



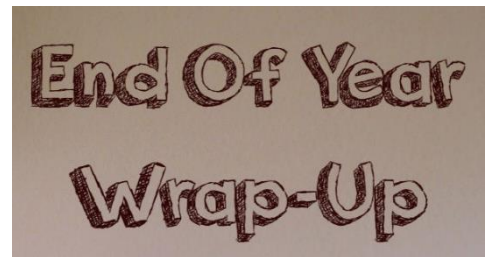
The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB DECEMBER 2022

President's Corner

As we approach the end of the year, I wish to thank OUR MEMBERS for helping make the 2022 ride season a success. The list is huge, starting with the Maintenance clinics in January, numerous daily, weekly, and special day rides, multi-day ride events, the very successful Three Creek Century, the SPOKESMAN, and culminating with the Banquet. Your contributions amazed me and made my job as President easier.

I especially want to welcome Glenn Wareham as the incoming president and appreciate his willingness to step up and lead our group for the next year. Also joining the 2023 team is Jeniece Regan as the Ride Captain, Rod Bender as VP3 (special events), and Gary Ranck as the Member at Large. Lou Searles has taken over VP2 (publicity). And of course, kudos to the retiring BoD members-Chris Wright, Dick Norford, and Howard Ross-a hearty thank you for the long hours and contributions supporting our mission of promoting safe cycling and camaraderie.



Our members come from all walks of life but cycling brings us together. May the holiday season be all you wish for and see you on the road in 2023!

Susan Tussey

HBC President

srtusseyhbc@outlook.com

814-386-8141

HBC Christmas Lights Walk -Sunday, Dec. 18

Happy holidays! Come join me on this leisurely paced walk where we'll see one of the most beautifully decorated neighborhoods in the area. We'll walk for about an hour and then have the option of going to Jo Jo-s Pizza for food and beverages afterwards.

Start time: 6:15 p.m.

Place: Fisher Park, 2000 Fisher Road (not to be confused with Friendship Park which is nearby)

Distance: 2-3 miles, with options for shorter distances, I recommend bringing a flashlight and wearing reflective clothing, such as your HBC vest.

Socializing afterwards at JoJo's Pizza, 2210 Aspen Drive, Mechanicsburg. Please note that this is NOT the Jo Jo's in downtown Mechanicsburg. Someone winds up at the wrong restaurant every year.



Watch the HBC event calendar in case there is a cancellation due to bad weather or contact me directly. Marilyn Chastek 717-798-4537 mchastek2009@gmail.com

Hope to see you there!

Marilyn

Harrisburg Bicycle Club Annual Maintenance Clinic

Maintenance Clinic 2023 **Lemoyne Location (12 noon to 3:00 pm)**

Saturday, January 14th

Saturday, January 21st

Saturday, January 28th

Address: Lemoyne Borough Building : 510 Herman Ave., Lemoyne, PA

PLEASE REGISTER ON THE WEBSITE FOR THIS EVENT

Learn how to maintain and fix your bicycle for FREE! Attend one session or all three sessions. No age limit. Youngsters and seniors are encouraged to come join us. You'll be better off for the experience. Learn the mechanics of fixing bikes from experienced cyclists.

Our 2023 Bicycle Maintenance Clinics are scheduled for three Saturdays in January, 12 noon to 3:00pm (January 14, 21, and 28). You do not need to be a bike club member or have any prior experience in bike mechanics, and you may attend one session or all three sessions.

The annual HBC Bicycle Maintenance Clinic will be held at the Lemoyne Borough Building, located at 510 Herman Ave., Lemoyne, PA.

The clinic covers a wide variety of subjects ranging from tire changing and tube repair, which is usually the largest session the first Saturday. However, this session is available all 3 Saturdays. An example of other items covered each day are chain service (cleaning and lubrication) and repair, bicycle cleaning, brake adjustment and pad replacement, general bicycle lubrication, general bike fitting, and any other bicycle related issues or concerns people have about their bicycles. We have plenty of instructors on hand to provide help and advice, as well as representatives from a few local bicycle shops that provide their services to you and the bicycle club during the clinic. Some people attend this event to learn about specific items regarding their bicycles, and others use the clinic as a time to clean and tune their bicycles for the upcoming riding season.



You can sign up for all three days, or any specific days you are able to attend. There is no charge for this HBC sponsored event, but donations can be made to offset the cost of snacks and drinks that will be available. No age limit, youngsters and seniors are encouraged to come join us. You'll be better for the experience. Learn from experienced cyclists the mechanics of fixing a bike.

