



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB January 2021

President's Corner

As my time as President draws to an end, I would like to say Thank You, to all the members for allowing me the honor and privilege of being your club president for the past two years. I will be the first to admit sometimes it was difficult, but through your support, perseverance, and concern for the club, we pushed forward, as any great organization does. Thank You to the numerous volunteers, that devote countless time and effort in making HBC a great organization to be part of. Thank You!



This year has been extremely difficult with the COVID-19. Most of our events had to be canceled. These events are not just for our riding pleasure, but the socialization of our members which is so very important. I'm really hoping for a full year of events and rides in the upcoming year. Don't forget our first riding event is the Spring Fling, and I hope to see everyone there. Go to the HBC website to make your reservation.

Next year the club is fortunate to have Susan Tussey as our new president. Susan brings a tremendous amount of knowledge and leadership to the Presidency. We are also fortunate to have elected a very knowledgeable Board of Directors to lead the Bike club through another year, and I look forward to assisting in any way possible. Unfortunately, we did have two board members that have meant so much to the club, give up their position for next year. I want to especially thank Cindy Gorski and Jeff Hoch for their years of dedication and contribution to the club. These two members have been invaluable to the success of HBC. A special THANK YOU to both!

I wish everyone a Happy Holiday and Merry Christmas, and only the best health for you and your families. Be Safe.

Thank You again for the opportunity!

Glenn Wareham
President
Harrisburg Bicycle Club

2020 Virtual Three Creek Century – Epilogue

By Marilyn Chastek, 2020 Virtual Three Creek Century Chair



The final numbers are in, and the Virtual Three Creek Century brought in \$8,757.00 for the Harrisburg Bicycle Club. I want to thank each of the 255 registrants for their support. These funds are used to cover HBC operating expenses and they also allowed HBC to continue its community grant program, albeit on a much smaller scale. Due to the lower amount of revenue generated by the 2020 Century, (which, for comparison purposes, was about \$20,000 for 2019), Recycle Bicycle will be the only organization to receive a grant and it is in the amount of \$2,200.

And of course we are extremely grateful to Donegal Insurance Group for being our event sponsor and Phoenix Physical Therapy for sponsoring the bandanas that were given to each registrant. A special note of thanks is due to Alicia Riegel and Ray Kanth for generously underwriting most of the postage expense for mailing the bandanas.



I'm pleased to announce that planning the 2021 Three Creek Century is now in the very capable hands of Chris Wright, who is the new Century Committee Chair.

Save the date: 2021 Three Creek Century, Sunday, September 19.

Warlocks Winter Challenge Takes Over Palmyra

“If you build it they will come.” That’s from a movie – Field of Dreams, right? Well – for those who like to ride mountain bikes or cyclocross bikes, the same thing happened just outside Palmyra. One individual had some wooded land and a dream. Because of the pandemic, Cory Schaeffer was laid off work with some idle times on his hands. Now, Cory is a rollercoaster carpenter for Hershey Park. But he’s also a coach for Hershey Composite Mountain Bike Club. One of his passions in life is more kids on bikes.

So with a few months with no work, Cory took his hammer and went to his backyard. He already had *some* mountain bike trails, but with a “green light” to use part of the Pauza Family Farm to get more kids on bikes, Cory took the land and made a 2.5-mile mountain bike course. With elements as a jump, a pond, a fire pit and several feet of elevation, the course has something for everyone.

Enter the same people that brought you the Deborah Barisch Memorial King’s Gap Time Trial. After Loren Barisch & Megan Barto timed an event for the high school mountain bike club, they decided along with Cory, to put on a mountain bike race for kids of all ages.



With no USAC racing due to COVID-19, athletes were started for competition. The race was on Sunday December 6 and 110 people did either 2 or 3 laps around Cory’s course. The event was a roaring success with a portion of the proceeds being donated back to the Hershey High School Mountain Bike Team.



There was an elite category where the top two finishers did the race in under 40 minutes (that’s SUPER FAST), but the real highlight was the “Over the Mountain” Category – or Master’s 40+. Twenty masters raced around the course and had a blast. There was also a team competition, where teams of 2-4 people raced at the same time. The winner was determined by the average race time.

But this race was really about the kids – who were awarded cash prizes. In excess of 20 junior high and high school students rode the course Cory built for them.

The first Warlock's Winter Challenge was a wild success this isn't a race for the elites, even though that was a category. It's a race for everyday people who like to ride their bikes; and cheer on youngsters riding their bikes.

We hope to see you next year.

<https://www.facebook.com/warlockswinterchallenge>



Greg LeMond Honored

After receiving the Congressional Gold Medal on Monday, American cyclist Greg LeMond spoke to Jason Gay of the Wall Street Journal with his reactions to the award.

