



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB April 2021

President's Corner

As Spring slowly makes its way into South Central PA, temperatures are warming, and it is great to see a number of bikers on the road.

- HBC riding season starts in full on April 1st, with **Owen's Sunday Sociable** starting March 28 @ 7:15 from City Island. This ride can ease those who have not ridden much over the winter back into a regular schedule!
- The best way to see what rides are available is to visit the HBC website, look for the event calendar on the toolbar, and use the drop down to see what is scheduled. We are still using masks at the start of the ride, and request social distancing when appropriate.
- We had a large turnout March 13 of HBC members for the **Wildwood trash pickup** on Industrial Road with over 200 bags of trash. Thanks to all who braved the brambles! The Facebook page has pictures of the amazing efforts.
- Also, mark your calendar for April 10th at 9 AM for **HBC Adopt a Highway Texaco Road Trash pickup**, let's make a difference in Cumberland County as well! Contact Cindy Hoehn 717-258-6353 for questions.



- The **Spring Fling** is shaping up to be an exciting event with over 60 registered members attending Bethany Beach April 29-May 2.

- The **Finger Lakes** event June 10-13th is still on. Challenges have arisen with New York State COVID restrictions in getting the full contract details, but Phyllis Zitzer has been working hard with Hobart William Smith college to make this trip happen. As soon as details are finalized, a message will be sent out to announce when registration opens.



Stay safe and see you on the road!

Susan Tussey, HBC President

Community Service

Planned : Adopt-A-Highway Clean Up Saturday April 10th

Aluminum cans take 200-500 years to decompose. Come join HBC for a little walk, bend and reach exercise

When: Saturday April 10th at 9:00am.

Where: 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 717258-6353 to contact Cindy Hoehn.

Completed: Industrial Road Cleanup with Capital Area Greenbelt and Friends of Wildwood Lake

On March 13, 2021 over 100 volunteers picked up over 200 bags of litter this morning at Wildwood Park. The work was mostly concentrated along Industrial Road.



A joint venture of Capital Area Greenbelt Assn, Harrisburg Bicycle Club, Friends of Wildwood, and other caring volunteers. Thank you to all for a WONDERFUL Day.



HBC 2020 Grants

Every year we review grants application and award grants. For 2020 due to budget constraints, we only issued one grant. Below is a thank you note we received.



PO Box 5264
Harrisburg, PA 17110
717.978.3919
RBHburg.org

February 10, 2021

Harrisburg Bicycle Club, Inc.
PO Box 182
New Cumberland, PA 17070

Dear Harrisburg Bicycle Club Board of Directors and Members,

Thank you very much for your generous grant of \$2,200. We are honored that you chose us as the sole recipient of your 2020 grant. Your continued support, both monetary and through member volunteers, enables Recycle Bicycle Harrisburg to continue our mission to provide all residents of the greater Harrisburg area – especially those of limited means – with access to safe, reliable, affordable, and environmentally friendly transportation in the form of bicycles.

The cooperative nature with HBC and other bicycle advocacy groups in our area has proven time and again that we are stronger together and can better serve our community. We look forward to future endeavors with your organization.

Recycle Bicycle Harrisburg is a registered 501(c)(3) non-profit corporation. Please keep this letter for your tax records.

Sincerely,

A handwritten signature in black ink that reads "Ross Willard".

Ross Willard
RBH President

HBC Website Useful Tips

Based on feedback from the survey last year we will be making some changes to the website. Changes will be installed on April 2nd.



- Placed quick links for Daily Rides, Social Events, HBC News, Latest Newsletter on the top of the front page.
- Embedded feeds from our public Facebook page, Bicycling Magazine and People for Bikes
- Added links to local bicycling clubs for easy access
- Removed the business card ads, all business sponsors can be found in the Business Directory by clicking on the Sponsor Directory Quick Link

If you have suggestions on the webpage email them to webmaster@harrisburgbicycleclub.org

Ride with GPS

Ride with GPS Club Route Library is undergoing a review.

The HBC Ride Committee is in the process of reviewing our Ride with GPS club route library. The purpose of this review is to see where improvements may be made. Our goal is to have a library that is organized, well maintained, user friendly and often used.

