



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB MAY 2022

President's Corner

It's riding season, and winter weather seems to be holding on with windy, cooler conditions. Here's hoping the calendar change to May brings warmer, gentler breezes. This month's Spokesman has a lot of great information for planning purposes.

The Riding Season has started, and I would like to encourage folks to get out and shake off the cobwebs. There is a critical need for ride leaders so please reach out and sign up if possible. Not sure how to lead? Mentoring opportunities are available, please reach out to any board member.

May brings Bike Month with many activities: Ride to Work /School day, International Ride of Silence, among other events. Check out the article in this edition.

Ride with Mayor Wanda Williams (Harrisburg) in an opportunity to promote bicycling on Saturday May 14th @ 1:00pm. She will be leaving from the Broad Street Market with Ross Willard. Contact Ross for more details.

The Spring Fling is the first formal weekend event (April 28-May 1st) of the season with HBC returning to Bethany Beach, DE. What a great opportunity to work on riding skills on flat roads and connecting with friends. Thanks to Glenn Wareham



and Howard Ross for spearheading this event.

CPR classes are now available for our members. Check out the article or contact Chris Wright at cjwright1919@gmail.com

New Member Orientation is starting back up in May. If you are new to biking, or just want to get your skills jumpstarted, save these dates:

- May 11th - Friendship Park (1901 Fisher Road, Mechanicsburg) 6 pm
- May 18th - Fort Hunter 6 pm (Barn side)
- May 25th - Carlisle (location to be determined)

Contact Glenn Wareham (glenn.wareham@aol.com for more details) and the article in this edition.

Get a \$10 discount on safety equipment (helmet, lights, etc) from the Pontius Fund drive-see the article in the Spokesman.

Looking ahead, June brings the annual Finger Lakes trip: June 16-19th with an option for early arrival on the 14th. There are still spots available, please register as soon as possible by May 20th.

Hope to see you on the road!

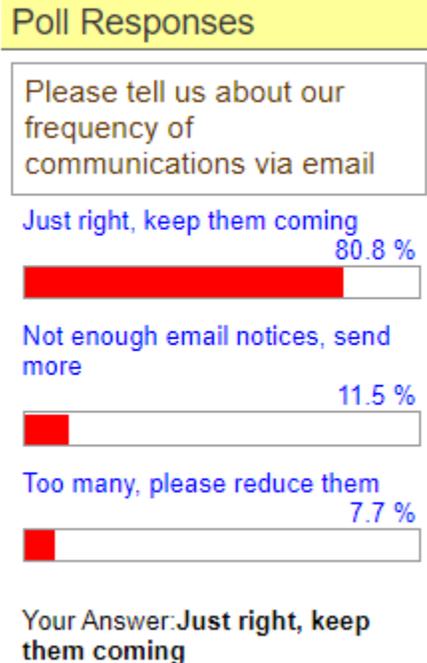
Susan Tussey

HBC President

srtusseyhbc@outlook.com

HBC Website Poll

We are requesting all members to give us feedback on our frequency of communication. These are the results so far, but the poll is still open. The next time you log in to the website find the pool on the main page and click the VOTE link to cast your opinion



Status so far, 26 respondents.

- 21 Just right, keep them coming
- 3 Not enough, send more
- 2 Too many, please reduce them

This poll is now closed. If you have an idea for a new poll, send your suggestions to webmaster@harrisburgbicycleclub.org

COMMUNITY SERVICE

Nearly 100 Carlisle residents and Dickinson students participated in today's Northside Ride. The annual event connects residents and community organizations while encouraging bicycle safety and use within and beyond Carlisle. Sponsored by the Center for Sustainability Education-Dickinson College and the Dickinson College Center for Civic Learning and Action-CCLA.



Thank you, HBC members, for your time and participation in the Carlisle Northside Community Ride. Thank you to Mark Dolheimer, Darrell Casto, Kip Bolinger, Marilyn Chastek, Grace House, Nancy Shearer, Ross Willard, Sue Lynne Casto, Craig Shilling. The event was a success with riders of all ages joining New Life Community Church to ride 4 miles through Carlisle to Project Share, YWCA and Hope Station. All participants received new helmets, bike lights, healthy snacks, and a bike lock. This was a great event to promote bicycle safety in our Carlisle community.

JANET A PONTIUS FUND

April 20-May 31, 2022

In October 1976 Janet Pontius was fatally injured when her bicycle was hit by a van in Lower Paxton Township, Dauphin County. According to local police it was found that Janet was not wearing a helmet at the time, but few bicyclists did in the seventies. To honor her The Janet A. Pontius Bicycle Safety Foundation was established by a group of concerned citizens of Central Pennsylvania. The Harrisburg Bicycle Club is now the Administrator of the Foundation.

Janet's fund previously supported the purchase of a bicycle helmet through local bicycle shops at a discount and Road ID from the club. HBC is now expanding the program starting on April 20th, Janet's Pontius Birthday and will end on May 31, 2022. Your local bike shops will have \$10.00 coupon to buy safety equipment, which includes a bicycle helmet, mirror, front and rear lights from the local bicycle shops. Current HBC members will also receive an additional 10% discount on their purchase at participating bicycle shops.



Bicycle shops that are taking part in the Pontius Fund Program are:

- Pedal Pusher in Harrisburg
- Mountainside Ski & Sport in Mechanicsburg
- In-Gear Cycling & Fitness in Hummelstown
- Holmes Cycling and Fitness
- World Cup Ski and Cycle in Camp Hill
- Coles Bicycles in Carlisle
- Merv's Bike Shop in Shippensburg

All HBC members may be asked to show they are current members of the Club for the 10% discount at the Bicycle shops. To obtain a copy of your membership card, do the following:

- Login to the HBC web page
- At the top right of the page, click your name and in the drop down click on to the "Member Profile."
- Click on download "Membership Card" and take a picture of your card or print it out.

