



NEWSLETTER OF THE HARRISBURG BICYCLE CLUB FEBRUARY 2022

President's Corner

Winter weather has claimed our area, and most of us are dreaming of warmer winds and longer days of daylight. Hopefully, everyone has been able to take advantage of the HBC Maintenance Clinics to get your bike(s) ready? If not, there is a last chance on Saturday February 12th, 2022, from 11:00 am – 3:00 pm at Project SHARE, 5 N. Orange Street, Carlisle, PA 17013. Registration is required, please see the Event Calendar on the HBC Website

Our January Member meeting was held via Zoom, and if you were unable to attend, the recording is available on the website or by clicking [HERE](#). Good information was presented by Jim Buckheit regarding the Market Street Bridge rehabilitation project and the need for cyclists and pedestrians to speak out on the plans. Of the 3 options, #3 seems to benefit cyclists and peds the best. Please consider submitting comments to PennDot.

The Spring Fling will be our first group event, again returning to Bethany Beach, Delaware April 28-May 1st. All members need to contact the Hotel Bethany to make their reservations by March 29th, as well as registering on the Event Calendar where more details are available.

Orders for the HBC Primal jerseys have been well received, and the Team Store closes on February 15th, 2022. If you have been procrastinating, now is the time to put your order in. Howard Ross has done a great job in spearheading this endeavor and direct any questions to him.

The Three Creek Century, the main fundraiser for HBC, is still **seeking a chairperson**. Please let me or Chris Wright know if you have an interest as soon as possible.

See you next month with more updates!

Susan Tussey
HBC President
srtusseyhbc@outlook.com

Harrisburg Bicycle Club Annual Maintenance Clinic

Another successful clinic, teaching members the “tricks” of taking diligent care of your machine



2021 Rides Review

We had a safe and successful riding year in 2021!

We had over 700 HBC Club rides in 2021. Compared to our last full year in 2019, that's an **8% increase in rides**. We also had a 12% increase in the number of riders per ride.

Our Club members were safe as well. Other than just a few minor scrapes and bumps, we had no major safety incidents in 2021. **Thank you for riding safely!**

HBC is known for having dedicated Ride Leaders and that really showed in 2021. Our top 5 Ride Leaders led over 225 rides last year! A hearty **THANK YOU** to them for their amazing commitment.

We do want to spread the Ride Leading around so please consider becoming a Ride Leader. If you already are a Ride Leader, please volunteer to lead a few rides in 2022. More Ride Leaders = more rides = more fun for all of us. Towards that goal, we're making a few changes to our Ride Leader Training.

Ride Leader Training

Are you already an experienced Ride Leader and your certification is running out? Then let us make your re-training easier. In the coming months HBC will be introducing a **1-hour Refresher Training module** just for you. All you need to do is meet each of the following qualifications:

- You have previously taken the full Ride Leader Training course (either in person or online)
- You didn't have any significant safety issues in the past year
- You led 5 or more rides in the past year

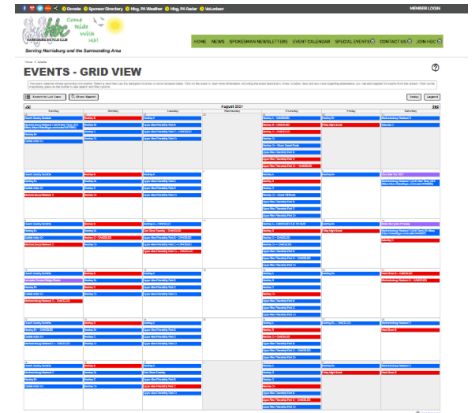
The 1-hour Refresher Training module is not ready yet, so **for any Ride Leader whose certification expired 12/31/2021, we are giving you a 3-month extension to your certification**. That's right, you can continue to lead HBC rides until the 1-hour module has been rolled out for your completion. Of course, if you prefer to just take the online training now, that's fine. If you don't meet the 3 qualification items listed above, the online training module is there to use.

If you have any questions at all about Ride Leader Training, please contact Chris Wright at cjwright1919@gmail.com



Improvements to the Event Calendar

The Event Calendar on the website will be easier to understand in 2022. We will replace the old blue/yellow/red color scheme (seen at right) with a simple yellow/green, red color scheme that is similar to a traffic light. The color of the ride will let riders know the status of a ride



The screenshot shows a web browser window with the title 'HBC - Home'. The main content area is titled 'EVENTS - GRID VIEW'. It displays a grid of events for the month of January. Each event is represented by a colored box with text. The colors used are blue, yellow, and red. The grid is organized by date, with columns for each day of the month. The text within the boxes includes ride names and dates.