Of the 400 plus routes in the library we have identified numerous routes that were duplicate, have no cue sheet or had other discrepancies. Many of those routes have since been repaired or modified. It is a work in progress.

We are working with Ride Leaders to make the route library more easily searchable and to categorize rides into Collections. As an example, users will be able to go directly to a Collection that contains all of the Finger Lakes routes.



Guidelines for adding routes to the library and written tutorials on operating with your personal account and the club account are being established and will be available at a later date.

If you would like to make any suggestions, have any comments, questions, or have a route that needs updating, please forward them to: donwhitehead727@comcast.net. This is your FREE Ride with GPS club library. Take advantage of it!

- How do 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. Click [HERE](#)
- 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>
- Have questions email webmaster@harrisburgbicycleclub.org

2021 Three Creek Century

HBC's is planning a LIVE Three Creek Century event for 2021!

We are pleased to announce that we are planning for a live Three Creek Century to be held on September 19, 2021 at the Penn Township Fire Department Complex on Pine Road in Newville, PA. Once again you can choose your distance: 25 miles, 50 miles, 75 miles, or 100 miles on quiet country roads.

The 50-mile route will allow riders to select the traditional route, or take on the South Mountain Challenge, which adds about 1,000 feet of additional climb up to Big Flat. For fans of gravel & trail riding, we will also have a separate 18-mile option on the lovely, traffic free Cumberland Valley Rail Trail.

Registration for this fully supported and enjoyable event will open in early summer. Dave Young's homemade chicken corn soup is so good riders keep returning just for that!



The Three Creek 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 that draws over 600 riders from Pennsylvania and beyond.

Spring Fling 2021 Update

GOOD NEWS everyone this year the Spring Fling will be returning to Bethany Beach. We will be staying at the Ocean Suites by Marriot on the Board Walk. These accommodations are perfect, the hotel is located in the heart of Bethany and you can walk out, and you are on the beach, and the rooms and food are fantastic. If you haven't joined the club in the past for Bethany Spring Fling, you really need to reserve these dates and make it your mission to join the event. It will fill up fast.



We will be having 4 days of riding nice flat roads and trails for every level of rider. This is the first riding event of the year, and perfect for getting your biking legs working again for the upcoming season.

The event is being held from April 29th - May 02, 2021, The cost for the hotel is 169.00 Double Occupancy. Get there early

and start your riding on Thursday and get a full 4 days of riding. As always, we will be having a celebration on Saturday evening at the Boat House Bar and Grill with plenty of bike stories and laughs.

For online hotel reservations, click [HERE](#)

Please email **Glenn Wareham** to let him know you made the reservation gwareham@aol.com

HBC FINGER LAKES TRIP REGISTRATION OPENING SOON!

SAVE THE DATES for the 2021 HBC Finger Lakes Trip! Join us on June 10-13, 2021, with an early arrival option for Tuesday June 8 or Wed. June 9, 2021.

We will send out a special message to all HBC members as soon as registration info is available. Reservation contract confirmation is still pending, but we are planning to return to enjoy the pleasant riding, spectacular scenery, historic points of interest, wonderful wineries and local craft breweries, and the camaraderie of friends. We plan to stay at the Odells Townhouses at Hobart-William Smith (HWS) Colleges, in Geneva, New York. This will be our 14th annual trip. Registration is expected to begin by early to mid-April, or as soon as arrangements are confirmed by HWS. This is a popular trip and fills up fast. More details will be provided as soon as possible on the HBC website under the special events tab for the Finger Lakes trip. Please mark these dates on your calendar and plan to join us!

Arrangements will be very similar to past years, with a few exceptions: “All you can eat” hot breakfasts will be served by catering staff on Friday, Saturday, and Sunday mornings in the dining hall (Scandling Campus Center), about an 8-minute walk from the Odells Townhouses. There is also plenty of parking available, and biking to breakfast is easy. Breakfast options are expected to include hot food (generally egg, meat, and potato options), grill items (breakfast sandwich, pancake or french toast), oatmeal, fruit, yogurt and pastry items, and a full beverage station. The dining hall has implemented COVID compliant procedures, such as food being served by catering staff, plastic shields in the food serving area, and socially distanced table arrangement.