Questions : email Dave Young (dwyoung@comcast.net)

To register see this article on the website so you can pick which date you want to register

[Click HERE for Website Article](#)

2023 Event Planning

Maintenance Clinic: January 14th, 21st, and 28th

Smart Cycling January 26th and 28th, plus
February 23rd and 25th

St. Patrick's Day Parade March 18th

Ride of Silence May 17th

Spring Fling April 27th to April 30th

Finger Lakes June 15th to June 18th

Annual Picnic July TBA

Volunteer Ride for Century September 10th

Three Creek Century September 17th

Fall Tour September 19th to September 24th

October Pink Ride October TBA

Banquet November TBA



HBC Election of Board of Directors for 2023 – Results

Congratulations to our new officers and appointees, thank you for stepping up to serve.

Elected Positions

President:	Glenn Wareham
Vice President 1:	Jill Bradley
Vice President 2:	Lou Searles
Vice President 3:	Rod Bender
Secretary:	Edith Eckerly
Treasurer:	Howard Davison



Appointed positions for 2023:

Membership:	David Raup
Ride Captain:	Jeniece Regan
Member at Large:	Gary Ranck
Technology:	Mark Riordan
Past President:	Susan Tussey

Service Before Self 2022

Harrisburg Bicycle Club names Jim Buckheit as Recipient of the 2022 Service Before Self Award

Each year the Harrisburg Bicycle Club presents the Service Before Self Award. The Award recognizes a member who has distinguished themselves by dedicating significant time and effort to the success of the organization. Service Before Self Award nominations are sent in by HBC members and the recipient is chosen from those nominations by the HBC Board of Directors.

The 2022 Service Before Self Award is awarded to **Jim Buckheit**

Jim has been a positive force in the Harrisburg Bicycle Club for decades since he joined in 1981. For several years, he was the Fall Tour Committee Chairperson and with his leadership made the event successful. This year's Tour was changed including a new destination, a modification of routes and new hotels rates to negotiate.

Jim also took on the challenge for bicycle safety concerns through his advocacy work. Attending meetings with PennDOT and local municipalities representing our interest as a cyclist.

Jim lives in South Hanover Township with his wife Leta. Before retiring, he worked for PA Association of School Administers. He is a mentor to many on the bicycle, encouraging and coaching proper group riding techniques and now leads the "C" road rides in Hershey.



Jim (Left) receives award

He volunteers at other organizations as well: Was appointed by the Secretary of Education to the State Board of Private Academic Schools, supports Recycle Bicycle Harrisburg and Capital Area Greenbelt, and is the HBC representative to a local bicycle shop.

Jim, the Harrisburg Bicycle Club is very fortunate to have your outstanding leadership, energy, and enthusiasm in our organization and the cycling community. It is with pleasure we name you the Service Before Self awardee for 2022.

Annual Banquet

Members comments on the Banquet

The banquet was a fine event and so well done. The organizers made it look easy to make it great for everyone; however, you could tell tons of thought and effort went into it: the venue, food, beverage service, prizes, entertainment, slideshow, decorations, wood carvings, gifts. Diane did a great job as Mistress of ceremonies. Dave R

The 2022 edition of the HBC Banquet was held at the West Shore Elks Lodge in Mechanicsburg. Diane and Julie warmly welcomed 110 bikers, Chris's gorgeous cheeseboard centerpieces were truly outstanding, the door prizes were plentiful and useful including a 5' x 5' painting of our favorite object -- a bicycle, the food was delicious with desserts served by fellow bikers in eye catching HBC aprons (no ice cream because we have so much on the road). Marilyn received the Cape May brick because she always steps up to the plate. We were entertained by a comedian but some of us thought Diane and Bill Pickering were just as hilarious in their announcing. We are a wonderful group of friends who help each other out with repairs and encouragement; we wash up pretty good, too. Diana B.



The HBC banquet is always nice. This year, I really enjoyed visiting with cycling friends and viewing pictures from throughout the year. As I planned to tell Diane, the only thing that could have made it better would be music and dancing (inside joke from the Williamsburg trip)! Ashley L.

Special thanks to all individuals who worked so hard to put together an amazing banquet for all the HBC members. The setting was perfect, and the food was delicious. I know that it took a lot of extra time to plan and set up this yearly event and I'm hoping to be able to help out a little more next year. The members of the club/ride leaders/club officers are an AMAZING group of people. Thanks, you so much for all you do throughout the year! Loretta C.