CPR TRAINING NOW AVAILABLE

The Harrisburg Bicycle Club is happy to announce that we are once again offering CPR / Basic First Aid training classes to our members!

HBC member Dave Moyer has offered to lead instruction on CPR / Basic First Aid, at a fee that is less expensive than other vendors. Dave is an experienced instructor and a member of the Silver Spring Ambulance & Rescue Association, and we're grateful for his generosity.

The cost to attend is \$35, but active Ride Leaders attend for free! If you've led at least 5 rides since April 1, 2021, there's no cost to you. If you haven't led 5 rides since then, you can pay the \$35 fee upfront and when you've led 5 rides in 2022 we'll reimburse you the full fee. All other HBC members who want to attend will pay the \$35 discounted fee.



Classes will be available as follows:

- Sunday May 1 from 9:00 AM to 1:00 PM at Silver Spring Ambulance & Rescue Association, Eleanor Drive, New Kingston PA 17072
- Monday May 16 from 4:00 PM to 8:00 PM at Linglestown Giant Foods Community Room, 2300 Linglestown Rd, Harrisburg PA 17110
- Sunday June 12. The specific time and location for this session will be finalized soon.

You need attend only 1 class to be certified. Depending on response, we may prioritize Ride Leaders who want to attend. We may offer additional classes in future months depending on class demand and availability of instructors, and we'll be glad to put your name on a waiting list if necessary.

The sessions will consist of classroom instruction only. Due to pandemic policies, there will not be live CPR practice on dummies.

To register, contact Chris Wright at cjwright1919@gmail.com and indicate which session you would like to attend. If you have flexibility in your availability, indicate which session is your first choice, second choice, etc.

HATS Regional Bicycle and Pedestrian Count

The latest round of the HATS Regional Bicycle and Pedestrian Count Program is here. We appreciate the help we've gotten for this effort over the years. Recent round of counts were some of our best yet! If you plan on helping out again this spring, please be sure to adhere to [PA Dept of Health guidelines](#) when doing so.

The data collected has been used in studies and analyses throughout the region, such as the Camp Hill to Capital Corridor study and the Route 39 Corridor study. This effort depends on the help of people like you and be assured it is greatly appreciated.

As always, **please feel free to post the following information (and links) to any social media or website of a group you think would be interested in participating.** You can also get it touch with me, and I can reach out directly.

All the information and links necessary to help can be found at [TCRPC's Bike/Ped Planning Page](#).



Thanks again!

The SPRING 2022 HATS Regional Bicycle and Pedestrian Counts will take place during the following dates and times:

- Sunday, May 15, 12:00 pm - 2:00 pm
- Tuesday, May 17, 4:00 pm - 6:00 pm
- Wednesday, May 18, 4:00 pm - 6:00 pm
- Thursday, May 19, 4:00 pm - 6:00 pm
- Saturday, May 21, 12:00 pm - 2:00 pm

The counts are being done as part of the National Bicycle and Pedestrian Documentation project. For more information on NBPD in general, [click here](#).

To perform the counts:

1. Print out the counting form ([click here to download form](#)) and bring other necessary items (pen/pencil, timer, etc).
2. Arrive at your designated location approximately 15 minutes before you are to begin counting.
3. Find a spot from which you can best view the entire intersection.
4. Count and record cyclists, pedestrians, and “others” (skateboarders, rollerbladers) as they enter the intersection on the form in 15-minute increments.
5. When finished, simply scan or photograph the completed count form and email it to HATSBikePedCounts@gmail.com.

To view the count program locations, [click here](#).

To view training slides on how to conduct bicycle and pedestrian counts, [click here](#).

Anyone interested in signing up should visit our SignUpGenius page by [clicking here](#).

All the information and links necessary to help can be found at [TCRPC's Bike/Ped Planning Page](#).

If you have any questions, please feel free to contact me.

Thanks!

Andrew Bomberger, AICP
Transportation Planning Coordinator
Tri-County Regional Planning Commission
112 Market Street, 2nd Floor
Harrisburg, PA 17101
P: 717-234-2639 | M: 717-968-1276

TCRPC Regional Bikeshare



You may remember the bikeshare program in Harrisburg prior to 2020 when the system shut down due to COVID-19.

Now, Tri-County Regional Planning Commission (TCRPC) is working with vendors, municipalities, and other regional partners to bring back the bikeshare program. The goal is to create a region-wide program and to also connect with systems in adjacent counties.

We need your help!

If you have any suggestions for bikeshare locations or are interested in sponsorship opportunities, please let us know at the link below.

Feeling Creative?

Think of a catchy name for our bikeshare - the winner will receive a free year of bikeshare!

[Interest Form and Contest Entry](#)



<https://www.tcrpc-pa.org>

For questions or more information, please contact Tri-County Regional Planning Commission at 717-234-2639 or lweaver@tcrpc-pa.org.