A ride that is yellow means “caution, a ride has been scheduled but it doesn’t have a Ride Leader yet.” All Regular rides will be placed on the Event Calendar in this status. When a Ride Leader signs up, the color changes to green automatically.

Jan 19
Hershey C

Jan 19
Hershey C

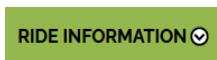
A ride that is green means it has been scheduled and a Ride Leader has signed up for the ride. By default, all Email rides and Flex rides will be green since a Ride Leader has to create the ride to put it on the Event Calendar.

Jan 19
Hershey C

A ride that is red means it has been cancelled and will not be held.

Improvements to the Ride Information tab on the HBC website

To make the website easier to use for riders and Ride Leaders, we’re making a few cosmetic changes to the **RIDE INFORMATION** tab on the website. They include:



- Instructions on the Forum page for how HBC uses the Forums, how to sign up, etc.
- Instructions for how to use the HBC Ride with GPS account
- Renaming of some of the links under the Ride Information tab so they are more clear
- Updating the HBC Ride Descriptions page

Spring Fling 2022

Come join us and get the riding season started!



Thursday, April 28, 2022, 8:00 AM until Sunday, May 1, 2022, 5:00 PM

Where:

Hotel Bethany Beach. (a newly renovated hotel as of April 1st)
39642 Jefferson Bridge Rd
Bethany Beach, DE 19930
302-451-9200

Click the link below for the Hotel Bethany website

[Hotel Bethany](#)

Event Contact(s):

Glenn Wareham, Chairperson
Email : gwareham@aol.com



Room rate is \$136.00 per night (Double Occupancy) by March 29, 2022. Parking is \$10/night.

All members need to:

- Make their own reservation by going on the HBC website and registering there.
- Call the hotel and make your reservations, please make sure you mention you are part of the bike club.
- Free Breakfast is included in the price, a round of mini-golf, and a special discount at Mickeys Crab Shack.
- We will be having our Friday and Saturday evening get-together, location to be determined.

HBC Finger Lakes Trip - June 16 to 19, 2022 UPDATE

Registration opening in March 2022

The 2022 Finger Lakes Trip is scheduled for June 16-19, with an early arrival option for Tuesday, June 14 or Wed. June 15. Please be sure mark these dates on your calendar, as the 2022 event is a week later than expected, due to alumni activities at the college.

We are returning to the Finger Lakes to enjoy the pleasant riding, spectacular scenery, historic points of interest, wonderful wineries, local craft breweries, and the camaraderie of friends. This is our 15th annual trip and is one of the most popular HBC events.

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.

The 2022 base cost of \$165.00 per person includes 3 nights "on-campus" lodging (Thurs., Fri. and Sat.), 3 hot "All You Can Eat" breakfasts served in the dining hall (Fri., Sat. and Sunday); socials on Thurs, Fri. and Sat., with light snacks provided; bed linens, a pillow and 1 towel. All rooms have air conditioning, although nights are normally pretty cool. It is possible to stay extra nights (Tuesday and/or Wednesday only) at the college at a cost of \$43.30 per person per night.

Online registration will begin in March, 2022, with payment required when you register. 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 2021.

We will recruit volunteer ride leaders in advance for Thursday, Friday, Saturday, and Sunday. We will discuss ride options during social time and at breakfast each morning (Fri., Sat. and Sunday). Participants that choose the option to arrive earlier, are "on their own" to organize rides with friends on Tuesday and Wednesday. Ride with GPS (RWGPS) cue sheets and maps for routes in the Finger Lakes area are available to download and/or print at home in the HBC RWGPS Routes Library. All HBC Members have to access the HBC Routes Library thru the HBC Website by logging in as an HBC Member. We can provide assistance if you do not know how to access this valuable resource. A printed packet of popular cue sheets and maps can be purchased in advance as an additional cost option @ \$5 each.

Contact Phyllis Zitzer with any questions at pjzitzer@gmail.com or (717) 379-3054. Please make plans to join us!