As in the past evening socials will be held in the barn on Thursday, Friday, and Saturday evenings, which is a great opportunity to share ideas about ride options so participants can plan ahead and be ready to ride in the mornings. We will make careful selections about snacks to be shared at the socials and hope to provide individually wrapped items. Participants can also bring their snacks, too, as well as their own beverage of choice.

We are not offering a group dinner option on Friday night, as arrangements for a large group have been difficult to confirm at this time. However, Lou Searles is working with Glenora Wine Cellars (www.glenora.com) to offer a free private winery tour on Friday or Saturday afternoon, for a minimum of at least 20 people. Glenora was the first winery on Seneca Lake and produces many award-winning Finger Lakes Wines. More details will be coming soon.

Contact Phyllis Zitzer with any questions at pjzitzer@gmail.com or (717) 379-3054

Fall Tour 2021 – Mark Your Calendar!

46th Tour in Memory of Owen Moore September 21 – 26, 2021

Most of us lead very busy lives, so it's not too early to mark the dates on your calendar now for HBC's annual Fall Tour to Cape May, NJ. The 2021 Fall Tour offers scenic cycling for those who choose to pedal to Cape May, and a great time at the shore for the "weekenders" who travel to Cape May for the weekend.



Cape May

City in New Jersey

Multiple options are available for those who want to participate in all or part of the Fall Tour:

1 - Bike to Cape May - The four-day bike tour begins in Harrisburg at the Walnut Street Bridge on Tuesday, September 21, cycling approximately 50 miles to Ronks, east of Lancaster, staying overnight at the LaQuinta Hotel. Wednesday begins riding along 50 miles of country roads past Amish Farms, an Amish cider mill, Underground Railroad Historic Site and

Delaware apple orchard before arriving in Newark, Delaware, where we stay overnight at the Baymont Inn. Thursday provides 60 miles of flat terrain through Delaware farmlands with the highest climb taking us over the bridge on the Chesapeake and Delaware Canal. An optional stop is often taken by many at a crab house in Leipsic before arriving at the Home2 Suites in Dover, Delaware. Friday brings more flat terrain riding 60 miles, first to Lewes to catch the Lewes-Cape May Ferry, then in Cape May to arrive at our weekend destination, The Grand Hotel. A vehicle transports luggage on the ride down so riders who choose do not have to carry clothing, etc. on their bikes.

2 - Drive to Cape May for Weekend – Join us for the weekend in Cape May at The Grand Hotel (Friday, September 24 – 26). The Grand Hotel is just across the street from the beach, and a pleasant walk from historic downtown Cape May; a perfect place to spend a September week- end. A hospitality suite is available to meet up with other HBC members where you can enjoy a favorite beverage and snacks. Organized rides, led by ride leaders, are available throughout the weekend along with maps

for those who wish to go out on their own. A special, reduced hotel rate is available for those who may want to arrive early on Thursday or stay late over Sunday night. So, if you don't have the time or the desire to pedal your way to Cape May, drive on down and enjoy the weekend.



3 – Other Options. Options are available for riders who want to join the bike ride down for just a portion of the tour if your schedule does not permit you to participate in the entire Fall Tour. Some riders join the group on Wednesday or Thursday and others choose to ride to Cape May and head home instead of staying the weekend in Cape May. The important thing to know is that tour arrangements are flexible to can often be customized to meet your needs.

The cost of meals and incidentals throughout the tour are on-your-own. Some riders leave a vehicle in Cape May before the tour, so they have a vehicle while in Cape May and to return home. Others ride back with spouses, friends or through arrangements made ahead of time. Some choose to ride their bikes back home.

The registration form for the 2021 Fall Tour will be available on the HBC website later this spring.

Any questions? Call or email Jim Buckheit, Fall Tour Chair, at 717-805-8213 or jebuckheit@verizon.net

Capital Area Greenbelt - Details on Tour de Belt 2021

Separate We Start, Together We Tour

In 2020, the Greenbelt became our refuge as being outdoors allowed many of us to briefly escape from the harsh reality of COVID-19. While we continue to navigate the pandemic in 2021, we encourage you to give back to the Greenbelt.