2022 Bike Month Schedule

- **HBC Sunday Morning Sociable Ride:** Every Sunday 7:15 a.m. City Island in the parking lot near the Walnut Street Bridge for a casual 8-10 mph ride. Optional breakfast to follow the ride at Roxy's Café, 2774 North Street, Harrisburg.
- **Friday Lunch Rides:** Offered by Harrisburg Bicycle Club every Friday at 10:00 a.m. from Five Bridges Health and Fitness, 4450 Oakhurst Blvd, Harrisburg. 20-30 miles @ 12-13 mph pace. www.harrisburgbicycleclub.org
- **Harrisburg Urban Ride:** Every Wednesday at 6:00 p.m. Meet at the Sunken Gardens on Riverfront Park.
- **National Ride A Bike Day-** Ride your bike to celebrate the first ever National Ride a Bike Day! <https://bikeleague.org/content/take-part-first-ever-national-ride-bike-day>
- **Capital Area Greenbelt Ride:** May 1, 1:00 p.m. Meet at the trailhead behind the City Line Diner, 3302 Derry St. This 20-mile ride goes at a casual pace (10-11 mph) and may stop at points of interest along the way.
- **Bike to School Day is May 4.**
- **New Cumberland Community Day:** May 7, 9:00 a.m. – 1:00 p.m. Features music, arts, food and activities, including bike repair provided by Recycle Bicycle Harrisburg. Free bikes and helmets (limited supply) at Trinity UMC, 415 Bridge Street.
- **ABC's of Biking:** May 10, 5 p.m. -7:00 p.m. Rays Place, 4363 N. 6th Street, Harrisburg. For all ages. Free bike repair and safety information.
- **Bicycle Day at the Broad Street Market,** May 14: 9:00 a.m. -1:00 p.m. Recycle Bicycle will do free bicycle repair while teaching applied physics and the importance of further education for our youth. Promote bicycle safety and more bicycle infrastructure.
- **Ride With the Mayor:** May 14, 1:00 p.m. at Broad Street Market. Enjoy an easy bike ride with Harrisburg Mayor Wanda Williams.
- **Sunday Slow Ride, Sunday, May 15.** Rays Place, 4363 N.6th Street, 1:00 p.m. This ride is about 3 miles on the Capital Area Greenbelt and is for all riders with families in mind.
- **Tri-County Regional Planning Commission Bike and Pedestrian Counts** May 15-21. Volunteers are needed to perform this important task. Choose the date and times and locations that work best for you. <https://www.tcrpc-pa.org/bikeped/>
- **Bike to Work Week:** May 16-22 – Ride your bike to work. It's a wonderful way to get exercise, save money and go green. Log your commute with www.pacommuterservices.org/bike/ and win prizes.

- *It would be ideal if everyone could ride to work from home, but we recognize that*



- *isn't possible due to distance and the difficulty of finding safe route. Consider taking the bus (they all have bike racks) or driving close to your destination and biking the rest of the way. If you work in Harrisburg, you may want to consider biking from these start points:*
 - *Harrisburg: Street parking near the old William Penn HS, 2901 4th Street*
 - *West Shore: Street parking on 2nd Street in Wormleysburg. Use the Harvey Taylor Bridge to cross the river. It has bike pathways on each side.*
 - *If you work elsewhere, you might be able to find a park, commuter lot or other public parking area that will work for you.*
- **Ghost Bikes at the Capitol**, Wed. May 18. All day. One white bike is placed on the Capitol steps for each rider who has died while biking in PA during the last year.
- **International Ride of Silence**, Wed. May 18, 6:30 p.m. Camp Hill Borough Office, 2145 Walnut Street. This slow, silent ride goes from Camp Hill to Harrisburg and back to recognize all the cyclists who were injured or killed on Pennsylvania roadways. The Ride of Silence is held on the same day in hundreds of locations all over the world.
- **Bike to Workday**: Fri. May 20. Get your "I Biked to Work Today" badges in Harrisburg at 3rd and North Streets from 7:00 a.m. until 9:00 a.m. and at other locations TBD. [Follow Bike Harrisburg on Facebook for details.](#)
- **HBC Social Ride and Dinner**:
 - May 20 - 6:15 p.m. Park at the HACC Midtown Campus parking lot on Reily Street between 3rd and 4th Streets in Harrisburg. We'll take a 15-mile tour around the quiet streets of Harrisburg. Dinner afterwards at the Broad Street Market. Bring a folding chair. It's 3rd in the Burg, so take time to check out the other special events happening in the City. <http://thirdintheburg.org>
- **Free Valet Bike Parking at the Harrisburg Arts Festival**: May 28-30, Riverfront Park. Valet parking will be set up at Front and Forster Streets, also Front and Walnut Streets, Courtesy of Recycle Bicycle. Bike to the festival and save \$!
- **SAMBA Parkway Mountain Bike Trails and Rides** Check at www.Sambabiker.com for more information about trails and group rides.

What's Next?

- **World Bicycle Day**, June 3. Tricycle or tandem- Cycle your troubles away on World Bicycle Day. This day celebrates the bicycle as a sustainable and reliable form of transportation. <https://www.un.org/en/observances/bicycle-day>
- **Bike Travel Weekend**, June 3-5. Experience the joy of traveling by bike. <https://www.adventurecycling.org/resources/bike-travel-weekend/>
- **The Tour de Belt!** Sun., June 5. Have a great time on your bike while supporting the beautiful Capital Area Greenbelt, the emerald necklace that circles Harrisburg. This year you can choose from a virtual ride or the main event on June 5. Details at <http://caga.org/tour-de-belt/>

Owen's Sunday Sociable

Early Sunday morning is made for friends riding bicycles together. Owen Moore began this tradition informally about 45 years ago, as a way to get an hour's ride in before church. It persists because it's such fun, for folks new to bicycling as well as for experienced riders who enjoy exploring the city and environs at an easy pace.

Our 2022 season officially starts Sunday April 3. Dedicated, experienced leaders rotate through each month:

- 4th Sunday - Dave Young
- 5th Sunday - Nancy Sherer
 - Note: there will be occasional leader substitutions to enable people to follow their bliss.
- Meet on City Island, between the bridges.
- Ride starts promptly at 7:15 am.
- Pace 8-10 mph, duration 60-75 minutes; no rider will be left behind.
- Helmets required.
- Optional breakfast following end of ride at Roxy's, N 3rd & North Street.



