ride with Bike the US for MS called the Big Loop. This ride combines the Atlantic Coast, Northern Tier, Pacific Coast and Southern Tier rides to make one Big Loop around the United States. The ride is 11,427 miles, 452,065 elevation change, 33 states, 3 clinical donations and 19 service days. The ride starts in St. Augustine Florida on April 21, 2020 and will end in St. Augustine Florida on October 29, 2020 for a total of 6 months.

Why am I riding?

MS continues to be a potentially disabling disease and currently has no cure. I ride because I can, and I want to be a small part of assisting with funds to help with continued research and to support the fight against MS.



In order to complete the Big Loop, I need to raise a minimum of \$15,000. Donations can be made through: <https://ride.biketheusforms.org/BonnieIorfido>. This will take you directly to my fundraising page on biketheusforms.org

Checks can be mailed to: Bike the US for MS, P.O. Box 10001, Blacksburg, VA 24062. Please make sure you put my name Bonnie Iorfido on the memo line.

I hope you will donate and follow me on this amazing journey of a lifetime. Thank You,

<https://ride.biketheusforms.org/BonnieIorfido>

Ride with GPS



Many of you are aware that we have a club account with Ride With GPS. Unfortunately, we only have about 150 members that are taking advantage of this FREE benefit to members.

What is Ride with GPS ? Ride with GPS allows you to both create your own routes and to log your rides on our site. Your routes and your rides will be stored in your Ride with GPS account and will be available on the website or the app

How to I sign up for RWG? We have created a video, go to the HBC website, you must be logged in as a member, and there is a video showing you how to get access.

What are the benefits? We have created a video, go to the HBC website, you must be logged in as a member, and there is a video showing you how to get access.

Can I export files and cue sheets? Yes, with this membership you can create a new ride, have access to a ride in the library, and create cue sheets. You can also download FIT, TCX, and GPX files to add to your bicycle computer for turn by turn instructions.

See all the Ride With GPS benefits at: <https://ridewithgps.com/help/club-member-benefits>

Share the Road

To obtain a plate from PennDOT, web search Pennsylvania Share the Road plate. You will find a link to form MV-917. Cost is a one-time \$40 fee for a new plate and registration card. Annual renewal date and fees do not change. The is made possible by the Bicycle Access Council.



HBC Maintenance Clinic

There were 35 people at the first session of the HBC Bike Maintenance Clinic on Jan. 11. Wow! The first session is always the busiest. It was great to see John Donoughe back in action after his serious health incidents, teaching the basics of tire changing. Thanks to Dave Young for organizing the clinic and for serving also as an instructor. And we are grateful to the other volunteers who offered their assistance to all who attended. As always, Ted Whitfield from the Pedal Pusher participated as the professional advisor.



The Technical Corner

Measuring Chain Wear Accurately



Lennard Zinn January 30, 2020

Take the guesswork out of chain stretch and be scientific about drivetrain wear. It's important to measure your chain for elongation. A worn chain will quickly damage the teeth of your gear sprockets, because the distance between chain rivets exceeds the spacing between the teeth. When pedaling a worn chain, a rider's force at any instant is concentrated on the tooth that happens to be at the top of the chainring, and atop the rear cog, rather than distributed evenly across the other teeth.

Almost all chain-wear indicators are go/no-go gauges that push the rollers at each end of the gauge away from each other, thus measuring the wear on those two rollers, and the distance between them. Checking a chain consists of pushing a tang on one end of the gauge into the chain, and then pushing a curved tang at the other end into the chain a number of links away. How deeply the curved tang goes into the chain ostensibly determines a chain's elongation.

These gauges, however, can give you a false reading by simply pushing worn rollers apart. One way to minimize this inaccuracy is with a longer chain gauge. The longer the gauge, the less important is its measurement of wear on two rollers relative to the length of chain between them. Also, since SRAM AXS 12-speed road chains have larger rollers (7.95mm vs 7.75mm on most other chains), these two-point gauges will be off by 0.2mm from the get-go.

The most accurate chain-wear method is direct measurement. Since chains are on an inch standard, if the distance between the pins on either end of a set of 24 links measures 12-1/8", rather than 12", the chain length has grown by one percent (since 0.125" is approximately 1 percent of 12"). Measuring 24 links of chain requires good light, sharp eyes, and sometimes reading glasses. You need to clean the chain and measure it with a rule or a set of calipers. This method, quite obviously, is less convenient than simply using a chain gauge.