"I keep going, 'Why me?'" LeMond told the WSJ. Very few individual athletes have received the award. Some 450 or so athletes on the 1980 U.S. Olympic team was awarded the Congressional Gold Medal after the U.S. pulled out of the 1980 games, according to the U.S. House of Representatives. But only nine other individual athletes besides LeMond have received the recognition, including historic figures like Jesse Owens and Jackie Robinson.



The Congressional Gold Medal goes to those "who have performed an achievement that has an impact on American history and culture that is likely to be recognized as a major achievement in the recipient's field long after the achievement."

LeMond won the 1986, 1989 and 1990 Tours de France, plus two world championships. Lance Armstrong and Floyd Landis both won the Tour — Armstrong seven consecutive times and Landis once — but both men were stripped of their titles. Thus, LeMond is on the record books as the only American Tour de France winner.

LeMond told WSJ that he was humbled by the award. "I always think that something like this is for people who are saving lives, or inventing cures for new diseases," he said. "I'm really honored, but at the same time, I don't take getting awards really well. I always feel like there's other deserving people."

The award nomination began two years ago with California Representative Mike Thompson, and other congress members got on board. LeMond has long been outspoken about doping in cycling and told WSJ that he is more optimistic now about the future. "This is a whole new era of riding," LeMond said. "I'm not saying the sport is perfect, but it bodes well when you see [young] talent."

LeMond was enthusiastic about Tadej Pogačar's come-from-behind win in the final time trial — so reminiscent of his own final-TT victory over Laurent Fignon to win the 1989 Tour, Gay wrote.

Despite the initial uneasiness with the award, LeMond was happy.

"I didn't ever expect recognition when I started racing," LeMond told WSJ. "I just really had a blast. I mean, I was pretty good at it, and it was a whole new world for me. But this? I look at the list of the medal [winners] and I'm going, 'I'm in really, really good company.'"

Christmas Walk

There were 18 people and one dog on HBC Christmas Lights Walk on Dec. 18. We walked 2.8 miles and saw lots of beautiful holiday displays like this one. It was nice to get out of the house and see our HBC friends. Happy Holidays!



HBC Website Useful Tips

Here is a short summary of what you can access using our club website



- The website location is : <https://www.harrisburgbicycleclub.org/> For questions on the website email: webmaster@harrisburgbicycleclub.org
- As club information is available to members once you login. For membership questions email: membership@harrisburgbicycleclub.org
- The ride calendar is available by clicking EVENT CALENDAR on the top banner. Special events are available under the SPECIAL EVENTS banner, with sub-categories under the main label.
- Club news is available from either the home page on the left side Recent News or by clicking NEWS on the top banner

- You can update your personal profile and access to the forums once you are logged in by clicking Profile, by hovering over you name in the upper right corner. Forums are under ADDITIONAL MEMBER DATA, and you can toggle to YES anything you can access to but remember to scroll to the bottom and click SAVE to hold your setting.
- All our training videos can easily be found on our YouTube Channel. Harrisburg Bicycle Club Videos or click [HERE](#)

Ride with GPS

Many of you are aware that we have a club account with Ride With GPS. Unfortunately, we only have about 200 members that are taking advantage of this FREE benefit to members.



- What is Ride with GPS ? Ride with GPS allows you to both create your own routes and to log your rides on our site. Your routes and your rides will be stored in your Ride with GPS account and will be available on the website or the app
- How to I sign up for RWG? We have created a video, go to the HBC website, you must be logged in as a member, and there is a video showing you how to get access. Click [HERE](#)
- What are the benefits? We have created a video, go to the HBC website, you must be logged in as a member, and there is a video showing you how to get access.
- Can I export files and cue sheets? Yes, with this membership you can create a new ride, have access to a ride in the library, and create cue sheets. You can also download FIT, TCX, and GPX files to add to your bicycle computer for turn-by-turn instructions.
- See all the Ride With GPS benefits at: <https://ridewithgps.com/help/club-member-benefits>
- Have questions email webmaster@harrisburgbicycleclub.org

Member Spotlight

Jeff Hoch – Past Chairperson Technology



Jeff has been a member of the club since 2008. During that time, he has served as

- Vice President for 2 years.
- Technology Chair for 3 years

Currently as Technology Chair the committee handles the Website, Social Media, and any new technology that is needed to run the club.

Jeff has been instrumental in

- Developing the Ride Leader and Cycling 101 Training
- Active role on the Ride Committee.
- Ride Captain for the club and have held that role for the past several years.

In the past he was the chair of the HBC Picnic and also assisted in the Three Creek Century every year, whether it was food prep, sag, working a rest stop etc. Jeff will continue to lead, and sweep rides out of Hershey area.