Register by clicking [HERE](#)

Three options to participate in the 2021 Tour de Belt.

Independently Bike, Walk or Run the Greenbelt

Bike, walk or run the Greenbelt at your own pace and distance from May 29 to June 5. This year we added an option to include your dog in your independent activity. We'll include a bandana for them.

Small Group Guided Activities

Join a small group walk or small group bike ride May 29 to June 5.

Ride in the Group Ride

Ride in our socially distanced group ride on Sunday, June 6th. We'll have multiple start times and start locations. This event will be held, rain or shine.

Post pictures, videos and/or comments sharing your Virtual Tour de Belt experience to our social media using **#2021TdB**.

- Tour de Belt Facebook – www.facebook.com/tourdebelt
- CAGA Facebook – www.facebook.com/CapitalAreaGreenbelt
- CAGA Instagram – www.instagram.com/capitalareagreenbelt

Want to win a prize for best in category? Register for the 2021 Tour de Belt and follow us on social media for more information!

Technical Corner

Dear Lennard,

Assuming that my road bike frame has clearance, what is the widest tire that I can install in my current wheel? My current wheel is a 2011 (year) Mavic Ksyrium SL. The width of the wheel is 15 mm, measured on the inside from the interior end of each hook. I currently have 700 X 23mm and would like to go to 700 X 25 tires. The reasons for me wanting to move to a 700 X 25 are: To have a more comfortable ride and to have more stability, especially when going downhill on steep roads. Is my thought process making sense? Do you recommend me to move to 700 X 25 or should I stay with the 700 X 23?

— Omar

Dear Omar,

Yes, you can use that combination of a 25mm-wide tire on a hook-bead (crochet) rim with a 15mm inner width. ETRTO (European Tire and Rim Technical Organization) sets standards for what tire can be used safely with what rim and at what maximum pressure to preclude blowing it off of the rim. Based on ETRTO standards, the widest tire you can use on that rim is a with a max pressure of 7.85 bar (114psi).

Yes, your thought process makes sense. Using a 25mm tire on that rim would not only provide more comfort and traction, but it would also reduce rolling resistance and increase resistance to pinch flats. The only downside is added weight, which, in my opinion, pales in the face of faster rolling, more comfort, better handling, and fewer flats.

Dear Lennard,

Just a few months ago my wife and I each got a new [Trek Madone SLR7](#) with an Ultegra R8000 Di2 group with hydro brakes.

Although her first few rides were silent, soon after 500km the rear brake started to squeal. I several times cleaned the rotor with alcohol and lightly sanded down the resin pads. This did not work. The rear brake would squeal after just 50km of riding after each cleaning.

So, I bought a new set of L03A resin pads (despite the “old” pads having barely 500km of total use), performed the ritualized bed-in process, and this definitely solved the squealing problem. But not for long—the rear brake started shrieking again after another 50km.

I’ve recentered the caliper once already. But this, too, did not silence the rear brake.

I’ve the same bike/component setup, although a different size bike, and my ride is whisper quiet.

What gives?

— Greg



One option to silence squealing brakes is to try a different pad material—just be sure that the rotor does not specify a specific pad material type. *Photo: Dan Cavallari | VeloNews.com*

Dear Greg,

Sounds like you have done all of the right things. You didn't say that you sanded the pads face-down on [drywall-sanding screen](#), which allows anything that comes off of the pads to fall down through the screen, rather than being rubbed across the pad face. If you didn't do that, you might try it.

If contamination of the rotor or pads can be eliminated, and assuming you have checked that all of the caliper bolts and rotor bolts are tight, then the squeal is likely due to vibration. Sometimes there's just a harmonic in the frame that gets set up when the brake is applied. Your bike is quiet, and its different size frame would have a different resonant frequency that braking doesn't sync with.

You could experiment with things to change or damp the vibration. The first thing to try would be significantly different pads to see if that changes it. Try sintered metallic pads; they often have a lower coefficient of friction and may change the vibration. The fact that her brake doesn't squeal right away with new resin pads indicates that the vibration may be sensitive to small changes in the pad/rotor friction relationship, so changing the pad type might be enough to eliminate the problem.