Everyone was honored, Jim Buckheit received the Service Above Self Award (it must be noted that there was no lodging at any inn along the usual Fall Tour route due to NASCAR events and Jim Buckheit did the Herculean task of rebooking them all),

I think Diane and Julie out did themselves this year. I had a lot of fun - the evening flew by. Great food, great company and great entertainment! Can't ask for more than that! Thank you Diane and Julie!! Aldona K.



I particularly enjoyed the Dessert Table Team, keeping the line moving making suggestions and serving. The bar and bartender were good, and \$4.50 is good price for wine. The door prizes are always a hit. having a runner helps. Dick N.

To see all the pictures on the website photo album click [HERE](#)

Community Service

Texaco Road

November 5 and 70-degree weather expected for today, what a great day for fall cleanup! We started off with 4 people for a hearty meal at Diener's. At 9:00, we had a total of 8 volunteers, 4 first timers to cleanup. Mary Beth Yasandritz got an early start and had half Texaco Road cleaned up before the other 7 arrived.

After 18 years of cleaning up Texaco Road we picked up 87 cans, 58 plastic bottles and 1 large bag of trash. When will we learn to throw our trash in a can, not out the car window?

Thank you to our participants: Robin Rawdon, Susan Sleighter, Mary Beth Yasandritz, Edith Eckerle, Susan Tussey, Grace House, Tim and Cindy Hoehn.

3 Creek Century – Elevate Jersey

The special edition jersey is still available to order until December 14, 2022. Price is \$54,00

Standard Features:

- 3 Rear Pockets plus a bonus Sweat Protect™ zipper pocket
- Grip Lite™ Silicone Banded Bottom Hem
- Elastic Sleeves (Sport Cut)
- Durable double stitched seams
- Printed with our Vibrant Color Architecture™ process
- Women's and men's versions
- Available in short and long sleeve, plus sport and relaxed fit



Click [HERE](#) to go to the web store

New Optional Training Now Available

The Harrisburg Bicycle Club is now offering an optional bicycle riding skills educational program. Smart Cycling by The League of American Bicyclists. This education program is designed to reach people of all ages and abilities by improving skills, building confidence, and teaching others



These are led by League Cycling Instructors. If interested in becoming an LCI contact me; we are planning a Local Seminar next spring

HBC Cycle Smart will be offered monthly in two-parts; about 2-1/2 Hours each (special also considered). It is offered in the classroom or on-line, some may elect to take both versions.

Once you have completed the Classroom or On-Line session you can take an on-bike session which includes equipment checks, bike sizing, safety drill and a short 5-10 miles check ride.

There is no cost to HBC members; **non-members** may participate at a cost \$45.00

Advance registrations are required

HBC Cycle Smart Classroom
20 Oct 22 Thursday
17 Nov 22 Thursday
08 Dec 22 Thursday
26 Jan 23 Thursday
23 Feb 23 Thursday

GENEROUSLY SUPPORTED BY:



On Bike Weather Dependent
22 Oct 22 Saturday
19 Nov 22 Saturday
10 Dec 22 Saturday
28 Jan 23 Saturday
25 Feb 23 Saturday

The form to apply for the Smart Cycle Training is on the next page, print it out, complete it and email it to Dick Norford at rnorford@aol.com

Registration HBC Cycle Smart

Name _____
Email Address _____
Cell Phone _____
HBC Member Yes _____ No _____

Smart Cycling

Classroom	Date requested	_____
On-Line	Date Completed	_____
On-Bike	Date requested	_____

Riding Experience

In your estimation what is your riding ability
Basic _____ Intermediate _____ Advanced _____
How many miles do you usually ride? _____
Have you joined club or group rides Yes _____ No _____

Riding Equipment

What type of bike do you ride? _____
What type of Pedals Clip In _____ Straps _____ Flat _____

Restrictions

Do you have any restriction of which the instructor should be made aware?

Emergency Contact

Name _____ Cell Phone _____

All instructors are experienced cyclists volunteering their time, please be considerate in giving advanced notice if unable to attend your reserved date and time

MISSION STATEMENT Our mission is to encourage and promote the riding of bicycles, including the safety and enjoyably of all riders, at all skill levels and on all types of bikes

Email to: Richard Norford
rnorford@aol.com

SAVE THE DATE! HBC Finger Lakes Trip June 15-18, 2023

Join us on June 15-18, 2023, with an early arrival option for Tuesday, June 13 or Wed. June 14. We are returning to enjoy the pleasant riding, spectacular scenery, historic points of interest, wonderful wineries, local craft breweries, and the camaraderie of friends. This is our 16th annual trip and is one of the most popular HBC events.

