



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB NOVEMBER 2022

President's Corner

Fall is in full swing with the end of Daylight Savings Time, cooler temperatures, and a perfect time for Annual HBC Banquet! Registration (on the HBC website) is now available for the November 18th event to be held at the West Shore Elks Lodge. This year promises to be an outstanding event with an exciting program-more information available in this edition. Another highlight will be the Service Before Self award will be given that evening.



The mission of the Harrisburg Bicycle Club is to encourage and promote safe cycling to all ages. In that spirit, a new educational program is being implemented by League of American Bicyclist Instructor Dick Norford highlighting safe riding practices. Experienced cyclists can benefit from taking this course as well as new riders and is free to members. Check out the information in this edition.

**THANK
YOU**

A big thank you goes out to all the volunteers who helped with the very successful Three Creek Century! Over 500 riders enjoyed gorgeous weather, good food and camaraderie.

Happy Thanksgiving to everyone!

Susan Tussey

HBC President

srtusseyhbc@outlook.com

814-386-8141

HBC Election of Board of Directors for 2023

The election period for the 2023 election of Board of Directors is **now open** and will close on **October 30, 2022** and will be **entirely online and anonymous**. Each member can only vote once, and the ballot will have a blank line under each candidate for write-in nominations.

The results of the election will be published in a special member announcement in November, at the November 18th HBC Banquet, and in the December Spokesman. Volunteers have made this Club successful for years, and a great thank you to all those, past and present, who have raised their hand to participate to participate and provide leadership in our activities.



The nominations for the elected Board of Director positions are listed below:

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

The following have been appointed by the Board of Directors for a term of one year in 2023:

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

Also working diligently behind the scenes: **Webmaster:** Larry Wasser

To vote you can click the link below (you must login to vote since the election is only for members)

[VOTE](#)

SERVICE BEFORE SELF NOMINATIONS DUE OCTOBER 30, 2022

Harrisburg Bicycle Club will be accepting nominations for the 2022 Service Before Self Award. All **nominations must be submitted by October 30, 2022**, to be eligible.

- Requirements for this years' Service Before Self are:
- Must be a current member of the Harrisburg Bicycle Club
- For individuals who have distinguished themselves by dedicating significant time and effort to the success of the Harrisburg Bicycle Club in 2022.



Note: Current Board of Directors and individuals promoting cycling in the community or advocating safety are not eligible.

Past Recipients of this Award:

2000	Mary Lott	2011	Michael Floyd	2018	Sharon Brumbaugh
2001	Carole Rockland	2012	Rick Nevin	2019	Mark Riordan & Jeff Hoch
2002	Marilyn Chastek	2013	Dave Young	2020	Marilyn Chastek
2003	John Donoughe	2014	Bill Wierman	2021	Larry Wasser
2004	Owen Moore	2015	Jeff Hoch		
2005	Mark Riordan	2016	Cindy Gorski		
2006	Cindy Hoehn	2017	Larry Riley		
2007	Bill Pickering				
2010	Mike Prestosh				

To nominate a person, send an email to lsearles.one@gmail.com describing how the nominee contributed to the Harrisburg Bicycle Club during the 2022 year. The award will be announced and presented at the Annual Banquet November 18, 2022.

Upcoming Community Service

Medium sized Men's Bikes Needed!

Life Cycle in Carlisle is in need of medium sized men's bikes. If you have a bike laying around that you no longer use please consider donating it to Life Cycle. Donations can be dropped off at Life Cycle or given to Cindy Gorski and she will transport them there. Cindy Gorski 717-601-8641.

LifeCycle is a not-for-profit bicycle repair ministry inside New Life Community Church in Carlisle. The ministry was created to address the critical transportation issue in the community. The mission of the Bike Shop is to help provide quality, safe bicycles for transportation, leisure, and wellness to individuals of all ages in Cumberland County. They do this by restoring donated bicycles and getting them into the hands of people who need



them. <https://newlifecommunity.us/services/lifecycle/>

Adopt-A-Highway Clean Up on Saturday November 5, 2022

Startling Statistics: Did you know it takes approximately 10-20 years for plastic bags to decompose?