With metal frames, we sometimes need to do something like weld in a strut to change that frequency, and the problem is solved. Not so easy with a carbon frame. If sintered pads don't fix it, you could try damping the vibration by sticking something thick and damping to the stay, maybe like a long strip of thick [Shelter tape](#), or maybe even taping a rubber strip or dowel stick to the stay.

— Lennard

Lennard Zinn, our longtime technical writer, joined VeloNews in 1987. He is also a custom frame builder (www.zinncycles.com) and purveyor of non-custom huge bikes (bikeclydesdale.com), a former U.S. national team rider, co-author of "[The Haywire Heart](#)," and author of many bicycle books including "[Zinn and the Art of Road Bike Maintenance](#)," "[DVD](#)," as well as "[Zinn and the Art of Triathlon Bikes](#)" and "[Zinn's Cycling Primer: Maintenance Tips and Skill Building for Cyclists](#)." He holds a bachelor's in physics from Colorado College.

Follow [@lennardzinn](#) on Twitter.

Health Corner

Cycling Is One of the Best Activities You Can Do to Banish a Bad Day

INDOOR OR OUTDOOR CYCLING RANKED CLOSE TO THE TOP FOR BEATING STRESS, DEPRESSION, AND POOR MENTAL HEALTH DAYS

BY SELENE YEAGER

Everyone knows that exercise helps improve your mental health. As cyclists, we definitely know our bikes make us feel better. Now the first and largest study of its kind confirms it: Riding a bike, inside or out, came a close second to playing team sports as the activity most beneficial for emotional wellness.

The researchers in the study, which was published in the *Lancet*, analyzed the exercise and mental health of a whopping 1,237,194 adults using three years of survey data where participants reported the type of exercise they did, how much they exercised, and how many days they experienced poor mental health in the form of stress, depression, and other emotional trouble.



All exercise improved overall mental health: People who exercised had two days of poor mental health days over the course of a month compared to 3.4 bad mental health days among those who performed no physical activity. And exercise was most protective for people who had depression previously—they enjoyed nearly four fewer days of poor mental health.

Not all exercise was equally protective. Of the 75 types of exercise studied, team sports provided the most protection, with people playing soccer and other team sports reporting 23.3 percent fewer days of poor mental health than non-exercisers. But riding a bike, either indoors or outside, was a close second, with riders enjoying 21.6 percent fewer bad mental health days. The third activity on the mental health protection podium was aerobic or gym exercise (not including running—which was fourth on the list—or cycling).

The researchers concluded that team sports likely confer extra protection because they include a social element as well as physical activity. So, find a buddy or three or four and schedule a few regular rides to increase your happiness watts and keep the bad mental health days at bay.

SELENE YEAGER “The Fit Chick”

Selene Yeager is a top-selling professional health and fitness writer who lives what she writes as a NASM certified personal trainer, USA Cycling certified coach, Pn1 certified nutrition coach, pro licensed off road racer, and All-American Ironman triathlete.

Ever Wanted to Analyze Your Sweat? Gatorade Has an App for That.

From energy drinks to fitness tech Gatorade patch. A detailed analysis of your sweat, plus electrolytes!

BY TOBIAS CARROLL

Year by year, the scope of the Internet of Things grows. What might have seemed like the stuff of science fiction a few years ago — internet-connected light bulbs, for instance — is now quotidian. To read technology news these days is to learn of new and different ways that objects can be connected to your home wi-fi network or paired with your phone. Or both.

To get a detailed review click [HERE](#)



The Gx Sweat Patch is sold in packs of two, with each pack costing \$25. Using the patches also requires the Gx app on your phone — and, as of this writing, said app is only available for iOS. The app uses the data from the patch to create a “sweat profile,” and Gatorade recommends that you have a different profile for each physical activity you do and each temperature in which you exercise.

Gatorade suggests a workout of at least 30 minutes, or whatever is necessary to produce enough sweat to fill the patch. Once done, you’ll scan the patch with the app, which will then calculate the rate at which you’ve sweat and how much sodium and sweat you lost during that activity.