FIRST ANNUAL 911 BIKE TOUR JUNE 2022

In conjunction with the 911 TRAIL ALLIANCE

LEAVES THE Pentagon Memorial June 5th - Flight 93 Memorial Shanksville then to Ground Zero NYC, arriving at the Pentagon Memorial June 27th.

Total ride is 23 days, 1070 miles

- The Tour will be traveling through Harrisburg on Tuesday June 14th from Mifflintown, staying at the Quality Inn Riverfront (525 S Front Street) and leaving June 15th heading to Reading.
- HBC would like to support the Tour with a rest stop while here.
- Also, anyone who is interested is encouraged to ride with the group.
- For more information, please contact Susan Tussey srtusseyhbc@outlook.com

Regular Ride Update – Mechanicsburg Weekend C

Mechanicsburg Weekend C Rides are not being offered in January or February due to lack of interest in riding in cold weather plus the shortage of people willing to lead these rides. West Shore Flex rides can be offered when desired to fill this gap. Please be sure you join the West Shore Flex forum if you are interested in receiving notices of upcoming email rides. West Shore Flex rides can start from any West Shore location at any time and can be of any length or pace.

Mechanicsburg Weekend C rides will resume in March as long as people volunteer to lead them.

Free HBC Bike Maintenance Workshop - Carlisle Location

To register click [HERE](#)



Free Bicycle Maintenance Workshop Saturday, February 12th

@Project SHARE's HQ, 5 N. Orange, Carlisle
Learn how to fix and maintain your bicycle (bring it!)
from experienced HBC members.



11am to 12 noon:

Group Training Session -

Learn how to change a
flat tire and repair a
tube.

12—3 pm: **Hands-On
Bike Workstations**
for you to work on your
bike!

Experienced HBC members will assist you
with cleaning chains, checking brakes, general
bike maintenance, and lubrication, general bike
fittings and answer any questions that you will
have. Bicycle Parts are not provided. Coles Bi-
cycle Shop will be here selling select bike parts for your use.



A free event sponsored by the
Harrisburg Bicycle Club



OPEN to the CARLISLE COMMUNITY

Registration Required—Spaces are Limited!

[Register Here!](#)



Since this is a free event we encourage you to make a donation to Project SHARE.
Who continue in their vision of "Nourishing Our Community...Awakening Hope!"

TEXT the message "HBCSHARES" to 44321 for information on how you can make
a difference! Or go to their Virtual SHARE Shop to purchase food for the commu-
nity in need at their [Virtual SHARE Shop](#).

Save the Dates Carlisle Events 2022

“Save the Dates”

Harrisburg Bicycle Club – Carlisle Events 2022

- **January 12th to February 2nd, 2022 - The Med Gym, Carlisle - Strength and Flexibility Class** for HBC Members – 4-week program starts today! Contact Ddrinks@themedgym.com for info or to join!
- **February 9th, 2022** – The Med Gym February / March Class Schedule begins.
- **February 12th, 2022 - Free Bike Maintenance Workshop** at Project SHARE. Please make a donation to Project SHARE. Register for the event here: [Click HERE to Register](#)
- **March 9th, 2022** – **HBC Membership Meeting** / Carlisle Location TB
- **March 19th, 2022 - New Ride Leader Training Session**
- **April 2022** – Training Session **“Learn how to ride in a group”**
- Watch for event updates monthly

Ride with GPS

TAKING PHOTOS WHILE RIDING

You can take photos while recording, we recommend using your preferred camera app on your phone to track the geolocation and utilize editing features available in it.

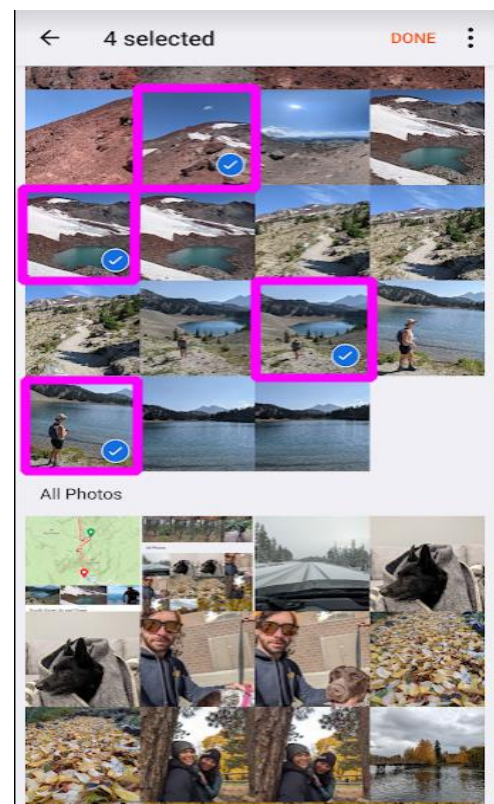
After you've started recording a ride, open your default camera app to take photos and at the end of your ride we will prompt you to select your preferred photos to save to your ride.