Come join HBC for a little walk, bend and reach exercise Saturday November 3rd at 9:00am. Meet at Diener's in Mechanicsburg at 8:00 for breakfast before the cleanup. Diener's is located at 135 W. Main St in Mechanicsburg.

If you are not interested in breakfast, you can meet us at Texaco Road near the "S" turn 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 Cindy Hoehn at 258-6353.

Afghan Bicycle Program Update

I want to thank everyone who contributed to the Afghan Bicycle Program that I ran out of my basement. With your help, and the help of Recycle Bicycle in Harrisburg I gave out 25 reliable bikes to Afghan refugees. The bikes are being used for their main source of transportation to work, shopping, ESL classes, medical appointments and more. They have all been very appreciative of this gift. With the help of Jason Yeager from Quality Bicycle Products I was able to include a tire pump, seat bag, spare tube, multi-tool, tire levers, repair kit, lights, and a rack for the back to carry groceries and other items. Ross Willard from Recycle Bicycle made sure I had helmets and bike baskets and the volunteers at Recycle Bicycle helped make sure all the donated bikes were in good repair. I was amazed with the generosity and outpouring of bike related items and some monetary donations.

I started this program in February, and now nine months later the requests for bikes have significantly slowed. I therefore have ended the program that ran from my basement – I have my basement back – yeah! There are still those in need, refugees, and those in our communities. Please continue to give generously to bicycle recycling programs, including Recycle Bicycle in Harrisburg and Life Cycle in Carlisle.

I will continue to accept donations and make sure to get them to Recycle Bicycle or Life Cycle.

Again, THANK YOU!

Cindy Gorski

Annual Banquet

Greetings Harrisburg Bicycle Club Member : We are getting ready to celebrate our members, friends, supporters, and vendors with our annual HBC Banquet.

We are a volunteer organization who schedule bike rides, trips, publish the Spokesman , HBC website, do community service , contribute money through the grant program, bike maintenance clinics, educational programs, and lobby for safe biking in our townships. Our Board/Officers and members do all this and more, we are not just an organization of bike riders. We are supported by profit and nonprofit businesses, professionals, emergency personnel, politicians, educators to name a few.

WE WANT TO CELEBRATE THEM AND YOU !

OUR ANNUAL BANQUET IS OUR WAY TO DO THAT , AND WE HOPE YOU WILL JOIN US FOR AN EXCITING EVENING ON :

**Friday, November 18th at the West Shore Elks
108 N. St Johns Church Road, Camp Hill , PA 17011**

From 5:00 p.m. -10:00 p.m.

\$30.00 members * - \$40.00 non-members

***Qualified ride leaders get to attend free as a thank you**

Registration CLOSES on November 8th, 2022

This is not a fund raiser. The ticket cost for members is supplemented and a budget from our dues and our main fund-raising event Three Creek Century make this possible .

The evening festivities include:

- Appetizers, Bountiful Buffet, Decadent Dessert Table , non – alcoholic beverage station, Cash Bar
- Contests, door prizes, and Award Ceremony
- Surprise Comedian

Registration is open now . Click the link below to go to the 2022 HBC Banquet event registration page [REGISTER](#)

Please use the e-mail addresses below for any questions or to donate or help.

Julie Nye Julie.a.nye@gmail.com

Diane Riley lifeisgood611@comcast.net

3 Creek Century – Elevate Jersey

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

Standard Features:

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



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

Statewide Active Transportation Summit: Bikes and Beyond!

Saturday, November 12, from 8:30am to 3:30 pm
Sponsored by the Lancaster Bicycle Club



This will be a combination debut and return of the Active Transportation Summit, formerly known as the BCSPA Regional Bike Summit. The event is a collaboration between the **Pennsylvania Downtown Center** and **Bicycle South Central PA**.