NOTE: RESERVATIONS WILL OPEN IN 2023, WHEN WE HAVE ALL THE DETAILS AND COSTS

We stay in the O'Dell's Townhouses at Hobart-William Smith Colleges in Geneva, NY, on the northern end of Seneca Lake. All townhouses have a refrigerator and stove, but participants must bring their own cooking and eating supplies. If you prefer, you can make your own off-campus lodging arrangements. There are several hotels and campgrounds in the area.



Online registration will begin in March, 2023, and this trip fills up fast.

More details will be provided in the Spokesman and on the HBC website (www.harrisburgbicycleclub.org) under the special events tab for the Finger Lakes trip. Most details will be similar to 2022, which is still available to review if you are not familiar with this event.

Please mark these dates on your calendar and plan to join us! Contact Phyllis Zitzer with any questions at pjzitzer@gmail.com or (717) 379-3054.

Spring Fling 2023 Ready for Reservations

LETS HAVE SOME FUN!!!

It's the time of the year to think SPRING! What a great way to start the riding season off, with a trip to the beach. This is the fifth year with the club going to Bethany. It is a great place to start the riding season with the well-marked bike paths and flat terrain to start improving mileage, speed, and endurance for the year. Every year we have produced larger groups and just a great time with so many things to do when not riding.

Everyone is invited to attend. If you have children that like the beach and enjoy riding. We will have a special ride with trained ride leaders on Saturday, April 26th for children 8 and older. This ride will take place at Henlopen State Park. We will provide transportation. Parents are free to ride with another group of riders or are welcome to attend this special ride. This is the first time HBC has offered a children's ride at an event. I'm really looking forward to providing this to our members and their families. If you would please let me know via e-mail that your child or children will be attending so I can make sure we are prepared to make this a memorable trip for all. Just drop me a line at. gwareham@aol.com



The dates for the Spring Fling are 04/27-04/30. We did get a rate of \$136.00 per night (DbI Occupancy). All members need to make their own reservations by going on the HBC website and registering there first. Then you will need to call the hotel and make your reservations, please make sure you mention you are part of the Harrisburg Bike club. Free Breakfast is included in the price. We will be having our Friday and Saturday evening get-together, location to be determined.

The full event details and the way to register can be found by clicking the button below (Hotel Reservations 302-541-9200)

Note: we need EVERYONE to register on the website, so I know who is attending. Click the link below and on the webpage click the REGISTER NOW on the right side

[2023 HBC Spring Fling - Events - Harrisburg Bicycle Club](#)

Glenn Wareham
Chairman Spring Fling

Technical Corner

Dear Lennard,

A friend's Dura-Ace Di2 rear derailleur gave up the ghost recently, although in fairness, it was about 8 years old and had seen a lot of use. That prompted me to go ahead and buy myself a spare Ultegra Di2 rear derailleur, since I have two bikes that are compatible, and since the derailleur was relatively cheap (\$240).



But that got me thinking of shift levers. Two in my tribe have had 11-speed flat mount hydraulic levers fail, both under warranty (leaking). The most recent had to wait quite a while to get a replacement set. That got me wondering if I should own a spare set, or if that's silly. My one thought was that it was possible that a 12-speed lever might work with my 11-speed derailleurs, as I recollect 11-speed levers were compatible with the original 10-speed Di2, since the brains of the outfit is not the shift levers.

Any idea if that's true — if in a pinch I could use 12-speed hydraulic levers with 11-speed derailleurs? And along those lines, are there any compatibility issues between my old R785 brakes (painted over XT), 11-speed flat mount, and 12-speed flat mount?

— Steve

Dear Steve,

No, you can't run 12-speed Di2 hydraulic levers with 11-speed Di2 derailleurs, because the e-tube wires are completely different. The 12-speed wires are much thinner and won't snap into the same ports. The whole system is different; as it is wireless from the levers, there is no Junction A that wires from the levers plug into, for instance.

I'm also a bit curious about your statement that you could run 11-speed Di2 hydraulic levers with 10-speed Di2 derailleurs. My memory is not the steel trap (or even titanium trap) it once was, so I'm trying to recall if there was a time when there were 10-speed Di2 systems that used the same e-tube wires as 11-speed does. Certainly, the wires on first-generation 10-speed Di2 were different and incompatible with 11-speed e-tube wires. If memory serves, original 10-speed Di2 were two-conductor, and 11-speed ones are single conductor.

BTW, we've run into that leakage issue with some 11-speed Di2 levers when we're assembling new bikes. The fix was relatively easy — we replaced the reservoir cover.

