



The *Spokesman*

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB April 2020

President's Corner

Members,

We are in a small state of confusion with the COVID-19 virus, as everyone knows schools are closed, and unfortunately, some of our scheduled activities had to be canceled due to the contagious nature of this virus. Spring Fling at this point will still go on as scheduled. The activities that we have canceled will be rescheduled once the spread of COVID-19 has been brought under control.

The following guidelines sent by Chris Wright need to be adhered to. It is everyone's responsibility to make sure all our riders stay healthy and we are not contributing to the spread of the virus:

With those factors considered, HBC is choosing to continue our group riding schedule at this point. In order to minimize risk, we will implement the following interim measures for all HBC rides as soon as possible:

If you are experiencing any signs of contamination or illness, such as high fever, coughing, or shortness of breath, we encourage you to stay home. Show respect for your fellow club members by not exposing them to pathogens and take good care of yourself at home.

We encourage you to greet your fellow riders warmly but suggest you bypass shaking hands or participating in any unwanted touching. Each of us has our own level of comfort at this time.

It's always a good idea to keep your food and drink to yourself unless you're sharing with your significant other.

Try to keep your bodily fluids to yourself. If you need to spit, blow out a snot rocket, or just weep openly at the sight of another hill, please do it away from others. As always, sneezing into your sleeve is better than sneezing on the person next to you or behind you.

Additional guidance for Ride Leaders (and relevant to all riders)

Ride Leaders should personally sign in all riders on their ride, so we are not passing around a sign-in sheet or booklet.

Keep your groups small and manageable. The CDC recommends limiting the size of groups even when outside, maintaining 6 feet of separation between individuals. Keep that in mind when you are riding two-by-two or gathering for a break. If there are more than 8 riders on the ride, it is probably a good idea to break into two groups with a hundred feet of separation.

Be mindful of where you start & finish rides. The best options are those that provide plenty of outdoor parking in a wide-open space.

We have been notified by the Department of Conservation and Natural Resources that Memorial Lake is closed to HBC rides through the end of April. We believe we are still allowed to stop there for a break and use the restroom

Please be careful, listen to the experts and let's do our part to ensure everyone stays healthy.

Glenn Wareham
President
Harrisburg Bicycle Club

Membership Meetings

Unfortunately, the last two membership meetings had to be cancelled, one due to weather, the other due to COVID-19. The Operating Committee is examining options for future meetings. Please monitor the emails sent from the HBC website in the future for details.

Welcome to a new Business Partner

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How to Ride Safely Amid Coronavirus Concerns

ANSWERS TO YOUR MOST FREQUENTLY ASKED QUESTIONS AS THE VIRUS CONTINUES TO SPREAD.

BY JORDAN SMITH (Bicycling.com)
Mar 13, 2020

This is a rapidly developing situation. For the most up-to-date information, check resources like the Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) regularly. This story will be updated as new information becomes available.

While the coronavirus pandemic continues to spread, causing bike races—and many other large events—to be postponed and canceled, you might be wondering what you should do for your own personal health and how this could affect your training.

We tapped David Nieman, Dr.PH., health professor at Appalachian State University and director of the Human Performance Lab at the North Carolina Research Campus, and Brian Labus, Ph.D., MPH, assistant professor in the School of Public Health at the University of Nevada Las Vegas, to help answer cyclists' most frequently asked questions.

Is it safe to ride outside?

Yes—in fact, it's safer to be outside than inside when it comes to disease transmission. When people congregate together and someone sneezes or coughs, droplets get onto objects that people touch, and then people touch their face, Nieman explains. The best plan for riding right now is to go out and ride solo and enjoy the outdoors.

Additionally, people might be afraid to ride outside in the colder weather for fear of illness, but that's not true; there is no data that you will get sick from really any respiratory pathogen when riding in cold weather, Nieman says.

Getting in 30 to 60 minutes of moderate to brisk activity can help your immune system keep viruses at bay. Be sure you know what's going on in your area and if there are any restrictions or mandatory self-quarantines. And, if you're sick or at-risk of spreading the virus, you shouldn't go out.

During a quarantine, Nieman suggests doing some exercise, while staying quarantined wherever you are to keep healthy—doing bodyweight exercises or riding on your living room trainer are great ways to do this. Unless you're sick.

“If you do have flu or coronavirus, or have a fever, sick people think wrongly they can ‘exercise the virus out of the system’ or ‘sweat it out,’ that’s a myth. It’s actually the opposite,” Nieman says.

Should you avoid riding in groups?