It will take place on **Saturday, November 12, from 8:30 am to 3:30 pm, on the campus of Franklin & Marshall College in Lancaster** (with optional walking or biking tour to follow). The Summit features highly respected leaders from the national, state and local levels, including the Keynote Presenter, Caron Whitaker, the Deputy Director of the League of American Bicyclists. Check out the agenda at <https://padowntown.org/>

This event is suitable for a wide variety of participants, including people who have formal roles with municipalities or those who are

engaged activists and advocates as well as anyone just interested in getting involved in promoting active transportation in their communities.

The cost will be \$30 (in advance) per registrant and goes up to \$35 for registrations completed after October 31. Registration includes lunch and snacks. If the registration is a hardship, please contact the organizers as scholarship funds may be available.

For people coming in from further away, convenient accommodations can be found in Lancaster. There is also an option for an evening walk of the downtown area on Nov. 11.

The event enjoys sponsorship from Franklin & Marshall College, Lancaster Bicycle Club, QBP, TRG, Piscitello Law and other businesses. If you would like to sign on as a sponsor or contributor, we still have opportunities available. There is a "Supporter" category which may be more appropriate for individuals and non-profit organizations.

Go to the PDC website for more information on the agenda, registration and sponsorship opportunities: <https://padowntown.org/>

Contacts: Marilyn Chastek, mchastek2009@gmail.com, 717-798-4537
Sam Pearson, PDC, sampearson@padowntown.org, 781-366-0726

New Optional Training Now Available

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



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

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

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

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

Advance registrations are required

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

GENEROUSLY SUPPORTED BY:



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

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

Registration HBC Cycle Smart

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

Smart Cycling

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

Riding Experience

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

Riding Equipment

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

Restrictions

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

Emergency Contact

Name _____ Cell Phone _____

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

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

Email to: Richard Norford
rnorford@aol.com

2022 Williamsburg Photos

The Williamsburg Tour is happening now, click the link below to see the photo album

[Williamsburg Photo Album](#)

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

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

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



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

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

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

Technical Corner

Dear Lennard,

I read Byorn's letter to you [regarding riding a bike after major back surgery](#). I had my fourth at age over 50, and it was done by a spine surgeon with decades of experience, both as a spine surgeon and a road cyclist. His recommendation may be reassuring to some cyclists in the same situation: most patients can return to cycling (even on a road bike) after surgery, and it can be beneficial to do so.

Contrary to what many may assume, an endurance position on a road bike need not stress the intervertebral disks, because in an endurance position (spine at 45-60 degrees), the lower back can stay relatively straight with the weight shifted to the pelvis, powerful leg muscles, feet, and hands. Sitting upright in an office chair, or perhaps even a recumbent bike, may actually be more stressful, because sitting upright, it is harder to engage the core and leg muscles to take the load off the disks.

The most important rehab you can do is to work on flexibility of legs and hips and strength of lower core (transverse abdominis), in addition to the legs if you experienced weakness while waiting for the surgery. Low-power, high-cadence cycling is actually often recommended after back surgery, because the rapid movement of the legs prevents the formation of adhesions, namely post-op scar tissue that entraps nerves. Moreover, with the back relatively straight or even in slight flexion (as would be on a road bike), both the central canal and neural foramina are opened up, reducing stenosis in these areas. In fact, in a TT position, the neural foramina of the lower spine can actually be at its largest, provided one has good flexibility and no disk bulges.

– Marc

Dear Marc,

I have never had back surgery (*knock on wood*). However, I have lost two inches in height due to complete collapse of all of my intervertebral discs from L1 through the entire lumbar area to S1. Indeed, my experience over the past nearly 40 years that I have lived with this degenerative condition has been that road riding is very good for my back, and decidedly better for it than sitting in a desk chair. So, I'm not surprised to hear that it is often recommended for post-op back surgery patients.