— Lennard

Dear Lennard,

With a Chorus 12-speed 11-32 cassette, I find I don't need the small 34-tooth chainring. Would the chainring shifting be pretty similar if I change it to a 36-tooth with my 50-tooth chainring to provide a little more overlap between my chainrings? Everyone says chainrings today have to be "matched" but not sure how much difference it really makes.

– Christian

Dear Christian,

In my experience on similar drivetrains — albeit not on your particular combination — I think you can expect it to work just fine. Yes, chain pick-up teeth on paired chainrings are oriented to be lined up with each other to enhance shifting speed and smoothness. Still, I find that most people shift up with their foot at the top to the crank circle, and the chain ramp on the big ring will be there to receive the chain no matter what size chainring is inboard of it.

In any case, it will shift. Even if the shift is slightly less smooth, I'm guessing that achieving your goal of having the gear combinations you want will override any decrease in shifting efficiency.

— Lennard

Dear Lennard,

I'd like to comment on the October 25th question from Mike regarding hypercoagulability and resting heart rate. I'm an MD but present myself here as an amateur exercise physiologist, as it's not my field of expertise.

I don't think Mike's concern about a low resting heart rate plays any role in deep venous thrombosis (DVT) formation.

As you know there are many complex factors involved in abnormal venous clot formation, and the accepted theory for clot formation requires one or more conditions: abnormal lining of the blood vessel wall, abnormality in the blood itself, or abnormal flow with excessive stasis or turbulence. The combination of these three conditions is called Virchow's Triad. A low heart rate does not factor into this. Mike may be associating sleep's low resting heart rate as a risk for young cyclists dying in the 1990s, but these riders were usually found to be taking EPO and had abnormally high hematocrits — a risk seen in Virchow's Triad. Mike's medical issue is that he probably suffers from a hypercoagulable state, a risk seen in the Triad above. The Xaralto offsets this problem. He could have his exact issue evaluated further if he's interested.

Also, if one is concerned about venous flow, low resting blood pressure would theoretically be more likely to trigger a clot than rate, but this does not seem to be the case. Note that the venous stasis is required for clot formation, so obstructed venous flow is the risk here. Venous flow is a low-pressure system, and flow is augmented by muscle contraction or external compression. Like you, Mike could wear compression stockings or flex his calves several times a night, as the popliteal vein (behind the knee) is a common place for clot formation. Again, low venous flow from low heart rate and low BP doesn't equal venous stasis. A car engine at idle with an oil pressure of 15psi and 800 RPM isn't more likely to form an oil galley blockage versus an oil pressure of 50 psi at 4k RPM.

Note also that Mike's proposed target resting rate of 50 doesn't seem statistically different from 40 if his range is 40-175 BPM. I don't think the platelets recognize the 6% rate difference on the low end of the range.

If I were him I would enjoy the great outdoors and not worry about having Miguel Induráin-type resting rate. Stay hydrated and think of the resulting 3 a.m. pee as an opportunity to improve venous blood flow. He should probably pick up a copy of the "Haywire Heart" to make sure he's following heart- healthy guidelines (not a shameless plug!). He should also have regular blood panels to ensure that he's not polycythemic (he won't be unless he develops an unrelated blood disorder).

Health Corner

Wes Siler

Oct 21, 2022

Look at a boneless, skinless chicken breast, and what do you see? About the leanest form of animal protein, you can eat, obviously. But you also likely see something that's boring, dry, and flavorless. That's because most people don't know how to cook it. Here's an easy, quick, foolproof method to make delicious chicken breasts every time.



Stuff You'll Need

- A pan or pot with a tight-fitting lid. I cook pretty much everything in a seven-quart Lodge Enameled Dutch oven.
- One boneless, skinless chicken breast per person, the higher quality, the better
- Olive oil. Get the real stuff if you can find it.
- Kosher salt
- Black pepper
- Garlic powder
- The breast rubbed all over with kosher salt, black pepper, garlic powder, and olive oil.
- The breast rubbed all over with kosher salt, black pepper, garlic powder, and olive oil. (Wes Siler)

Getting Started

Make sure your breasts are fully defrosted if they were frozen. Remove all the packaging and put them on something that can contain liquid overflow, like a rimmed plate. Apply a generous amount of the seasonings and enough olive oil to coat all sides of the chicken. Rub in everything. Wash your hands thoroughly and set the chicken aside to rest.

With the stove on high, add a small drop of olive oil to the pan, and wait for it to begin smoking. This drop of oil isn't for flavor, or for cooking (the chicken is already rubbed in oil), it's just there to indicate temperature, so you don't need much at all.