Many thanks to Leaders Emeriti Howard Ross and John Humphries for the wonderful OSS rides they led over the past years. Hope to catch up with them in the peloton! Questions? nsherer3@gmail.com

HBC Finger Lakes Trip

**June 16 to 19, 2022 (early arrival options 6/14 or 6/15)
REGISTRATION DEADLINE IS MAY 20!**

Join us on June 16-19, 2022, with an early arrival option for Tuesday, June 14 or Wed. June 15. There is still time to register to join us, but the deadline to register is approaching soon. We stay in the O'Dell's Townhouses at Hobart-William Smith Colleges in Geneva, NY, on the northern end of Seneca Lake. This is our 15th annual trip. We hope you plan to join us!

The 2022 base cost (\$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. 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.

Details are available on the HBC website (www.harrisburgbicycleclub.org) Special Events page for the Finger Lakes. Payment is required when you register, either via PayPal or a check that can be mailed in. It will be possible to stay extra nights (Tuesday and/or Wednesday only) at the college at a cost of \$43.30 per person per night.

It will be helpful for us to know if you want to share a Townhouse with specific people. Townhouse assignments will be provided to participants when registration is complete later in the spring. Please contact Susan Tussey with any questions at srtusseyhbc@outlook.com or 814-386-8141.

We are recruiting 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. A printed packet of popular cue sheets and maps can be purchased in advance by any participant that wants them, at an additional cost option @ \$5 each.

In 2022, Phyllis Zitzer is chairing the trip and Susan Tussey is the registrar. Please contact Susan Tussey with questions about registration. 814-386-8141 or srtusseyhbc@outlook.com or for all other general information, contact Phyllis Zitzer pjzitzer@gmail.com or 717-379-3054.

Registration is Now Open for the 2022 HBC Three Creek Century

This event is HBC's largest source of funding, so please come out and support your bike club by registering, volunteering or both! Volunteer sign-up will be available soon.

The Three Creek Century will be held at the Penn Township Fire Department Complex, 1750 Pine Road, Newville PA on Sunday, Sept. 18. Registration is only \$35 if you sign up by August 15 for this fully supported event which features low traffic country roads with scenic creek side riding and mountain views.



The Three Creek Century is noted for its great food, including homemade soup and thousands of fresh baked cookies! Route choices include the 18 mile Cumberland Valley Rail Trail, the 25 mile Yellow Breeches Ramble, the 29 mile Opossum Lake Loop, and the 51 mile Big Spring Meander. You can combine those routes as you like, including a full 105 mile Century ride by completing the three road routes.

The 51 mile Big Spring Meander can be done via the traditional route, or by tackling the South Mountain Challenge, which adds 1,000 ft of additional climbing but still totals 51 miles.

As a bonus, all riders have the option to ride the 4 mile gradual climb to the top of Kings Gap State Park which offers spectacular views of the Cumberland Valley. The 4 mile downhill on the return trip is truly exhilarating.

Proceeds from the Three Creek Century are used to fund HBC's Community Grant program, which provides funding for several bicycling-related nonprofit charities, as well as to cover operating expenses for the Club.

The Trifecta is back! Yes, the Three Creek Century, the Chocolate Tour and the Covered Bridge Classic are partnering once again to offer you the premiere bicycling events in Central PA. You can register for all three events with just one click by using this link plus you save \$5!
<https://coveredbridgeclassic.com/trifecta/>

New for 2022: Every rider who checks in at the Three Creek Century on Sept. 18 has a chance to win a Kuat Sherpa 2.0 bike rack...a \$630 value!



kuat[®]

To assure rider safety, all CDC recommended COVID guidelines will be adhered to.

Registration information and more details can be found at www.threecreekcentury.com

HBC Williamsburg Trip - October 13-16, 2022

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 13th 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 are 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 breakfasts and hospitality are \$180/person (double occupancy) or \$345 (single occupancy).

Registration will be through the website Event Calendar and will open on May 1st. We are limited to approximately 80 attendees. Registration will close on August 31st or sooner if we reach capacity.

For event information, visit the Special Events menu on the [HBC website](#) Click [HERE](#)

For more information, contact the event organizer Rick Nevins - rick@nevins.com or 717-579-7644.

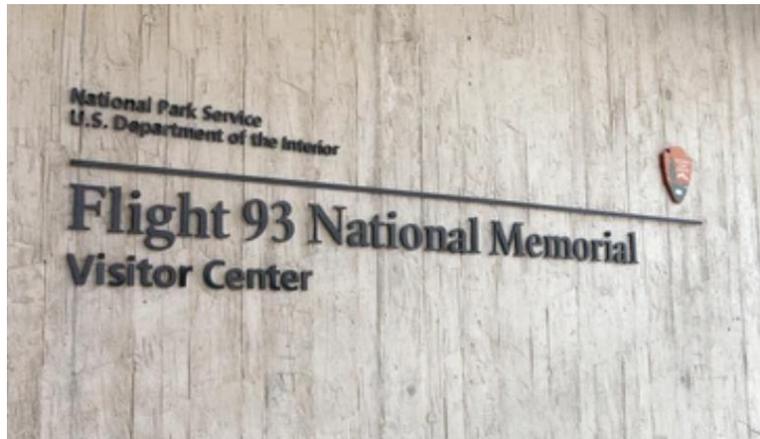


FIRST ANNUAL 911 BIKE TOUR JUNE 2022

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

Capital Area Greenbelt Tour de Belt Sunday, June 5, 2022

Early registration opens on February 12, 2022. Visit [Tour de Belt – Capital Area Greenbelt Association \(caga.org\)](http://Tour de Belt – Capital Area Greenbelt Association (caga.org)).

It takes over 100 volunteers to support this event. Volunteer sign-ups will be available in April.



Save the date
Sunday June 5, 2022
It's going to be great!!

Seeking Tour de Belt Logistics Committee Volunteer

If anyone would like to start helping now, we are looking for a "volunteer-in training" for the logistics committee. Join TdB veterans Bob Johnson, Becky Schuchert and Tom Bay to support the tour logistics needs, and if you are able, play a greater role in future TdBs.