ADDING PHOTOS TO A RIDE

When Saving a ride, or while viewing any ride or route; you can change the name, description, privacy, gear, and add photos.

SAVING PHOTOS AT END OF RIDE

- When you are done with your ride, long press the pause button, and then tap FINISH RIDE. Then, you will be prompted to name your ride (optional), set privacy, select your gear, and add photos taken during the ride.
- Tap ADD PHOTOS to open the photo selector
- By default, the app will separate photos taken during the ride duration from your overall photo gallery for easy selection.
- Tap on photos to select them, selected Photos will be indicated by a blue checkmark
- Tap DONE (on Android) or ADD PHOTOS (on iOS) to exit the photo selection menu
- Tap SAVE to finish saving your ride and you will see a pop-up indicating photo upload progress



Technical Corner

Dear Lennard,

With the advent of very precise ways to measure rolling resistance across a broad range of tires, I'm curious as to how the actual tire weight factors into the total energy required. I get that lower rolling resistance is an obvious benefit (all other things considered equally) but what about the actual weight of the tire?! Particularly for gravel tires, there is a significant difference in tire weights across manufacturers. As an example, if "tire A" has a modest advantage in rolling resistance but is 70 grams heavier than "tire B," what is the upshot of that, or can it even be quantified?

— Jeffrey

Dear Jeffrey,

Weight comes into play in a number of ways. First, it tends to be baked into the rolling-resistance lab results. A lighter tire will have less mass in the casing and tread. It will tend to absorb less energy hitting bumps when rolling along because there is less mass being moved with each compression into the tire. If two tires have identical materials, casing construction, and tread compound and pattern, the lighter one will roll faster.

Secondly, a lighter tire will take less energy to lift it up a hill, which will be an advantage in the mountains. On undulating terrain, you get the energy back on the downhill, but only at low speeds; it is lost to extra aerodynamic drag at high speeds.

Thirdly, a lighter tire will take less energy to accelerate. Once it is up to the same speed as a heavier tire, their relative weights are irrelevant on flat ground until the rider applies the brakes. If brakes are not used, weight is not a factor once the tire is up to speed, since, while it takes more energy to accelerate it and get it up to speed, that energy is returned when the rider eases off and takes advantage of its higher translational and rotational momentum.



To quantify the benefit of a lighter tire, it is necessary to clearly define the terrain it is being ridden on and the style of riding (if brakes are applied or not). In cyclocross, for instance, low weight is a big advantage, and rotating weight even more so, because each of the multiple laps contested contains numerous very sharp corners, requiring hard braking followed by

accelerating. It also requires lifting the bike over obstacles and running uphill with it, and lighter weight is obviously an advantage for that. In that instance, 70 grams saved in each tire could lead to an advantage in a race over a set of tires with modestly less rolling resistance. On a straight, flat, gravel road at steady-state riding, however, the heavier, faster-rolling tire will have the advantage.

— Lennard

Dear Lennard,

Do you know if a new Shimano 12-speed cassette is compatible with SRAM AXS road with the Flattop chain? I ask because I upgraded to AXS this summer and was initially told by one of my wheelsets manufacturers that I could swap the freehub body from Shimano 11 to XDR. Turns out, I cannot on this particular wheel. Now with Shimano also moving to 12-speed and the ability to run the 12-speed cassette on the 11-speed freehub, I'm wondering now about the possibility of continuing to use this wheelset with my AXS.

— Kevin



Dear Kevin,

No, that won't work. The AXS Flattop chain has bigger rollers than standard chains, and they won't drop down into the tooth valleys in a Shimano or other, non-AXS cassettes.

— Lennard

Health Corner

Forget Fad Diets: For a Healthy Heart, Focus on Your Lifestyle Instead

Instead of following strict restrictions and cutting out specific foods, the latest guidance on heart-healthy eating suggests building better long-term habits.