The most accurate chain-wear method is direct measurement. For simplicity and accuracy, I recommend Pedro's Chain Checker Plus II, as well as Shimano's TL-CN42 Chain Wear Indicator. Both instruments measure chain length directly, and take the roller wear out of the equation. Both tools require two hands to use. So, one hand will get dirty on the chain. Both tools are also slower to use than a traditional chain gauge.



Both tools are more accurate because they use three tangs to measure the chain; two tangs are close together, and when pushed into the chain, push the rollers firmly away from each other. The third tang contacts the same side of a roller approximately 10 links away as the nearest tang. Since both of these tangs push the same direction against the rollers, they evaluate the distance between the pins those rollers surround.

If the third tang goes into the chain, it indicates that the chain has elongated by 0.75 percent and should be replaced (Pedro's Plus II tool has two steps on the third tang, indicating either 0.5 percent or 0.75 percent elongation); if it won't go into the chain, the chain is within specification. These three-point tools are the only gauges I know of that accurately measure SRAM AXS 12-speed road chains.



"Allow 4 Feet - It's the Law"
Lawn Signs Available Now!

THESE WILL BE FREE IF YOU
ATTEND THE MARCH MEMBERSHIP
MEETING BUT WE HAVE LIMITED
QUANTITIES

These bright yellow signs help send an important message and are also useful for helping your friends find your house!

March Regular Rides.....

A **typical** listing for a **typical** riding week over winter.

With shorter days and colder temperatures, many rides are no longer scheduled on a regular basis. Some email rides do run. These are based on both weather and available ride leaders.

Go to the website and sign up to receive email notifications so that if a ride is scheduled, you know about it.

Before you go: **ALWAYS** check the website for last minute location changes or weather cancellations. **email rides DO NOT** always run as shown. Sign up to receive these emails.

Tuesdays

Upper Allen Friendship Park Ride 10th 17th and 21st

Wednesdays

Silver Spokes Ride 9:30 (**email Ride**) 18th

Thursday

East Shore Flex 19th

Saturdays:

Saturday Morning C (email Ride)	Varies	Varies, email notification
Mechanicsburg HS C	12:30pm	Mechanicsburg High School

Sundays:

Mechanicsburg HS C	12:30pm	Mechanicsburg High School
Owen's Sunday Social	7:15 am	29 th - City Island Between the Bridges

Before you go: **ALWAYS** check the website for last minute location changes or weather cancellations. **email rides DO NOT** always run as shown. Sign up on the forum to receive these emails.

Planning your 2020 rides...

For 2020 we will not be listing all rides by other organizations in the Mid-Atlantic area, unless HBC is a co-sponsor. We found a great website for planning your 2020 ride calendar.

Suburban Cyclist Unlimited creates and updates a regional calendar. Check it out here

https://scu.clubexpress.com/content.aspx?page_id=22&club_id=694201&module_id=253585



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HOURS: THURS. - SAT. 11am - 8pm SUN. 11am - 7pm



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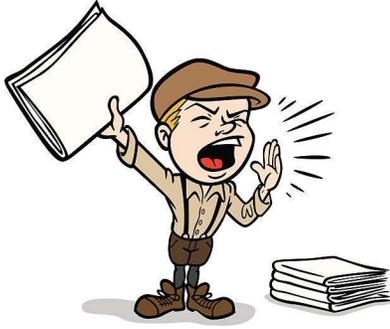


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or online by credit card at <http://recyclebicycleharrisburg.org/donate/>

HELP US DO MORE OF THIS KIND OF THING



Submissions for the **April Spokesman** should be sent to editor@harrisburgbicycleclub.org by **March 19th**

VISIT the website **REGULARLY!**

For announcements, registration forms, ride reports, ride leader sign up, email lists, current monthly calendar, regular and special rides, non-hbc rides, etc.

The mailing address for the club is:

Harrisburg Bicycle Club
P.O. Box 182
New Cumberland PA 17070-0182



<https://www.facebook.com/pages/Harrisburg-Bicycle-Club/242294573868>

Visit our Facebook page to view lots of photos from riding and social events !