With the burner still on high, add the seasoned chicken breasts to the pan, and cook them uncovered for one minute. (I just count Mississippi's in my head until I get to 60.)

After that minute is up, turn the heat to low, flip the breasts over, and put the lid on. Set a timer for ten minutes.

Once the timer sounds, turn the heat off, but leave the pan covered. Don't open it to check on the chicken—that'll let heat and moisture out. Set the timer for another ten minutes.

When you flip the breast after that first minute on high, the cooked side should be nicely browned.

Serving

After that second round of ten minutes, move the breasts to a cutting board and slice them.

Prepared this way, chicken breasts will be cooked through, moist, and tender every single time. And because of that, they're tasty enough to eat on their own, with your favorite vegetables as a side.

If you want to mix things up, top a salad with the sliced chicken breasts, and dress them with a little olive oil and balsamic vinegar. If you're hungrier, cook some rice while you're doing the chicken, and add that to a bowl with some avocado, cherry tomatoes, and baby spinach. Top with the sliced chicken, along with some sriracha, and you have a chicken-veggie bowl.

When you're done, the chicken breast will be cooked through, but perfectly moist. This method really is that simple, and it really does work perfectly every single time.

When I want to make a stir-fry, I also use this method. Just sauté some onions and garlic in a pan, add snap peas, carrots, spinach, and whatever else you might like, along with a splash of soy sauce, rice-wine vinegar, and maybe even a drizzle of sesame oil. When all that feels tender, stir in the chicken, and give it a minute to warm up and soak in the flavors before serving.

Chicken-fried rice? Pretty much the same as a stir-fry. Just crack some eggs in the pan as the vegetables become tender and stir them around with the vegetables. Then add your cooked rice and the chicken breast, and you're good to go.

And there you have it. Healthy, tasty, lean meals you can easily cook several nights a week.

Safety Corner

The Bike Safety Lights: Greatest Buying Guide In 2022

By, [David Halberstam](#)

Updated 23 Oct 2022 12:12

We gathered the top **10 bike safety lights** to assist people in updating the most recent ones so that they can make the most significant decision. Almost **22,501** reviews of customers have evaluated these goods on authoritative websites. Major brands such as *Akale*, *Gearlight*, *G keni*, *Apacer vision*, *Gyhuego*, *Padonow*, *Yivar*, *Cat eye*, *Niterider*, *Don peregrino*, *Cycle torch*, *Everbeam* are listed below.



TOP Choice #1

[Akale Rechargeable Bike Lights Set, LED Bicycle Lights Front and Rear, 4 Light Mode Options, 650mah Lithium Battery, Bike Headlight, IPX4 Waterproof, Easy to Install for Men Women Road 2 Pack](#)

[Product Highlights](#)

Our Score: **9.7**

Brand: **AKALE**

- SMART CHARGING TECHNOLOGY. USB rechargeable bike light. All you need is a Micro-USB cable. Water resistant rated to IPX4 - Protected against splashing water from any angle.
- VERSATILE, MORE THAN A BIKE LIGHT - Can be used as an emergency flashlight, keep it inside your car, basement, attic, and emergency kit. Use it when you're running,

jogging, hiking, camping, walking your dog, cycling, changing a tire, nighttime family/kids' activities, power outage and MORE! Enjoy enhanced visibility and comfort knowing you will be safe and secure at any time of the day. Perfect gift for family & friends, order 2 and give one to your friend! GET YOURS TODAY!

- **EASY INSTALLATION:** Universal design mount, make one size to fit all bike Guaranteed, Mountain, Big Road Bikes, City Bikes, or any Bike including Kids bikes. The Akale bicycle light set installs in under 7 seconds. No matter what bike you are riding and its very strong adorable
- **FOUR LIGHT MODE:** Front cycle light supports full brightness, half brightness, fast flashing and slow flashing mode. Easy to detach and suitable for camping, walking dogs or outdoor adventure activities. Taillight features constant and flicker mode (4 MODE full brightness, half brightness, fast flashing and slow flashing mode) to alert following cars/people.
- **100% MONEY BACK GUARANTEE** - Always offer the best service for our customer. Our company provides customers with warranty of 18 MONTHS from the date of purchase, Please feel free to contact us when you have any problem. We will make refund or send a replacement as soon as possible.