The Logistics Committee will take care of rider safety for the Tour de Belt on Sunday, June 5, 2022. This includes:

- Planning for the route
- Making sure that there are signs where needed
- Getting volunteers to assist rider safety at the intersections and other areas where support is needed for the riders
- Working with local police and governments to provide safety where needed
- Starting up to 1000 riders safely from HACC
- Supporting the Marshals who ride the Tour and provide assistance as needed
- Providing SAG Support on the day of the Tour
- Supporting the Parking Coordinator
- And other duties as needed.

If you are interested in serving, email Robin Alexander, Tour de Belt Volunteer Coordinator at ralexander@rklcpa.com

Save the Date – 2022 Fall Tour



2022 HBC Fall Tour
Join the Adventure! Save the dates!!
New Destination! New Ride Down Route! New Overnight Hotels!

- Ride Down: Tuesday, September 20 – Friday, September 23
- Weekend in Wildwood Crest:
Friday, September 23 – Sunday, September 25
- Online Registration on HBC website to open in May

47th Annual Fall Tour - In Memory of Owen Moore

Getting and staying FIT

Harrisburg Bicycle Club Exercise Program Checklist



The following strength & flexibility exercises are designed specifically for cyclists. Because cycling is an activity that requires a lot of repetition in a specific posture, and a lot of use of the same muscles, it is important to add some exercises to a regular routine to offset and support this repetitive activity.

Below you will see a list of exercises for each category. Attached to each exercise name is a link to a video so that you can see exactly how to do each one. You will also see a suggested number of sets and reps for each exercise (e.g., 1x6 each = 1 set of 6 repetitions on each side).

Should you have any questions or want to know more about which exercises would be the best fit for your specific needs, feel free to contact David Drinks at ddrinks@themedgym.com.

A free Functional Movement Screen with David is the best way to find out more about how you move and what specific exercises you should focus on to improve your movement!

Flexibility Exercises

These can be done as often as every day. Ideally, they will be done at least prior to any exercise session. For each category, you do not need to do all of the suggested exercises. While it won't hurt to do all of the exercises, it's best to pick the one that feels like the best fit for you right now and begin with that.

Ankle Mobility

- ½ Kneeling Ankle Mobilization with Dowel Rod
 - 1x8 each
- Rocking Ankle Mobilization
 - 1x6 each
- Knee to Wall Ankle Mobilization
 - 1x8 each

Hip Mobility

- ½ Kneeling Hip Flexor Mobilization with Dowel

- 1x6 each with a 5-sec hold
- ½ Kneeling Adductor Dip
 - 1x8 each

Thoracic Spine (Upper Back) Mobility

- Thoracic Spine Extension over Foam Roller
 - 1x10
- Side-Lying T-Spine Rotation with Reach
 - 1x6 each with 1 deep breath while holding the stretch.

Shoulder Mobility

- Supine Shoulder Flexion
 - 1x10
- Supine Forearm Slides
 - 1x10
- Back to Wall Shoulder Flexion
 - 1x8

Strength Exercises

These exercises should be done two or three days per week. For each exercise, you will see a range of sets and reps (e.g., 2-3x8-12 = 2 or 3 sets and 8 to 12 repetitions). Start with the lower end of the set and rep range that is suggested and gradually increase.

For each category, there are three levels of challenge. The top exercise is the easiest, and each one down from there increases the challenge. You do not have to do all of them but start with the one that is doable for you and work up to the more challenging ones over time.

Squat

- Bodyweight Squat
 - 2-3x8-12
- Goblet Squat
 - 2-3x8-10
- Split Squat
 - 1-3x6-10 each

Upper Body Pull

- 2-arm Band Row
 - 2-3x8-12
- Split-Stance 1-arm Band Row
 - 2-3x8-12 each
- Split-Stance Bent-Over Row (with Band, or Weight)
 - 2-3x6-12 each

Hip Strength

- Supine Bridge
 - 2-3x8-12
- Supine Single Leg Bridge
 - 2-3x8-12 each
- Kettlebell (or Dumbbell) Deadlift
 - 2-3x8-10

Upper Body Push

- 1-arm Band Resisted Press
 - 2-3x8-12 each
- Incline Push-ups
 - 2-3x8-12
- Push-ups
 - 2-3x6-12+