– Lennard

Dear Lennard,

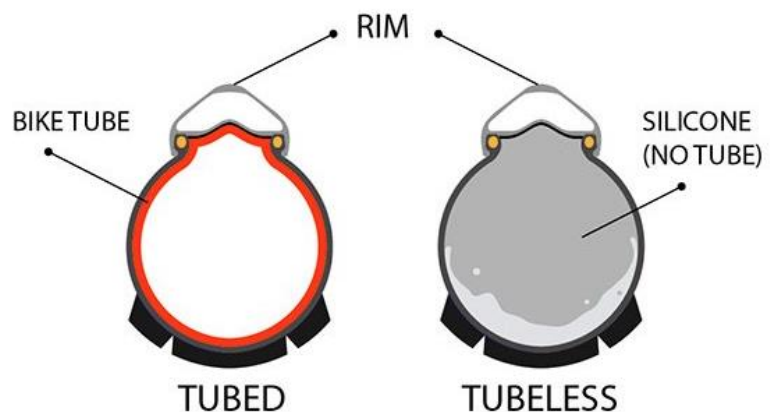
A few years ago, you published [this post about the potential issues/horrors with road tubeless](#). I'll admit it kind of put me off on the whole idea of tubeless for the road, as opposed to gravel and MBing, where it's a clear winner.

What is your thinking these days with regard to road tubeless, especially now that we've got a lot of road tubeless guinea pigs, aka World Tour racers. My two sets of wheels are Tubeless Ready, not true tubeless, which I suspect is also true of the World Tour riders. What has me more interested than before is that I am now running 32mm tires on my one set of rims (DT Swiss R470), at 55/65 F/R pressures, which feels like it's getting close to what I would consider a safe pressure for Tubeless, which is around 50 psi.

— Steve

Dear Steve,

My thinking has indeed changed on this. On August 1, 2022 (effective January 1, 2023), the ISO (International Standards Organization, which has standards for every product) working group for bicycle tires and rims adopted standardized metric dimensions of bike tires and rims, and its international members universally agreed to them. This was a first, hard though that may be to believe. The ISO standard 5775-1 & 5775-2 to be released January 2023 will be the first true Tire & Rim standard, and, finally, ETRTO (European Tire and Rim Technical Organization, an older organization specifically for all wheeled vehicles made up primarily of automotive tire companies) standards will match those of ISO. ISO has many bike standards (frames, forks, bars, stems, saddles, etc.) but never had a standard for product interaction before this one. ISO also clarified maximum tire pressure for straight-sided rims (i.e., non-hook-bead rims) and width tolerances for tires, dependent on tire width.



Before this, there was a gray area, and rim manufacturers could, for instance, label a rim as 700C that did not have a bead-seat diameter of 622mm. There is no longer a gray area — 700C means a rim, under spoke tension, will have a bead seat that measures 622+/-0.5mm. It is the responsibility of the tire manufacturer to make their tires fit this rim size. Tire bead diameter is harder to measure than rim diameter, and the tire manufacturer builds in the amount of expected stretch of the tire bead.

I believe that the failures of road tubeless tires [highlighted in that 2019 post](#) would not have happened, had the tires fit perfectly on the rims. Until that ISO agreement a couple of months ago, there was nothing to prevent manufacturers from making it a bit of the wild west with regard to sizing. Some rim manufacturers intentionally varied from the 622mm standard 700C bead-seat diameter, as that was part of their philosophy of how best to fit tubeless tires. However, the tire always gets blamed if it is either too tight to mount without bursting blood vessels or breaking tire levers, and it also gets blamed if it blows off of the rim. But if the rim diameter is not consistent from brand to brand, then tire makers will make different sizing decisions in order to best fit on all rims.