JANUARY 12, 2022 HEATHER ADAMS

Eat this, not that – follow this diet, not that one. Dietary advice comes from all angles and avenues, and if you're just trying to eat well for your heart health, all of the dos and don'ts can be overwhelming. But instead of focusing on fad diets and cutting out specific foods or ingredients, experts suggest that it's time to try a new approach: Overhaul your lifestyle, not just your diet.

In November 2021, the American Heart Association (AHA) released its updated dietary recommendations, the first big update since 2006. And with these changes, the AHA is suggesting that you emphasize dietary patterns, not individual nutrients or numbers. When you're working towards better heart health, your overall lifestyle is more important than a single food or food group.

Instead of trying to stick with the latest diets, the AHA's new guidelines suggest focusing on your habits. With easy-to-follow advice and an emphasis on overall healthy choices or changes, here's what that means for you and your heart health.

Building heart-healthy habits is in, dieting is out

According to the AHA's 2021 Dietary Guidance to Improve Cardiovascular Health, the key to better heart health lies not in any one particular diet, but in your dietary patterns. This new guidance suggests that it's better to take a look at how you're eating as a whole rather than singling out foods and nutrients here and there.

What, exactly, does that mean? Well, instead of focusing on cutting out – or upping your intake of – a couple of key foods or nutrients, you should instead try to create an overall healthier lifestyle and approach to your nutrition. Building healthy habits that you can incorporate into every day is the way to go.



So, which habits are the best for your heart? The AHA guidelines highlight key features that contribute to a heart-healthy eating plan, including:

- Adjusting your energy intake and output to achieve and maintain a healthy weight
- Eating a wide variety of fruits and vegetables
- Choosing mostly whole-grain foods over refined grains
- Eating healthy proteins, like plant-based proteins, fish and alternatives to full-fat dairy
- Opting for plant oils over tropical oils, animal fats and partially hydrogenated fats
- Choosing minimally processed foods over ultra-processed foods
- Limiting foods and drinks with added sugar
- Eating and preparing foods with little or no salt
- Limiting (or avoiding) alcohol

The goal of these guidelines is to help people highlight easy changes they can make to their eating patterns. And they're completely customizable to your own personal preferences, steering clear of suggesting any key foods that should be eaten or avoided. You can work them into your existing diet to make it even heart-healthier.

And instead of suggesting any pro-dieting changes like weight loss or lower caloric intake, these new guidelines give you plenty of flexibility. The emphasis is on good-for-you food patterns – food patterns you likely already try, if you're following a clean eating approach! – that will work with what's available and your own nutritional needs.

Focus on what works for you, both now and for the long-term

One of the biggest changes seen in the new AHA guidelines is their flexibility. Designed for individuals to make customizations based on their own needs, from dietary restrictions to cultural adaptations to health concerns, this guidance is all about finding heart-healthy habits that work for you.

Unlike fad diets, which rarely stick and are difficult to adapt to, this new approach to heart-healthy eating can bend and flex depending on your needs. And that should make it easier for you to put them into practice – both now and for years to come.

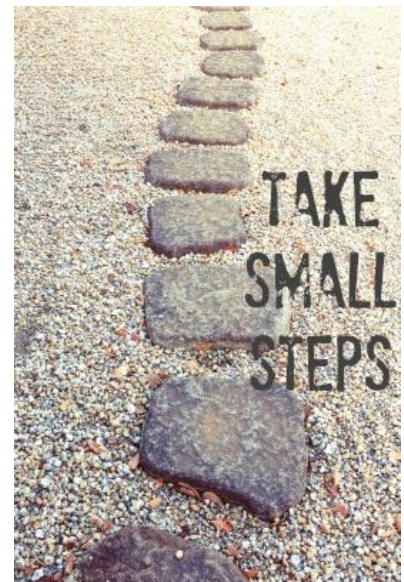
With these new AHA-approved guidelines, you can think about eating for a healthier heart as a lifestyle, not a diet. Every tweak and adjustment you make, like choosing an extra serving of veggies daily or adding one more workout to your weekly schedule, can help you build overall better habits that keep your cardiovascular system strong. And when you do find changes that fit seamlessly into your everyday life, they can have a significant impact in the long run.

Small steps matter the most

If you don't think making small changes matters, think again! Good heart health is all about prevention – meaning that taking small steps now can benefit you for years to come by potentially lowering your overall risk of complications and diseases.