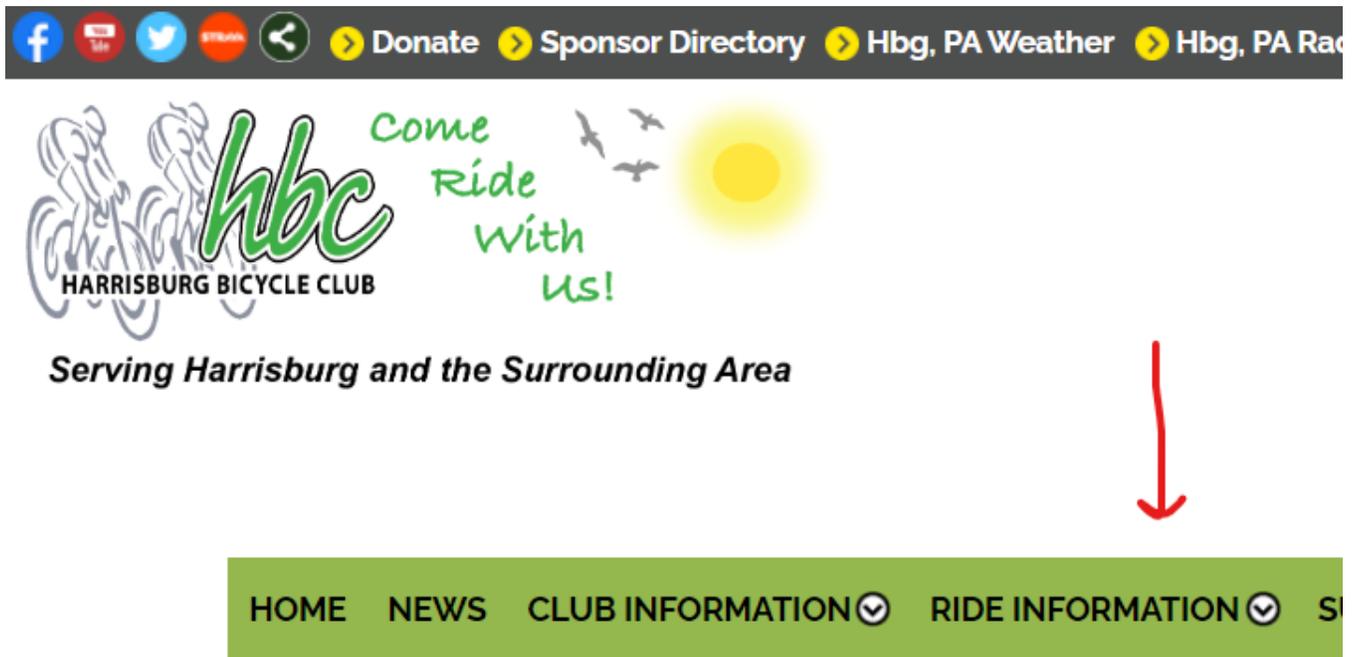
Core Strength

- Dead Bug
 - 2-3x6-10 each
- Curl-up
 - 1-3x5 each leg bent
 - 3-10 sec hold on each rep
- Bird Dog
 - 1-3x6 each
 - 3-10 sec hold each rep
- Plank
 - 1-3x3-6
 - 5-10 sec hold each rep
- Side Plank
 - 1-3x3-5 each
 - 5-10 sec hold each rep

Ride with GPS

NEW to the website, complete instructions on how to gain access to the Club Ride with GPS account

From the main page HOVER over RIDE INFORMATION, then click **How To – RideWithGPS**



You will then have a complete set of instructions to gain access to the club account. When you have access, you can either go directly to the RideWithGPS club account or HOVER over RIDE INFORMATION and click **HBC Ride With GPS**

Technical Corner

Dear Lennard,

I have very little experience with the 11-speed flat-mount Shimano brakes, so I'm hoping you can help. When a friend changes the pads on his 2-year-old Canyon, he said he was doing a bleed each time, which has not been my experience with my R785 brakes. And this also recently happened to another of my tribe, who has a Domane that is also relatively new. The Domane rider used his LBS, so I assume they did a full bleed.

In both cases, the brakes were fine after they were bled, but neither rider noticed any leakage over the years, so both are wondering what might have happened. Any idea? I've only

changed my rear pads once on my 2018 Roubaix, and they pumped right back up, just like my R785 brakes on my 2016 Roubaix.

— Steve



Dear Steve,

I have flat-mount brakes on my bike and have never had that problem for more than four years with them. Since we only build new bikes, and since most of our customers are not local, we typically don't see the bike again after it goes out. So, we tend not to be the ones changing their brake pads, and no customers have said anything to me about this happening to them.

It's also strange that replacing the pads would have created this problem. Yes, when you push the pistons back in their bores to make space for the new (thicker) pads, the brake will be soft for the first series of lever pulls until the fluid fills back in behind the pistons enough that the spacing between the rotor and each pad goes back to its tiny, normal distance. (Ideally, before pushing the pistons back in their bores, you first cleaned the protruding sides of each piston with a cotton swab dipped in the same brake fluid that's in the brake. This includes also holding one pad in place and pushing the opposite pad out a bit more by carefully squeezing the lever to be able to clean further back along the sides of that piston, and vice versa for the other piston as well.) But once you have squeezed the levers enough times to bring the pads back to their normal spacing from the rotor, if anything, one would think that the brake might be tighter rather than squishier, because the pistons are returning to a place slightly further back in their cylinders, thus requiring slightly less fluid volume between the master cylinder (the lever) and the caliper.

However, if it has happened, I would like to address the use of a full brake bleeding to fix the problem; it may not have been necessary to go to the time and expense of a full bleed or of even buying a bleed kit. Your tribemates might have only needed to obtain some of the correct fluid for their brakes.

If the brake has become a bit softer due to air in the system (the lever comes back closer to the bar), in this case apparently after changing pads, the more you squeeze the lever, the more the air bubbles will migrate up to the lever. You can increase this likelihood by strapping (or tightly rubber-banding) the lever to the handlebar and leaving it overnight, which puts pressure on the air bubbles and drives them up more rapidly. Ensure that the hose is trending upward the whole way from the caliper to the lever; this may require hanging the bike by the front wheel or propping up the front wheel on a bench or something. Tapping the caliper with the handle of a screwdriver can release air bubbles trapped there. (When doing a full bleed, you would also unscrew the caliper and allow it to dangle from the chainstay, with a spacer between the pistons, to better ensure upward hose routing the whole way from the caliper, but this also requires re-centering the caliper after bolting it back on. As that can be time-consuming, and this is intended to give you a quick fix, I'm not suggesting you do that.)

The next day, you may be able to eliminate the air quickly and easily with only a drip bottle of the brake fluid for your brake. After removing the strap or rubber band from the lever, remove the bleed screw from atop the lever and add a little fluid into the bleed port. Gently pull the lever slightly and release it a few times with the bleed port open while tapping the lever with the handle of a screwdriver to let out any bubbles trapped in the lever. Finish by topping off fluid at the port and replacing the bleed screw.