As of March 15, USA Cycling has recommended races and other gatherings, such as races and group rides be canceled or postponed and is suspending permits on all events through April 5.

How dangerous is spitting while cycling right now?

Spreading COVID-19 via spit is possible, according to Amy Treakle, M.D., an infectious disease specialist with The Polyclinic in Seattle. “COVID-19 is spread by respiratory droplets when a person

coughs or sneezes, and transmission may occur when these droplets enter the mouths, noses, or eyes of people who are nearby. Spit contains saliva but could also contain sputum from the lungs or drainage from the posterior nasopharynx,” she says. Sorry, snot rocketeers: Treakle says shooting mucus out of your nose isn’t any better. “Having witnessed and participated in races, I think it’s appropriate to note that this would apply to projectile nasal secretions.”

How long can COVID-19 live on clothing?

Experts don’t yet know the risk of transmitting the virus from surfaces like clothing, Treakle says. But the World Health Organization reports that coronaviruses can remain on surfaces for a few hours up to several days. If your clothing gets hit by spit, avoid touching the area, and change your clothing as soon as possible, washing your hands afterward. To disinfect clothing, wash it in hot water and use the dryer’s high setting.

Should I avoid touching things outside?

The latest data with the novel coronavirus is that it does not last very long on objects outside because of the exposure to sunlight (UV light). In general, objects outside should have little virus on them, Nieman explained. However, there could be a problem if someone coughs into his or her hand immediately before touching something like a traffic button, and then you touch the traffic button after them. If you must touch something, do not touch your face after. Even better? Use a glove (then avoid touching your face), sleeve, or elbow.

Can coronavirus be spread through sweat?

According to the CDC, transmission of the coronavirus happens between people who are in close contact with one another (about six feet) and through respiratory droplets, produced through a cough or sneeze—not sweat.

Am I contagious if I have no symptoms?

This is one thing we don’t fully understand yet about coronavirus. You are probably contagious right before you begin to show symptoms, but we don’t know for what time period and we don’t know how contagious. It makes sense that you would be more contagious once you are coughing, but we don’t fully understand transmission yet, Labus says.

Social distancing is the answer right now, Nieman says. Experts are still trying to figure out how long the virus lives on objects, and the problem is that it appears to be highly contagious, spread easily by coughing and sneezing, and can be spread by people who don’t think they’re sick. That’s why handwashing and not touching your face are so important.

Is my immune system weaker post ride or after a hard workout?

As you deplete your stores of glycogen, your immune system does not function as well as it normally does. That means in the hours following a hard ride or race, if you have been exposed to someone who has been sick with the flu or coronavirus, your body’s defenses are down, Nieman says. Additionally, mental or physical stress—caused by exerting yourself on a long ride, in a race, or after very hard work out—could slightly increase your chances of becoming ill, Labus explains.

“I would caution cyclists to avoid long, intense rides or workouts right now until we get through all this and just to kind of keep things under control,” Nieman says. “Don’t overdo it. Be worried more about health than fitness.”

However, that doesn't mean you need to quit riding or exercising altogether. There is a very strong connection between regular exercise and a strong immune system in the first place, so the long-term immune system benefits of exercising far outweigh any short-term concerns, Labus says.

Are gyms safe for indoor training?

Many cities and states around the country are taking extra measures to help prevent the spread of coronavirus. Gyms across the country like Barry's Bootcamp, Mile High Run Club, and WORK Training Studio are temporarily closing out of an abundance of caution. And, at 8 p.m. on March 16, gyms in New York, Connecticut, and New Jersey, are temporarily closing. Overall, be sure to check your local gym and local public health recommendations before heading anywhere for a workout.

At this time, at-home workouts may be your best bet for keeping up your fitness routine and helping to ensure your own health and the health of those around you. And, no matter where you sweat, you should remember to wash your hands regularly, especially after your workout and wipe down all your equipment when you are done using it.

If people are using public bike shares, like CitiBike, are there any extra precautions to take? If an ill person has used it right before you, they could leave behind their viruses on the handlebars. If you wipe it down with antibacterial wipes before you use it, that should protect you against being exposed to many different diseases, Labus says.

And, according to the CDC, it may be possible that a person can get COVID-19 by touching a surface that has the virus on it, like bike handlebars, and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

In general, using bike shares should be okay, as long as you wipe the bike down beforehand, and it wouldn't hurt to have gloves on. And, be sure to wash your hands as soon as you can and avoid touching your face, Nieman says.

If my race isn't canceled, should I go?