It’s an interesting foray into tech from Gatorade, and the premise sounds suitably intriguing.

Blast from the Past Newsletter

April 1985

ANNUAL TRASH RIDE April 27, 1985 - Lemoyne Bottleneck.

The AM Appetizer lead by Bill Wierman will leave from Cedar Cliff Mall at 8:15 AM and head directly for the Bottleneck for an hour or so of trash collection. Breakfast will be had by all at Hardees afterward. Believe it or not, everyone had a great time last year. Come one, come all and let's see if we can't get the job done in only half the time this year. Trash bags will be furnished. Bring old gloves. Remember -- we'd do anything for things like the coveted "Trash Clan" patches and certificates of recognition from PA Dept. of Transportation, and it makes our world beautiful.

Special Delivery

HBC Metro Express By Rossi Juliana

Attack of the Killer Tomato! In February, a friend and I went for an early season ride on an unusually warm day. We headed toward Lisburn at a "C-C+" pace. As we coasted down a short hill, I noticed a rather large dog running toward us. Dogs generally do not frighten me. I have had good success in using my water bottle to stop an oncoming charge. After all a squirt in the face is not nearly as harmful to the animal as a tire pump on the head and does not cause the cyclist to lose control of the bike while wildly swing his or her arms.

Well, this animal had a different idea altogether. Just as I reached for my water bottle, I realized this dog was going to hit me head on. The next thing I remember I was rolling down the road. The impact of the dog had thrown me clear over the handle bars and out of my pedals. The first thing to hit the road was my head and I can still remember the force of the impact.

I was not moving at a reckless speed. We had just finished climbing a rather large hill (something I do not do well this time of year) and I was coasting down the other side to catch my breath. My coasting speed was about 25 mph. The majority of club riders could have been exposed to the same situation on any ride at any time. Amazingly, I was not hurt. Now I am not saying that I don't believe in luck, but I do feel that the skills I have practiced with the Metro had much to do with my not being hurt. Also our rules, such as wearing a helmet and not riding alone, helped considerably.

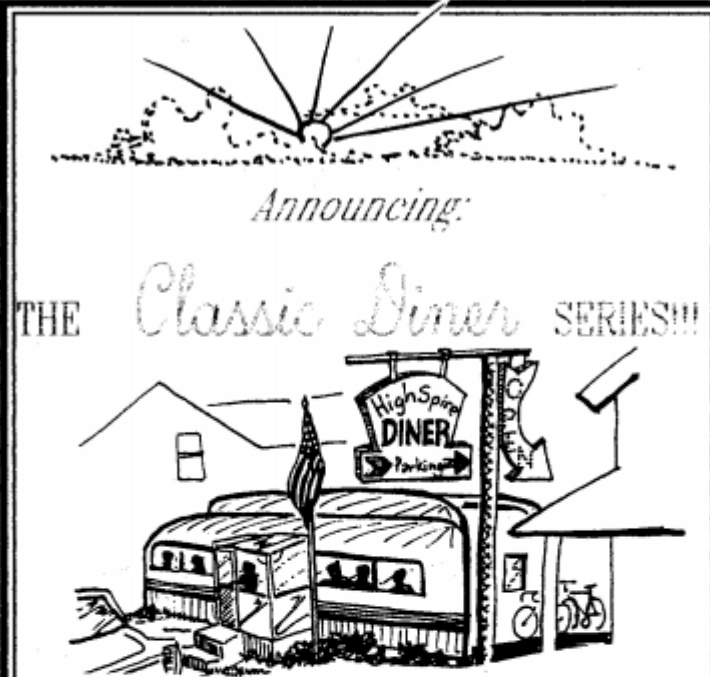
THE "SSS" EXPRESS CYCLING CLINIC

Beginning May 12, Metro Express will be hosting several skills workshops for all levels of riders. These workshops are named the "SSS" (**Stretching, Spinning, & Shifting**) **Express**. Braking, Cornering, and Balance will be explained and Urban Survival (dealing with autos), Diet, Bicycle Fit, etc., will be covered. We will talk about these subjects, and then get on our bikes to practice our new skills while a Metro member lends a helping hand. Best of all, it is FREE !!! Watch your next Spokesman for details.