If this has not completely brought the brake back to the feel of the other brake, letting it sit overnight with the bleed screw off can sometimes vent a bit more air. Don't strap the lever to the bar in this case, as that would close off the hole between the master cylinder and the fluid reservoir. The next day, top off fluid at the bleed port, replace the bleed screw, and try the brakes again.

You can often tighten up a brake just fine this way without a full bleed job. Make sure you use the recommended fluid for the brake. It's a BIG no-no to put DOT fluid into a mineral-oil brake or vice versa! If you were trying to save time and money, that would be counterproductive!
— Lennard

absoluteBLACK oval chainring. (Photo: absoluteBlack)

Dear Lennard,

FYI, there's yet another option (for small chainrings in addition to the AbsoluteBLACK elliptical sub compact rings mentioned). bikinGreen make 46x30 and 48x31 rings to fit both traditional 5-bolt and Shimano 4-bolt 110 BCD cranks. They use special bolts (as do the Absolute Black rings) and shift the chainline inboard slightly. They can be found on eBay, Amazon, etc.

—Stephen



Dear Lennard,

In your recent Tech FAQ, a reader Bob stated, “I am thinking of moving to a triple front to get a lower gear for loaded touring on a tandem” and “I don’t think there are 3×11 STI shifters”.

As this topic of “looking for lower gears” seems to come up often, I would like to point out the option of the Shimano XTR Di2 triple 11 speed, which I believe provides the widest range of just about any derailleur system. The remarkable benefits were sadly overlooked in the marketplace, but I hope Shimano will see the value to continue that option for people like Bob, and maybe he can find it still available somewhere.

Consider that the low of 40×22 and high gear of 40×11 provide a gearing range of 6.6 times; that’s quite good, and the 11-40 cassette that goes with the system is a very nice progression for touring. With just a 168 q-factor, it’s quite manageable. I installed this on my touring/gravel bike in 2015, when the first Di2 levers (785 series) would allow that XTR combination on a gravel/tour bike with drop bars and upgraded to Ultegra 8070 when that came out. Brilliant! No dropped chain or missed shift in years of riding. So nice for touring to have that low gear...conditions like soft surface, steep grade, headwind, tired, end of the day sort of benefits.

If that 40×11 is not enough for Bob’s tandem (spin out at 30mph?) then I think it could be possible to experiment with a larger triple, say up to 46 or something. Maybe if enough people

try, Shimano will see the value and try this again; they could easily offer both a gravel tour low range like the XTR, 40/30/22, and a slightly greater tandem road triple.

—Tim

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

Follow @lennardzinn on Twitter.

Health Corner

Pros, cons and optimization tips for indoor riding
Top tips — and a few pitfalls to avoid — when riding indoors.

MARCH 10, 2022 HANNAH OTTO (FINCHAMP)

Within the last two years, some retailers saw a greater than 200 percent increase in indoor bike trainers and smart bikes. Their popularity has certainly been on the rise for quite some time now. If you’re considering jumping on the bandwagon or if you already have and want to enhance your experience, I’ve put together my list of pros, cons, and ways to optimize your time for riding an indoor trainer or stationary bike.



Pros of Riding Inside

No distractions/stops

Likely one of the most popular reasons to turn over the pedals indoors is that there are no distractions or stops. When riding outdoors you will face traffic, stop lights, and varying terrain all of which can interrupt intervals or consistency.

Safety

With bike and car incidents also on the rise, it makes sense that more people are riding in the safety of their own homes. Stationary cycling offers a way to ride without fear of crashing or someone crashing into you. Additionally, if you ride during odd hours in which light is limited, you don't have to worry about a lack of visibility.

Efficiency

Another big reason that people choose to ride their bikes inside is the efficiency. For many people, finding the time to exercise is a challenge. Most people have a set amount of time that they can dedicate to the bike each day or week and once it's gone, it's gone. That means that if they spend more time kitting up, looking for gloves and glasses, then that time is taken out of their ride time. Riding on a trainer or stationary bike is highly efficient because you can leave it set up so that all you have to do is pull a chamois on, fill up some water bottles and start pedaling. Since you are riding indoors there is very little bike maintenance or cleaning required as well.

Exact numbers

Riding inside also allows someone to monitor their numbers closely. Many stationary bikes and trainers even have an “erg mode” in which the equipment will monitor the wattage for you. This allows an individual to complete structured training with less thought and planning than the ideal outdoor route can require.

Weather

Finally, riding inside means that you are not at the mercy of bad weather or conditions. You get to control your own environment and you won't be faced with the challenges of poor air quality, cold temperatures, precipitation, or even heat.

Cons of riding inside

No bike handling skills

While the stationary bike can perform fitness miracles, it can also leave a rider lacking in the skills department. Indoor cycling will often allow a rider to push harder because the rider doesn't have to worry about holding themselves up, balancing, or watching the road. While that can be good for fitness, it can also teach poor habits. If you plan to ride in groups or race outside it's also important to practice riding outside so that you remember pack skills, use core strength for balance, and practice technical skills like cornering as well.

Power/standing difficulty

Some riders report difficulty hitting their power numbers inside. This could be for a variety of reasons, including the type of stationary bike or trainer that you are using. It can also be due to your riding style. If you are a rider that prefers to produce power by standing and pulling up on the bars then you may also feel limited with certain types of trainers that you cannot lean.

Hill climbing

Finally, hill climbing just isn't quite the same indoors. The technology on this has increased greatly in the last few years, but there is nothing quite like the impact of gravity from pointing your bike uphill. Additionally, when you climb outside, you will often change your body position slightly on the bike and in turn work slightly different muscles. Indoor cycling can create the next best thing, but it's still not quite the real deal.

Optimizing your indoor riding

Smartbike or trainer

If possible, start by using a smart bike or trainer. A smart bike that allows you to match your outdoor bike's geometry will allow for the most streamlined transition from outdoor riding to indoor training. A smart trainer with a direct-drive hook-up will also allow for a smooth transition and should allow for a more real-world riding experience. Both of these set-ups should allow you to maintain similar power numbers to outside.