The problem in the past was a group of American wheel companies intentionally making their wheels 623.0 to 623.5mm bead-seat diameter under spoke tension. Tire manufacturers were trying to fit wheels being built to two different standards — an impossible task with tubeless while maintaining safety. Tire manufacturers either needed to make the bike shops (and consumers) happy by making their tires easier to mount (and risk a potentially fatal blow-off) or making them the correct size (for a 622mm BSD) and getting a bad reputation as being too tight. Continental may have suffered the most from this issue; I have regularly heard complaints over the years from readers about their Contis fitting too tightly.

Other fit issues resulted from central rim channels too narrow for both beads to drop into, making mounting a pain, and from wheel companies promoting using too narrow of tires on wide rims for aerodynamic reasons, making for inadequate tire retention.

I can't tell you how many times I have had conversations with tire companies about their tires being super hard to mount and being told that they actually are adhering to the standards, and it's the rim that is the issue. I believe that this recent ISO agreement will result in much more consistent tire fit and consequently more rider safety on tubeless road tires. Of course, there are still many, many thousands of those oversized "tubeless ready" wheels around, so it will take a while for this standardization to really take hold.

— *Lennard*

Exercise-Induced Asthma (EIA)

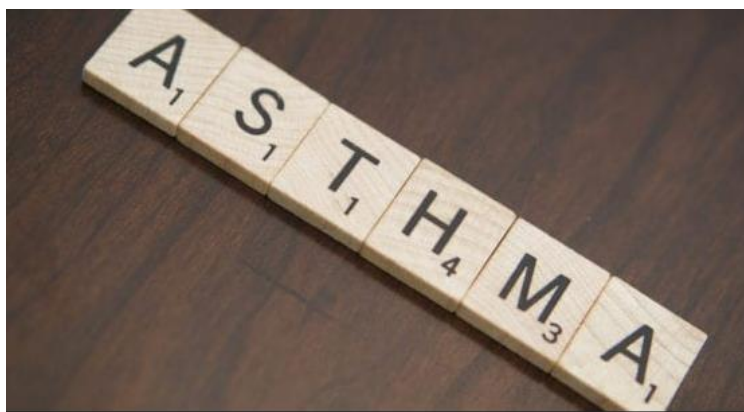
By Gabe Mirkin, M.D.

Exercise-induced asthma (EIA) is wheezing and shortness of breath that occur during exercise. It can occur in people who never wheeze at any other time, those who wheeze only when they have an infection or allergy, and those who have asthma at other times. People with EIA can start to wheeze or become short of breath several minutes after they start to exercise, and symptoms can become more severe five to 10 minutes after stopping. The shortness of breath and coughing usually improve 30 minutes after stopping exercise, but milder symptoms can continue for four to twelve hours.

What is Asthma?

Asthma means intermittent obstruction in the bronchial tubes that bring air to and from your lungs. Symptoms include coughing, wheezing, shortness of breath and a feeling of chest tightness, pain, or pressure. Your chest may start to feel tight when you:

- inhale allergens such as pollens, dust or mold
- inhale irritants such as hair spray, mothballs, insecticides, fresh paint, cooking fumes, perfume, cleaning agents, smoke, or any noxious odor or air pollutant
- eat foods to which you are allergic
- take aspirin
- have an infection in your respiratory tract
- cry, yell, feel stress or anger, or laugh very hard
- breathe dry or cold air — the primary trigger of EIA



What Causes Exercise-Induced Asthma?

Despite its name, exercise-induced asthma is not caused by exercise. It is usually brought on by hard breathing of dry or cold air, so it is very common in winter sports, affecting up to 50 percent of elite cross-country skiers and many world-class ice skaters and hockey players. It affects an estimated 17 percent of Olympic-level long-distance runners who may or may not be exposed to cold weather. Data from the last five Olympic games show that eight percent of Olympic athletes in all sports suffer from EIA and have permission to use special inhalers

before competitions (*British Journal of Sports Medicine*, 2012; 46 (6): 413). It is the most common chronic health condition among Olympic athletes.

EIA can start at any time in life and affects the majority of people who have asthma, but many people with EIA suffer only when they exercise or when they have a respiratory infection.