About "Tomato"—After all had settled down, I decided to drive to the dog's home and visit the owners. It seemed that no one was home at the time of my crash, but this dog was out running free. I was all set to start pushing them on the PA Leash Law. When I drove up to the house the dog came out to greet me and was quite friendly. When the owner came out, I explained I had hit the dog and was concerned about the dog being O.K. It wasn't until a few minutes later that the owner realized I was on a bicycle. The owner offered to pay for my helmet. For some reason I felt funny doing taking the money at the time. I am however going to take Tom Helm's suggestion and ask her for a donation to the Pontius Fund. As we talked, the owner told me the name of the dog (Tomato) and we both got a good laugh out of "THE ATTACK OF THE KILLER TOMATO".

This Month's Tip: Wear your helmet anytime you ride! (Make sure you've followed the manufacturer's directions on fitting it to your head.) If it is not comfortable, then buy one that is. And get one for your kids.

April 1995



Announcing:

THE *Classic Diner* SERIES!!!

Join us for a roll down memory lane! Sample the fare from the menus of many of our region's best examples of the Diners of yesteryear (Everything from blueberry pancakes to oyster sandwiches!) Here some of the fine establishments in store:

- ☛ **American Dream Diner, Harrisburg**
- ☛ **Kuppy's Diner, Middletown**
- ☛ **West Shore Diner, Camp Hill**
- ☛ **Stephanie's Diner, Highspire**
- ☛ **And More!**

Look for this event on a monthly basis throughout the season, beginning at 8 a.m. on Saturdays at City Island. Routes will generally be 15 to 25 miles. Your fearless ride leaders, Doug

April Regular Rides

Please review the website for ride updates for HBC rides (scheduled and email rides)



HBC Ride Paces

HBC Average Riding Paces

[illegible]

**PLEASE PLAN TO ARRIVE AT THE START
POINT AT LEAST 15 MINUTES BEFORE THE
PUBLISHED SCHEDULED TIME.**

Group Rides – Stops taken when needed for rest or to keep the group together.

D - Social – for the cyclist who enjoys an easy social pace. 10-speed bike not necessary for these rides. Speed will average 8-10 mph, distances generally 8 to 10 miles.

 C-/D+ Social - still an easy social pace, but a touch faster (9-11 mph) & longer distance, generally 20-25 miles.

C - Casual – for the cyclist who would like to socialize but wants the challenge of a longer distance and a bit more challenging terrain. Average speed , 10 to 13 mph, slow easy pace on hills, distances generally 20-25 miles. Stop about every 10 miles, more if necessary.

C+ - Experienced – for the experienced group cyclist. Rides generally longer with more hills than casual ride. Average speed 13-15 mph, distances generally 25-45 miles. Stops when necessary.

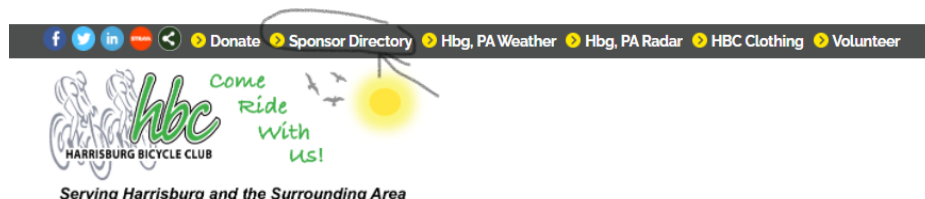
B - Training – a faster pace for experienced riders in good physical condition. Steeper hills are a possibility, with pace slowing a bit going up, but riders are expected to stay with the group. Average speed 15-17 mph, distances generally 25-45 miles. Riders should be in good physical condition and capable of maintaining a steady pace. Few stops if any.

B+ - a bit faster than the "B" (Fast Group) rides and could cover a longer distance. Speed will generally average 17-19 mph. Pace will slow a bit uphill, but riders are expected to stay with group. Expect to maintain a fast pace for distances up to 50 miles.