You might be wondering what to do about the upcoming race you've been training for. Bottom line, no. As of March 15, the CDC recommends that for the next 8 weeks, in-person events that consist of 50 people or more are canceled or postponed.

Nieman suggests that the goal right now is to avoid crowds and gatherings of people indoors and outdoors until we know better about how the virus can spread.

If my race is canceled but there are other group ride events in its place, should I go?

You might be seeing group rides or unofficial races popping up in your community in place of canceled races. But any time people come together, there is a chance for the disease to spread. Again, as of March 15, the CDC recommends that for the next 8 weeks, in-person events that consist of 50 people or more are canceled or postponed.

In general, be mindful of your interactions with others and take basic steps to protect yourself, like washing your hands, limiting direct contact with others, and not touching your face, you can reduce your risk of many different infections, Labus says. Remember that, even though everyone is focused on coronavirus, flu is still circulating widely.

The HBC Public Relations Committee Needs Your Help!

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

The dates we need volunteers are:

April 24 – Wetlands Festival at Wildwood Park

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

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



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

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

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

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

New Cumberland Revitalization Board

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

Website Event Registrations – look for changes in the near future

We are beginning to implement improvements to the website event registrations. When you go to the certain event review carefully if you are being asked to make a reservation or just email / call the coordinator.

If you are being asked to make a reservation, please follow the selections criteria for personal information. If a payment is required, you will have options to pay using 1) A PAYPAL account, 2) a credit card or 3) mailing in a check. Please choose the option that best fits your needs.

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



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

the option of choosing the traditional route back to the firehouse or adding in additional climbing up to Big Flat.

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

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

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

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

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



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



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



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

Spring Fling #1

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



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

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

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

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

Things to Do in and around Charlottesville

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

Rides are numerous, Ride coordinator will be Lou Searles

- Charlottesville Bike Club will also be helping

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

Spring Fling #2

1000 Islands of Canada, Coordinator is Howard Ross

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



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

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

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

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

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

Get on I-81 N

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

Take exit 648 from ON-401 W

Continue on ON-2 W to the hotel

NOTE THAT EVERYONE MUST HAVE A VALID PASSPORT TO ENTER CANADA

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



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

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

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

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

Adopt-A-Highway Clean Up Saturday April 18th

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

Save the Date!

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



Kings Gap Time Trial

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



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

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

The website is up and running to get FAQs and photographs from the 2019 event

Go To: <http://www.kingsgaptt.com/>

Share the Road

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



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

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



Colonial Williamsburg



Williamsburg Winery

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

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

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



The Virginia Capital Trail

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

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

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

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

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

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



HBC Maintenance Clinic – Final Report

The 2020 HBC Bicycle Maintenance Clinic was held Jan 11, 18, and 25th. It was very well attended. We had 34 attendees and 4 instructors' week #1, 15 attendees and 3 instructors for week #2, and the largest attendance ever for week #3 with 37 attendees and 6 instructors.

John Donoughe conducted his tire changing and tube repair class each week, with week #1 having the largest group. Other topics covered each week in small groups or as one-on-one guidance with instructors were bicycle cleaning, chain cleaning-inspection-maintenance-lubrication, brake inspection-adjustment-replacement-function, gear shift inspection and adjustment, seat adjustment and minor bike fit, as well as other random topics I am not aware of. The instructors and me are hopeful all the attendees got to work on all the issue, concerns, and questions they had about the bicycles. I know that was a challenge during week #1 and #3 due the fantastic attendance those weeks. All considered, from the comments I heard, everyone had a good time and learned a lot about the workings of their bicycles.

I want to thank the instructors whom all volunteered their time each week. The instructors were John Donoughe, Gary Smith, Bill Slabonik, Ross Willard, Ted Witfield, and David Young. Special Thank You to: #1 Pedal Pusher Bicycle Shop and Ted Witfield for provide professional knowledge and expertise each week of the Clinic. #2 Recycle Bicycle for providing the use of five of their bicycle repair stands for the Clinic. #3 Lemoyne Borough Office for the Clinic facility.

Respectfully, David Young HBC Bicycle Clinic Coordinator



The Technical Corner

Technical FAQ: how to find cracks in carbon frames Lennard Zinn March 3, 2020

Dear Lennard,

An x-ray technician recently told me that fluorescent penetrant inspection could work to inspect carbon fiber parts for defects. Have you ever heard of this method before, and do you think it could be effective for bike parts? —Chris

Dear Chris,

Good question! Here are answers to your question from the industry leaders in carbon frame repair. - Lennard

From Calfee Design:

“It can help to see the very fine cracks on damaged frames. But we use a 10X loupe for that.” Craig Calfee Calfee Design, Inc.