TOP Choice #2

[GearLight Rechargeable Bike Light Set S400 - Reflectors Powerful Front and Back Lights, Bicycle Accessories for Night Riding, Cycling - Headlight Tail Rear for Kids, Road, Mountain Bikes](#)

Product Highlights

Our Score: **9.5**

Brand: **GearLight**

[CHECK PRICE](#)

- Rechargeable with Long-Lasting Performance - A complete cycling safety system featuring a rechargeable headlight and taillight. Fully recharge in less than 3 hours when connected to any USB port. Runtime of up to 10+ hours on strobe mode. (3+ hours on the highest setting.)
- Easy to Install - Take just seconds to mount without the need for tools, wires, screws, or extra batteries and accessories. In addition to fitting all standard bicycles, lights are also suitable for use on helmets, scooters, strollers, and wheelchairs. Easily removable for storing and charging.
- Weather Resistant and Durable - Rated at IPX4 water resistant, these lights have been built to withstand adverse weather conditions. All-metal body (Front Light) can handle harsh bumps and drops. Constructed to last for years of use.
- Multiple Lighting Modes - Headlight can also double as a handheld flashlight and has 5 versatile lighting modes (High, Medium, Low, Strobe/Blinking w/ Side Strobe Lights, High w/ Side Strobe Lights). Taillight has 4 modes (High, Slow Chase, Strobe, Fast Chase).
- Super Bright Day or Night - The 400-lumen headlight uses the latest LED technology to illuminate your path and keep you visible during both night and broad daylight. Its amber side lights offer additional sideways safety. For protection from behind, the 60-lumen red taillight has a 240° wide-angle beam that can be seen from blocks away.



TOP Choice #3

[G Keni Smart Bike Taillight, Brake Sensing Rear Lights, Auto On/Off, Waterproof, USB Rechargeable, Ultra Bright LED Warning Back Bicycle Flashlight, Cycling Safety Accessories \(Circle\)](#)

[Product Highlights](#)

Our Score: **9.4**

Brand: **G Keni**

- [BRIGHTNESS ADJUSTABLE & POWER INDICATOR] - The brightness of this bike rear light is adjustable, in the steady on mode, just long press the button to adjust the brightness that you need, it Built-in 400mAh Li-ion battery, it can lasting 50 hours (will be influenced by the brightness that you are setting) running time when fully charged. four blue indicator lights, each shows 25% capacity, No longer worry about forget to charge.
- [SMART BRAKE SENSING & EASY to INSTALL] - Automatically switch to high light mode when braking, ultra-bright for 5 secs lights warning back rider to enhance your safety. You can mount it under the saddle with metal mounting bracket or mount to the seat post with adjustable silicone strap.
- [FOUR LIGHT MODES & HIGH LUMEN LED] - There are 4 light modes for your choice, (1)Normal Flash Mode, (2)Breathing Flash Mode, (3)Fast Flash Mode, (4)Steady On Mode, enjoy your cycling as you wish, High lumen COB Led bike taillight makes you more visible, it's a perfect bike light for night riding.
- [AUTO ON/OFF for BATTERY SAVING] - This Smart bike taillight including Motion Sensor and Light Sensor, it will be auto off when detect in no motion after 30 secs. Once touch it or detect the bike is moving, the light will auto on again. Also, when you ride under the sunlight, the taillight will be auto off due to the light sensor is working, IF YOU LIKE TO RIDE IN THE DAYTIME AND NEED THE TAILLIGHT KEEP WORKING ALL THE TIME, please choose the mode 3 and mode 4 to avoid Light Sensor working.
- [ALUMINUM ALLOY SHELL & IPX6 WATERPROOF] - Made of aluminum alloy shell, this bike rear light has a nice touch and awesome appearance. It's waterproof/dustproof and shockproof, suitable for any harsh working environment. we guarantee a 12-month warranty, 30-day money back and 24/7 customer service to make it no risk for you to purchase this taillight.

Blast from the Past Newsletter

December 1982

~~COMPUTER ENHANCED~~ HELP!

We have had the good fortune to be able to maintain the Spokesman mailing list on a computer. Unfortunately, due to circumstances beyond our control, we no longer have access to the computer. Unless one of our members who has a computer, or access to one, volunteers to help us with our mailing list, we will have to revert back to the tedious task of maintaining it manually. Past experience has shown that it takes no more than an hour per month to maintain our mailing list by computer.

If you have a computer or access to one and would like to contribute to the operation and success of our Club, please contact Dick Terry (phone: 761-0358).

Along the same lines, Scott Roth has been kind enough to maintain Club ride statistics by computer during the past year. These statistics have been published in the Spokesman and been available for review at some of our meetings.