Think about it this way: Is it easier to go cold-turkey on all of the unhealthy foods you might eat, or to replace one ultra-processed food with a minimally processed alternative? Whether you're trying to step up your fruits and vegetables or get in an extra workout, starting small will help make the change more manageable. And, as you build and stick with new healthy lifestyle changes, you can add in more when you're ready.

Don't rush to overhaul your diet and lifestyle all at once for better heart health. Small steps are more effective and more likely to stick than huge changes. Completely altering your diet or lifestyle is difficult to sustain; you'll likely only reap the benefits for a few months. However, if you take heart-healthy changes one at a time, you can wholly incorporate them into your daily life – and make them lifelong habits.



Safety Corner

HARRISBURG BICYCLE CLUB MEMBERSHIP EXPECTATIONS:

As a Harrisburg Bicycle Club member, I recognize that as a participant in club activities I represent the Harrisburg Bicycle Club to other cyclists, government officials and the general public.

I therefore will adhere to the Harrisburg Bicycle Club's Member Expectations when participating in any and all club activities and when representing the HBC. ("Representing the club" is considered to be anytime you are at an event where you are registered as an HBC member, and/or anytime you are wearing apparel that includes the name and/or logo of HBC.)

I understand that this list of membership expectations cannot comprehensively address all possible scenarios; rather it functions as a standard of behaviors implemented along with common sense.

GROUP CYCLING SAFETY

As an HBC member I will:

1. Have a bicycle in good working condition including functioning brakes.
2. Recognize that bicycles are considered vehicles under Pennsylvania law.
3. Wear a helmet whenever riding.
4. Not use any listening devices of any kind while on a club ride, unless medically necessary.
5. Not ride under the influence of any substance that may impair my abilities.
6. Not engage in the open (visible) carrying of weapons on HBC rides and events.
7. Ride in single file in traffic and on narrow roads.
8. Understand riding two abreast is allowed, however riding three or more abreast is illegal on public roads.
9. Not call out "All clear."
10. Ride predictably, not erratically, and avoid sudden stops.
11. Ride on the right side of the road and not hug the center line.
12. Call out and pass another cyclist on the left side.
13. Pull over in an area that allows me to get completely off the road when stopping.
14. Not cross or overlap wheels with another cyclist unless passing.

GROUP CYCLING ETIQUETTE

As an HBC member I will:

1. Heed the ride leader's instructions.
2. Be prepared to ride at the published start time and sign in by listing my name
3. on the sign-in sheet.
4. Ride within the advertised pace.
5. Plan to stay with the group, but if I break off before the ride is over, inform the leader or sweep.
6. Understand I am no longer on a club ride and will be on my own when I break off from the group.
7. Understand I am on my own ride if I am ahead of the leader.
8. Use hand and verbal signals to alert other cyclists of hazards or directions and pass them along from the front or rear.
9. On "NO DROP RIDES" watch out for the rider/s behind me, making sure I can see them at all times.
10. Not discharge bodily fluids when a cyclist is behind me.
11. Avoid confrontation with motorists, other cyclists or pedestrians even if they are in the wrong.
12. Select the appropriate ride pace for my ability on HBC rides.
13. Respect the ride leader's advice concerning which ride classification to join.
14. Not engage in physical abuse or malicious actions toward any person while riding or at any club event.
15. Not engage in the use of foul language, verbal abuse and obscene gestures while riding or at any club event.
16. Not engage in unlawful activity, including theft or fraud and intentional damage to property.
17. Not engage in the use, sale, possession, or distribution of illegal drugs.
18. Not engage in non-consensual physical contact, unwanted sexual advances, and any behavior that would be defined as sexual harassment under EEOC (Equal Opportunity Employment Commission) guidelines.
19. Not engage in conduct, which is hostile, threatening, abusive, harassing, or discriminatory toward others

Blast from the Past Newsletter

February 1982

Elementary Education

The Sarasota Florida school system is implementing an intensive new state-of-the-art bicycle education program. In each grade level, from first thru eighth, childrens skills are expanded and perfected. Topics covered include: Visual Search, Detection and Hazard Recognition, Laws and Rules of the Road, Risk Assessment, Decisionmaking, and Evasive Techniques and Maneuvers. The program includes on-bike training.

Even more exciting: the school system is in the process of awarding a contract to evaluate the effects of the education and enforcement components, singly and together. They hope to identify behavior changes or accident reduction. They'll also try to gather exposure data on frequency of unsafe or illegal behaviors, such as wrong-way riding.