From Ruckus Composites:

“We have been using fluorescent penetrant dye for about 8 years out here. Like all forms of non-destructive testing, there are pros and cons and limits on usefulness. Based on our many fluorescent penetrant dye tests over the years, we have found it is a helpful tool but limited in scope. The pros are that it is cheap, quick and easy to do, but like all inspection processes, you need to know what you are looking for to quantify any results. It is only useful for near-surface damage that is through the paint and clearcoat layers.

There are also many types of dyes out there. Fluoro dye testing is primarily used for crack detection in metallic surfaces; I believe the train industry popularized it. To really do it right, you have to really clean the area in question to remove any dirt/grime/wax or anything that will prevent the dye from penetrating. Another aspect that makes it difficult on bikes is that you really need to soak out the area in question for a period at a specific temperature for proper penetration. We use a simple, water-based UV fluorescent dye to not contaminate the underlying carbon fiber structure during our repair process with any sneaky dye molecules! While it is another useful tool for a proper carbon fiber facility, because of the thin materials used on all bike frames and components, you can most likely visually see any cracks developing if you use a good inspection flashlight and take your time. But UV dyes make for some very compelling images!



Photo: Ruckus Composites



Photo: Ruckus Composites

Shawn Small
Owner/Engineer, Ruckus Composites

April Regular Rides.....

A **typical** listing for a **typical** riding week

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

Mondays

Hershey B+	6 th , 13 th , 20 th , and 27 th	Start time: 6:00 pm
Hershey B	6 th , 13 th , 20 th , and 27 th	Start time: 6:00 pm
Hershey C+	6 th , 13 th , 20 th , and 27 th	Start time: 6:00 pm
Hershey C	6 th , 13 th , 20 th , and 27 th	Start time: 6:00 pm

Tuesdays

East Shore Tuesday	7 th , 14 th , 21 st , 28 th	Start time: 6:00 pm
Hershey A	7 th , 14 th , 21 st , 28 th	Start time: 6:00 pm
Upper Allen Friendship Park C	7 th , 14 th , 21 st , 28 th	Start time: 6:00 pm
Upper Allen Friendship Park C+	7 th , 14 th , 21 st , 28 th	Start time: 6:00 pm

Wednesdays

Silver Spokes Ride 9:00 (email Ride)	1 st and 29 th	
Hershey B+	1 st , 8 th , 15 th , 22 nd , 29 th	Start time: 6:00 pm

Thursday

Hershey A	2 nd , 9 th , 16 th , 23, 30 th	Start time: 6:00 pm
Hershey B	2 nd , 9 th , 16 th , 23, 30 th	Start time: 6:00 pm
Hershey C+	2 nd , 9 th , 16 th , 23, 30 th	Start time: 6:00 pm
Hershey C	2 nd , 9 th , 16 th , 23, 30 th	Start time: 6:00 pm
Upper Allen Friendship Park C	2 nd , 9 th , 16 th , 23, 30 th	Start time: 6:00 pm
Upper Allen Friendship Park C+	2 nd , 9 th , 16 th , 23, 30 th	Start time: 6:00 pm

Friday

Friday Night Social	17 th , 24 th	
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Saturdays:

Saturday Morning C (email Ride)	Varies, email notification	
Mechanicsburg HS C	4 th , 11 th , 18 th , 25 th	Start time : 12:30 pm

Sundays:

Mechanicsburg HS C	5 th , 12 th , 19 th 26 th	Start time: 12:30pm
Owen's Sunday Social	5 th , 12 th , 19 th 26 th	Start: 7:15 am at City Island
Carlisle Action C+	5 th , 12 th , 19 th 26 th	Start time: 10:00

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

Planning your 2020 rides...

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

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

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

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/

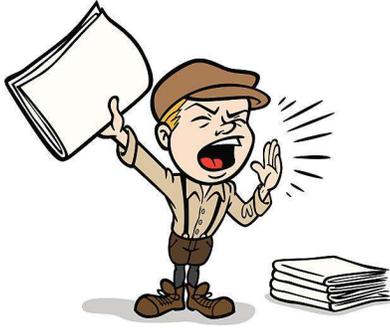


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or online by credit card at <http://recyclebicycleharrisburg.org/donate/>

HELP US DO MORE OF THIS KIND OF THING



Submissions for the **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
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<https://www.facebook.com/pages/Harrisburg-Bicycle-Club/242294573868>

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

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