How Does Extreme Exercise Trigger Exercise-Induced Asthma?

Elite endurance athletes often train more than 20 hours a week, breathing more than 40 times as much air per minute during that training as when they are resting. This irritates and damages the cells lining the bronchial tubes. Your body heals from injury by producing the same chemicals that it does to fight germs. This is called inflammation that causes swelling of the bronchial tubes that carry air in and out from the lungs. So, EIA appears to be caused by the irritation of breathing huge amounts of dry, cold air. Cross-country skiers, and runners and cyclists who train in the winter are at increased risk for this condition.

Exercise-Induced Asthma is a Fluid-Control Disease

Dry or cold air pulls moisture out of the cells lining the bronchial tubes. As these cells lose water, they release chemicals that turn on your immunity in the same way as when you have an infection. These chemicals cause the muscles around the bronchial tubes to contract, constricting them to block the flow of air in and out of the lungs.

EIA may be a genetic disease. People who have EIA perspire, spit and cry the least amount of fluid, and have sweat that contains low amounts of salt. (*Chest*, September, 2008). Your body produces a chemical called aquaporin to help move water and salt in and out of your cells. The prevailing theory now is that if you have low levels of aquaporin, you produce far less sweat, saliva and tears and are at increased risk for EIA. Mice engineered to not respond to aquaporin do not sweat, do not salivate very much and usually develop EIA.

Treatment of Exercise-Induced Asthma

If you wheeze when you exercise, check with your doctor. Other conditions, including heart problems can cause shortness of breath so you need a diagnosis. If your doctor agrees that you have EIA, you can avoid or lessen attacks by following these tips:

- Breathe through your nose, which brings much warmer and wetter air into your lungs.
- Wear a face mask, which will recirculate the moisture you exhale.
- Drink plenty of water.
- Warm up gradually before exercising more intensely.
- Do some intense exercise 30 minutes before a competition. Bringing on an attack of EIA often helps to prevent a subsequent attack in the next few hours.
- If all else fails, exercise indoors during the winter. Keep a humidifier near you and breathe air from the humidifier intermittently while you exercise.

What Sports are Best for People with EIA?

Swimming attracts the most asthmatics because the moist atmosphere created by the pool helps them to breathe comfortably and avoid asthma attacks. Long-distance racing, soccer and basketball are more likely to cause EIA. Cold-weather sports such as hockey, ice skating or cross-country skiing are the sports most likely to cause EIA. Elite athletes with EIA usually

get better when they reduce their large training volumes or when they retire from active competition.

Medications for EIA

Three types of medications are usually prescribed:

- Short-acting beta-2-agonist bronchodilator inhaler. You inhale 10 to 15 minutes before you exercise, and it will help to protect you for up to four hours. You can also use this to treat symptoms when they occur.
- Long-acting bronchodilator inhaler (salmeterol). Inhale 30 to 60 minutes before exercise and do not repeat for 12 hours. It helps prevent attacks but does not treat symptoms once they occur.
- Cromolyn (nedocromil) inhaler. Inhale 15 to 20 minutes before you exercise. It can also help to prevent the late-phase wheezing that occurs four or more hours after you finish exercising.

If you have frequent symptoms with exercise and these medications do not help, your doctor may prescribe inhaled steroids, but they are loaded with serious side effects including osteoporosis, so you should not take them unless your symptoms are so severe that you are willing to risk the side effects.

Why Do So Many Athletes Take Asthma Medications?

At the Olympic Games in Sydney, Australia in 2000, 607 out of 10,300 competitors (approximately six percent) filed notifications that they needed to take beta-2 agonist asthma inhalers to prevent exercise-induced asthma. Many of the athletes probably did not have asthma. Beta-2 agonists such as albuterol, salbutamol, salmeterol and terbutaline open the closed lungs of asthmatics and help them to breathe. They also increase the amount of fat in the bloodstream to increase energy sources of exercising muscles, help to preserve the muscles' store of sugar, and help muscles to contract with more force.