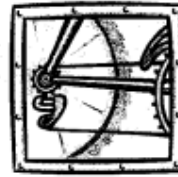
Drinking and Riding

So you've had a great ride and now it's time to stop for pizza and beer. Will you live to ride another day? It could depend on how careful you are with the beer.

In Pennsylvania it is illegal to drive (or ride a bike) with a blood alcohol level of .10 percent or greater. The following chart shows the approximate blood alcohol percent based on body weight and the number of drinks. A drink is 12-oz. of beer, 4-oz. of wine, or 1 1/2-oz. of liquor. Eating will slow the absorption of alcohol into your system, but it will not reduce its effects. It takes about one hour for the body to burn off an ounce of alcohol - even the efficient body of a cyclist.

# Drinks	Body Weight in Pounds							
	100	120	140	160	180	200	220	240
1	.04	.03	.03	.02	.02	.02	.02	.02
2	.08	.06	.05	.05	.04	.04	.03	.03
3	<u>.11</u>	.09	.08	.07	.06	.06	.05	.05
4	.15	<u>.12</u>	<u>.11</u>	.09	.08	.08	.07	.06
5	.19	.16	.13	<u>.12</u>	<u>.11</u>	.09	.09	.08
6	.23	.19	.16	.17	.13	<u>.11</u>	<u>.10</u>	.09
7	.26	.22	.19	.16	.15	.13	.12	<u>.11</u>
8	.30	.25	.21	.19	.17	.15	.14	.13
9	.4	.28	.24	.21	.19	.17	.15	.14
10	.38	.31	.27	.23	.21	.19	.17	.16

CHAIN-WEAR CHECK



PROBLEM: You've been riding with the same chain for ages, and wonder if it's time for a replacement.

SOLUTION: There are several ways to ID a worn chain. Here's the one we like best.

First, shift onto the large chainring. Kneel at the right side of the bike.

Using a 12-inch ruler, hold it along the bottom run of chain (between the lower derailleur pulley and chainring). Put the ruler's first mark on the center of any link pin.

Then look at the 12-inch mark. On a new chain, that mark will also be on the center of a pin. If the mark falls short of a pin, the chain is somewhat worn. If it's 1/8 inch or more short, it's so worn that it should be replaced.

Remember, milking more miles out of a shot chain is a sure way to make the chainrings and cogs wear faster. That gets expensive.

How Often Should I Service My Chain?

QUESTION: I've been told by a local shop that my bike's chain should be replaced every 1,000 miles. Does this sound right? Also, how often should I clean and lube the chain? — Bill S.

COACH FRED: A thousand miles seems conservative. It might be necessary to replace a chain that often if the bike is frequently ridden on wet or gritty roads. But chains can usually go 2,000 to 3,000 miles before there's enough wear to relegate them to the trash bin. (See FAST FIX, above.)

But there's a catch. You need to clean and lube the chain anywhere from once a week to once a month in order to get maximum life. It depends on how often you ride and the conditions you ride in.

I live in a dry climate (Colorado), so my chain doesn't pick up much gunk that accelerates wear. Ed lives in a wetter, more humid climate (North Carolina), where he needs to keep a closer eye on lubrication and sludgy buildup. We both like Boeshield T-9 lube. It's a solvent/paraffin wax formula that comes in a spray can or drip bottle. We apply it after a ride, spin the crank for a minute to help it work in, then wipe the chain down to clean it and remove excess lube. This gives the chain plenty of time to dry before the next ride, so nothing will stick to it.

Using this method with T-9 or another good lube, a chain will stay clean, shiny and in service for the maximum number of miles.

February 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

For ALL our sponsors click [SPONSORS](#)

Pedal Pusher
3798 Walnut Street, Harrisburg, PA
717-652-7760
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




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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.

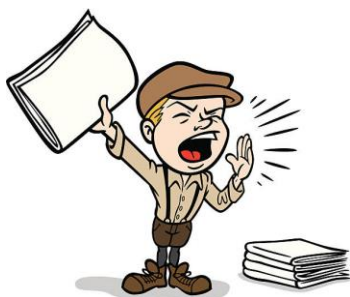
Suburban Cyclist Unlimited creates and updates a regional calendar. Check it out [HERE](#)

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 February Spokesman should be sent to editor@harrisburgbicycleclub.org by

February 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