Good fan

One of the most important and simple things you can do to enhance your indoor riding experience is to have a good quality fan with high airflow. Keeping cool will allow you to push yourself harder.

Good entertainment

Some people complain that indoor riding is “boring.” Those people probably aren’t using the right entertainment. Zwift and TrainerRoad have created two different and fun interactive ways to ride with others while inside. You can also listen to music, podcasts, and even movies.

Good towel

If you have the right fan then you may not need a good towel, but if you’re a heavy sweater like me then this makes a big difference. When on the trainer, sometimes you will sweat so much that your body can’t evaporate the sweat. Using the towel to manually wipe the sweat off of your face and body will both keep you cooler and prevent heat rash.

Have a schedule

Since you don’t have to leave your house to ride, it can be easy to put off your trainer session since you can do it “at any time.” Make sure that you still set very specific time aside to get your workout done so that you don’t end up stalling all day.

Just ride

It doesn’t matter if you’re inside or outside, just keep turning over the pedals and enjoying the fitness, health, and freedom that the bike can bring!

Safety Corner

Pennsylvania State Electric Bike Laws

How does Pennsylvania define what an electric bike is?

E-bikes are defined as “pedalcycles with electric assist,” so long as the e-bike’s motor is under 750w, has a maximum speed of 20mph on a level surface when powered by the motor source only, weighs no more than 100 lbs and has operable pedals. The same rules of the road apply to both e-bikes and human-powered bicycles. E-bikes are not subject to the registration, licensing or insurance requirements that apply to motor vehicles.

Do you need a license, insurance or registration in Pennsylvania?

The state of Pennsylvania does not require license or registration.

What are the restrictions on Motor power or throttle in Pennsylvania?

The motor of an e-bike can't exceed 750w and must have operable pedals.

Are there any age restrictions to riding an electric bike in Pennsylvania?

The rider of an electric bike must be at least 16 years old.

What are the laws around helmets in Pennsylvania?

Helmets are not required but the age minimum for e-bike use is 16 years.

What are the rules for riding on the road in Pennsylvania?

E-bikes are allowed on sidewalks, but restrictions may apply. When in doubt, check for local rules and regulations.

What are the rules for riding on the trails in Pennsylvania?

On federal, state, county and local trails, e-mountain bike (eMTB) access varies significantly. Generally, any natural surface trail that is designated as open to both motorized and non-motorized uses is also open to eMTBs. eMTBs may not be allowed on trails managed for non-motorized activities. Do not ride your eMTB in areas where the local rules are unclear.

Ride legally and only on authorized trails to show that mountain bikers are responsible trail users.

Disclaimer:

Laws and policies can change at any time rendering the above information outdated and non-applicable. EVELO strongly encourages checking with City, County, State and other local agencies for the most recent laws governing the proper, legal use of electric bicycles in your area.

Source: People for Bikes

Blast from the Past Newsletter

May 1982

The Great Bicycle Helmet Give Away

Thinking of buying a helmet for safety reasons? I.E., concussions/abrasion protection for your head; you are more visible to motorists; the helmet is a "badge" (you are expected to ride in a safe manner). You should consider buying head gear, perhaps helmet each of your cycling family members. If cost has deterred you 'till now, read on!

HBC, through the Janet Pontius Safety Foundation has an offer you should consider: The coupon, which may be duplicated, will entitle you and members of your family to a \$10.00 reduction for each bicycle helmet you purchase from any of our HBC participating dealers. The dealers are: BUSHEY'S CYCLERY, COLE CYCLE CENTER, JOHN'S CYCLERY, HOLMES BICYCLE SHOP, PEDAL PUSHER, and WIRE WHEEL BICYCLE SHOP. Most shops have a selection of the major brands: Bell, MSR, Pro-tech, Skid-Lid, selling normally for \$30.00 to \$40.00 each. With your coupon, your cost will be \$10.00 less. HBC or Dealer reserves the right to terminate this offer at any time, and offer does not apply to special sale discounts - - so, better pedal right over to your favorite bike shop, and "get your head in gear".

Spurred by the large demand for safety helmets last year, the HBC is repeating the offer again this year.

THE 3RD ANNUAL GREAT BICYCLE HELMET GIVE-AWAY
COUPON

"D" Rides Now Available

The demand for rides at a pace of 8 to 10 mph has been mentioned over the years. As you can see in this month's ride schedule, Nancy Kahl has volunteered to lead "D" rides every Tuesday from Mechanicsburg H.S. The rides will be 15 to 20 miles in length and include moderate hills. ("D" rides stop and wait for riders as needed. -Ed.)

May 2002

BEFORE THE INTERWEB

FOLDING PARTY

Wednesday:
June 19, 2002
7:00p.m.

Mark and Ly Riordan
626 Copper Circle
Lewisberry, PA
717-932-1635



From Camp Hill/Harrisburg area: Go South on I-83 to 3 miles south of PA Turnpike Interchange. Take Fishing Creek Exit # 36 (old # 16) and make a right turn onto Fishing Creek Road. At 100 yards after Texaco Station, turn left onto Ellencroft Road. At T-intersection, make a right turn onto Copper Circle. The house is the 9th one on the right.

COME ON OUT! HAVE FUN! SEE YOU THERE!
You don't have to have any air in your tires to help out!
NO EXPERIENCE NEEDED! ALL ARE INVITED!

May 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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Ted Witfield Jim Gill
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Winter Hours closing at 6:00 PM
Sat 10:00 AM - 4:00 PM
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300 Firehouse Rd Mon.-Wed,Fri 9-6 Sat.9-3
Shippensburg PA 17257 Closed Thur, Sun
Mervin N. Martin owner

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 **May 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