A - For riders in top physical shape and seriously interested in competitive bicycling. Speed will average 20+ mph. Few hills are anticipated, but riders are expected to maintain pace uphill. Emphasis on conditioning.

HBC Business Directory

In 2021 we will be migrating our business sponsors over to the website with a feature that has become available. On the top banner you will click the Sponsor Directory



You will then see the
Business Directory
Search function

[HOME](#) [NEWS](#) [CLUB INFORMATION](#) [RIDE INFORMATION](#) [SUBMIT RIDE REPORT](#) [EVENT CA](#)

[HOME](#) [NEWS](#) [CLUB INFORMATION](#) [RIDE INFORMATION](#) [SUBMIT RIDE REPORT](#)

[Home](#) > [Business Directory Search](#)

BUSINESS DIRECTORY SEARCH

Search for business listings by entering search text and searching by category, type or postal code / radius. If no results are found, you will be notified to refine your search location of the business. Please note that not every business may be displayed on the map.

Search Criteria

Search Text
Searches business description and business name
Leaving this field blank will return all results


Business Category

Business Type

Within of zip

Search for listings by entering criteria above

If you click the Search button without entering anything in the selection criteria you will see all the business sponsors. (Note: this is just a sample of what will be shown)



HOME NEWS CLUB INFORMATION RIDE INFORMATION SUBMIT RIDE REPORT EVENT CALENDAR SPECIAL EVENTS CONTACT US

Serving Harrisburg and the Surrounding Area

Home > Business Directory Search

BUSINESS DIRECTORY SEARCH

Search for business listings by entering search criteria and selecting by category type to speed search. If no results are found, you will be notified to refine your search. Results are displayed below. If a map is displayed, you will indicate the location of the business. Please note that not every business may be displayed on the map.

Search Criteria

Search Bar

Business Category: Select

Business Type: Select

Within: Every business

Search

Search

Map

Satellite

Map


Center Map

Map

Found 6 listing(s).

BICYCLE SHOP

10% discount offered




Pedal Pushers Bicycle Shop

2750 Willow Street

Harrisburg, PA 17109

(717) 652-7182

Details



World Cup Bicycle Shop

1900 Commonwealth Ave

Harrisburg, PA 17105


(717) 731-8182

Details

Website

Print

All Bicycle Shops




Pedal Pushers Bicycle Shop

2750 Willow Street

Harrisburg, PA 17109

(717) 652-7182

Details



World Cup Bicycle Shop

1900 Commonwealth Ave

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BUSINESS

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(717) 517-1835

Details

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Ted Witfield Jim Gill

Mon-Fri 10:00 AM - 7:00 PM

Winter Hours closing at 6:00 PM

Sat 10:00 AM - 4:00 PM

www.pedalpusherharrisburg.com



Planning your 2021 rides

For 2021 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 2021 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

R.A.C.E. — Regional Area Cycling News & Events

For a comprehensive list of Bike Events - visit: <http://www.suburbancyclists.org/content.aspx?>

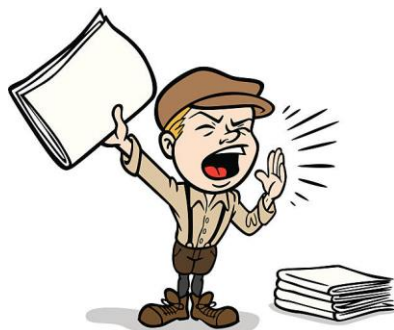
Links to "Regional" Bike Club Websites

Annapolis	http://www.annapolisbicycleclub.org/	Harrisburg	http://www.harrisburgbicycleclub.org/
Baltimore	http://www.baltobikeclub.org/	Lancaster	http://www.lancasterbikeclub.net/
Delaware Area	http://whiteclaybicycleclub.org	Philadelphia	http://phillybikeclub.org/newbcp/
Franklin County	http://franklincountycyclists.org	Southern MD	http://ohbike.org/
Frederick MD	http://frederickpedalers.org/	Wash. D.C.	http://www.potomacpedalers.org/

Submissions for the May Spokesman should be sent to

editor@harrisburgbicycleclub.org

by **April 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