Scott will not be able to continue with this activity in the coming year. We will need someone else to provide this service to the Club. The job involves gathering ride participation information from ride reports and then keeping track of the number of rides that people participated in. An added, though not necessary, feature is to keep track of the total miles that each person has traveled.

These statistics can be kept manually, but it sure is a heck of a lot easier to do by computer. If you can help, give me a call.

The results are in...

Metro Express is proud to report a successful 1992 season for its team members. Some of the more notable accomplishments for the team members who raced this year are:

Marvin Brubaker, Citizens
6th Place—Oley Circuit Race
7th Place—Orangeville Circuit Race

Britt Kinnard, Juniors
1st Place—Watkins Glen
2nd Place—Farmers Trust Bank Criterium
2nd Place—Keystone State Games
3rd Place—Lancaster Rocket Criterium
8th Place—Howard County Stage Race (Stage II Circuit)
9th Place—Tour de Toona Criterium

Rossi Juliana, Citizens
3rd Place—Farmers Trust Bank Criterium (After crashing)

Gretchen Leslie, Citizens
1st Place, Women's—East Shore YMCA Biathlon
1st Place, Age—Museum of Scientific Discovery Biathlon
1st Place—Governor's Cup Triathlon Women's Team
6th Place, Women's—Fleetwood Classic 33 Road Race

Jim Leslie, Citizens
1st Place, Age—East Shore YMCA Biathlon
7th Place—Hagerstown Criterium

Rick Lung, Citizens
1st Place—Orangeville Circuit Race
1st Place—Wilkes-Barre Criterium
4th Place—Chambersburg Criterium
7th Place—Tomato Fest Criterium

Dianne Mehalko, Citizens
1st Place—Governor's Cup Triathlon, Women's Team
2nd Place, Women's Age—Museum of Scientific Discovery Biathlon
2nd Place, Women's Age—Couper Biathlon
5th Place, Women's—Fleetwood Classic 33 Road Race

Dan Miller, Juniors
1st Place—Keystone State Games
1st Place—Howard County Stage III Road Race

Sharon Reilly

1st Place, Female Master—Biathlon for the Homeless
1st Place, Age—Lancaster Duathlon
1st Place, Age—Hazelton Triathlon
1st Place—Governor's Cup Triathlon Women's Team
3rd Place, Age—Bud Light Triathlon
4th Place, Overall Women's—Berrywine Biathlon
4th Place, Age—Columbia Triathlon

Brent Shultz

2nd Place Team—YMCA Biathlon
16th Place Age (out of 64)—Governor's Cup Triathlon
16th Place, Age (out of 64)—Bud Light Triathlon Annapolis

Ed Slagle, CAT V

2nd Place—Chambersburg Criterium
2nd Place—Tour de Toona general class.
2nd Place—Howard County general class.
2nd Place—Howard County Criterium
3rd Place—Tour de Toona Road Race

4th Place—Tour de Toona Criterium
4th Place—Orangeville Circuit Race
5th Place—Howard County Road Race
5th Place—Howard County Stage Race Time Trial

Scott Smith, Citizens

2nd Place—West Chester Great Race
5th Place—Lancaster Rocket Criterium
5th Place—Chambersburg Criterium
5th Place—Tour de Christiana

Congratulations to all Metro members on achieving their goals. We welcomed six new members this season: Gretchen and Jim Leslie, Mike Funk, Sharon Reilly, Rick Lung and Marvin Brubaker. We are ready for the new season to begin and welcome any who is interested in our developmental cycling program to call Rossi Juliana at 731-0973 or Ed Slagle at 233-6388.



Appreciation ...

I can't believe the season is over already. I just completed my first full season as a "C" rider and want to express my appreciation to all the leaders and fellow riders at the Hershey Site and Chris Champion at the East Shore Site for your expert advice, pointers, knowledge and most of all your encouragement. I truly enjoyed the season, my new hobby, new friends and look forward to seeing all next season.

JACKIE SPEAKS



December Regular Rides

Please review the website for ride updates for HBC rides (scheduled and email rides) **Note: The Event calendar has now been made public so there is no need to login to review it**



HBC Business Directory

In 2022 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

Support our local bicycle shops and clubs

For ALL our sponsors click [SPONSORS](#)

To all members: Please be prepared to show your membership card at any bike shop to receive any discounts To get your membership card login to the website, go to your profile and print or view your membership card. The easiest way to always have it with you would be to take a picture of it with your phone

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Planning your rides

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 ride calendar.

Suburban Cyclist Unlimited creates and updates a regional calendar. Check it out [HERE](#)

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 January Spokesman should be sent to editor@harrisburgbicycleclub.org by December **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