Researchers from Orléans, France decided to test the effects of salbutamol inhalation on an athlete's endurance (*British Journal of Sports Medicine*, July 2007). They showed that inhaling salbutamol prior to competition made the athletes faster in endurance events and gave them greater muscle strength.

Asthma medications are potent stimulants that can cause irregular heartbeats. It is illegal for Olympic competitors to take albuterol pills. However, asthmatics need their medications, so the Olympic medical committee allows asthmatics to take these same medications by inhaler, provided that a doctor informs the Olympic committee beforehand that the athlete is an asthmatic and is taking this medication. Needless to say, there are unprecedented numbers of asthmatics registered with the Olympic committee and other authorities in sports that monitor drug use.

Safety Corner

Is Gravel Biking Safe – 9 Reasons They Are!

Written by [martinp25](#)



For so many people, getting on any type of bike needs to be as safe as possible for them to feel like they are getting the most out of it. That is why when purchasing a new bike, they want to make sure that there are some safety precautions put into place.

Is riding on a gravel bike safe? While some risks go with any type of bike riding, what people quickly realized is that there is not any additional risk when riding on a bike like this. In fact, investing in a bike that is more specifically designed for multiple uses can make a big difference in keeping people injury-free.

How is that possible? Here are a few leading reasons why gravel bikes are actually safer than most realize.

Less Time On The Road

A lot of road cyclists are getting pretty frustrated with the number of safety concerns they run into when they are on the road. Cars and trucks indeed seem to be zipping by riders more than ever. Even with dedicated paths, they can still sometimes feel pretty dangerous overall. Riding on gravel roads is much safer since there is usually zero motorized traffic on them whatsoever. They are also usually in much more remote locations, so people can avoid moving targets that might make their travels more complicated.

A lot of riders love the simplicity of having nothing but open trails to explore. Of course, actually going on a road once in a while is not a problem at all with a gravel bike. People can hop onto a road and not give up too much speed overall.

That is just part of what makes the cycling process such an interesting one overall. It is just not a must that a rider has to stay on the road all the time.

New, Safer Technology Emerging

The gravel bike industry is still trying to learn some of the ways to make cycling as safe as possible. Riders want to go faster, have a smooth ride, and be safer in general without having to sacrifice anything they love.

With more competition joining the ranks, gravel bikes are becoming much more enjoyable and safer thanks to new technology. Gravel-specific components are becoming more and more of the norm for major companies. Think about Shimano as one example, as they have a [GRX groupset](#). While this is mostly dedicated to people who are racing, GRX is becoming more and more of the norm so that people feel safer as well.



Tire Choices Make a Difference



Go on any gravel road, and a non-gravel bike is still going to do an adequate job of getting a person where they need to be. However, gravel-specific tires are going to be able to tackle just about any type of terrain that someone comes across.

Not only do they have a grippy build to them that makes them perfect for paved or unpaved roads, but there is outstanding puncture protection as well. Going tubeless is always recommended, and it makes a huge difference in tire longevity.

Tubeless tire options for gravel bikes are pretty much essential for some riders because they do not want to deal with a huge problem out in the middle of nowhere.

Tire choices are also available in various widths, allowing shoppers to get exactly what they need for the type of riding they gravitate towards.

Those almost exclusively off-road will undoubtedly go with thicker tires than those on roads the majority of the time.

Safe For Any Type Of Ride

It can be argued that a gravel bike is the most versatile bike on the market today. That means it is perfect for those who want to invest in one bike that is built to do just about everything. There are still ways to log miles and miles of fast-paced action like on a road bike, sacrificing only a little bit of speed along the way. When going off-road, most people are not tackling huge mountains.

That means instead of a mountain bike, a person can go with something a bit easier to pick up speed with and knife through different situations.

Commuters are even gravitating towards using a gravel bike because they do not know what they are going to come across. There might be different terrains to get from point A to point B, so it can be a workhorse for just about any ride along the way.

Staying safe should always be a huge quality with any bike. Those who are casual riders and want something that fits into any group ride will be more than satisfied with what a gravel bike brings to the table.

Chances are, there might be others asking questions about the bike and possibly purchasing one as well.



Smooth Rides For a Healthier Body

No one likes to ride on extremely bumpy terrain and feel like their whole body is shaking around with move. It can be extremely frustrating for any rider, which is why the built-in protection with gravel bikes is perfect.

Whether it is the suspension, a carbon fork, the right tire set up, or all the above, a smoother ride will make for a safer, healthier body overall. A big part of smoothing out the ride is making sure that a person has the right setup for them as far as their size is concerned.



More of the importance of sizing is talked about below, but [gravel bikes](#) are always going to help people feel more comfortable in general.

Gravel Bikes In All Sizes

Since gravel biking is still relatively new, there was a time just a few years ago where they were limited sizes available. That has changed with more and more brands coming on, as now anyone from kids to grown adults can get exactly what they need.

Instead of learning on a different type of bike, riders can actually grow up with a [gravel bike](#) and understand their versatility from the beginning. That keeps riders safer overall. Like with any bike, finding the right fit is going to only help a person as far as safety is concerned. Being able to have control and stop on a dime when necessary will be a big step towards staying safe.

It also helps when younger riders are getting their first taste of riding on a gravel bike before they become adults. The more someone gets used to a specific type of riding, the better off they will be overall.

Gravel bikes are actually a solid option for younger riders to learn to feel confident. The first bike for a lot of kids should look a lot like a gravel bike since they will have a little bit of tire thickness to play around with to help with balance.

Blast from the Past Newsletter

November 1982

DON SOUDER WINS THE NATIONALS !!!!!

Don Souder recently won the USCF Grand Master's National Time Trial Championship with a record breaking time of 1:01:37. He thus becomes the first HBC member to wear that Stars-n-Stripes jersey!!

The race was held near Tallahassee FL on a flat course. Weather conditions were perfect. Don won the race riding a HUGE 52 X 12 gear (117").

Congratulations to Don! It couldn't happen to a nicer guy. Now that he's won the Nationals,, we'd like to challenge him to be the first Grand Master to break the hour. What-a-ya-say Don?

Carlisle 1992

by Pam Spence

The season come and go, since fall is here we can look back to the 1992 summer season of riding in Carlisle. . . It was a rainier year than 1991, but the many times it did not rain on Tuesday or Thursday nights turned out to be eventful. . . like the time Al had "lung Failure" or the night the Fab Five took a dive. . . Dan we're glad the skin grew back. . .

Actually, it was a good year with plenty of good times on the rides and at Scalles. Once again the crowds were record breaking and there were plenty of ride leaders to lead the rides. Contrary to popular belief, there is a ride for everyone - C through A+ - the rides are advertised correctly by the average speed of the rides.

Thanks once again to all those who lead rides throughout the summer: Gerry & Bill Myers, Dan Heatherly, Al Padilla, Betsy, Gary Arbegast, Pat Meyers, Angela Bartoli (who led almost every B ride), Anne Olmstead. Thanks, too, to all of the regulars. . . See you in '93.

November 2002

She who succeeds in gaining the mastery of the bicycle will
gain the mastery of life.

—Frances E. Willard, "How I Learned to Ride the Bicycle"

November Regular Rides

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



HBC Business Directory

In 2022 we will be migrating our business sponsors over to the website with a feature that has become available. On the top banner you will click the Sponsor Directory

Support our local bicycle shops and clubs

For ALL our sponsors click [SPONSORS](#)

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

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Planning your rides

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

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

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

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

Links to "Regional" Bike Club Websites

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



Submissions for the December Spokesman should be sent to editor@harrisburgbicycleclub.org by November **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:
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