Jeff is a great mentor supporting new riders to the club as well as encouraging them to step up and take on positions to support the operation of the club.

We wish to thank Jeff for all his past hard work, IT expertise and time volunteering for HBC. Thanks Jeff!

Cindy Gorski – Past member of Operating Committee



OPS Committee

- Member of the OPS Committee 2011 – 2020
- Vice President 2011, 2012 and 2020
- President 2013 – 2015

Ride and Ride Leader Development Committee

- Chair of The Ride and Ride Leader Development Committee 2012- 2019; continue to be a member of that committee.
- Created Ride Leader Training Program and Cycling 101 with Jeff Hoch, wrote both manuals and PowerPoint presentation for Cycling 101.
- Ride Leader Trainer 2013 – present.
- Cycling 101 Facilitator 2015 - present
- Initiated and facilitated Ride Leader thank you gift program.

Banquet Committee

- Member of Banquet Committee 2014 - 2019

Ride Leader

- Past Ride Coordinator for Mech. C, C+, B, and B+ rides
- Mechanicsburg C and C+ Ride Leader
- Creator, Ride Coordinator, and Leader for West Shore Weekend Rides 2014 – present.
- 6-pack Fall Tour Leader
- **Lead over 300 rides

Past Committee Member

- Member of New Member Welcoming Committee
- Member of Fall Tour Committee – developed west shore route to Cape May and designed a t-shirt, recipient of the Cape May Brick
- Member of Three Creek Century committee

Received HBC Service Before Self Award 2016

Member of HBC since 1999

Reached 100,000 miles of cycling on Nov.2, 2018

Thank you, Cindy for your time, talent, and dedication to HBC!

Racing in the middle of COVID

The Grind: unPAved reconfigures gravel race, reports zero COVID-19 positives

The Pennsylvania race reduced the field from 1,200 to 200 and used a timed-segment format with a staggered start to disperse riders. NOVEMBER 11, 2020 BEN DELANEY

Can you put on a safe and successful gravel race during the COVID-19 pandemic? Dave Pryor, organizer of unPAved of the Susquehanna Valley in Pennsylvania, believes that it can be done.



The unPAved gravel event was held October 11 without any reported COVID-19 positives since then. Pryor attributed the success in part to capping the event at 250 people total instead of 1,200, plus changing the format from a straight-ahead, mass-start race to a selection of timed segments and a two-hour start window

where riders could pick their departure time.

Related: Belgian Waffle Ride's COVID-19 precautions and how racers reacted to them
"It was about 10 times as much work for one fifth the amount of people," Pryor said with a laugh. "But it was a successful event. We've gotten no reports of riders, volunteers, or locals contracting COVID-19 as a result of the event. It seems that all of the protocols that were put in place have worked, but more importantly, everyone involved with unPAved looked out for each other."

The great majority of gravel races were canceled this year.

Pryor said he changed the format for unPAved many times, right up until four days before. "The riders' resilience and understanding were tremendous," he said. "There are many reasons gravel is booming, and the people are the main ones."

Pryor followed Pennsylvania's guidelines to cap outdoor events at 250 people. While he said the race could have taken that as 250 racers, they instead capped racers at 200, so all race staff, medics, and volunteers would be included in the 250 number.

Pryor, who is Lehigh University's marketing manager, used his visibility into what the Pennsylvania university was doing with traveling students to inform race policy with traveling racers.

The course stayed the same as last year's long course, at 120 miles, but racers were only timed over four segments totaling 30 miles. Aid stations featured packaged food and no-touch water refills, but riders were encouraged to take care of the majority of their own needs via numbered drop bags. And masks and handwashing were mandatory.

Kelly Catale (Seven Cycles) won the women's race, and said she appreciated the format that Pryor called 'regroup racing.' "The day was phenomenal," Catale said. "I felt like I could truly enjoy the ride and also race on the same day. I secretly hope that unPAved keeps that format."



Catale started the day with the two women who would join her on the podium, Hayley Wickstrom (2nd place) and Vicki Barclay (3rd place, all pictured above). This allowed the competitors to keep an eye on each other, but also enjoy each other's company during the non-timed stretches of road.

Ben Wright (CCB Cycling Education Foundation) won the men's event. "I think the event went great with the changes. Everyone started off on their own or in a little group. That way, everyone was more dispersed," he said.

Pryor axed the event's pre- and post-race gatherings, but Pennsylvania's Susquehanna River Valley put on a fall foliage party of its own for riders to enjoy.

"It was awesome to be out at unPAved 2020 during these crazy times," said Jake Sittler, Floyd's of Leadville business director. "The event was very well run and felt safe during the whole experience. While I was working the Floyd's of Leadville aid station, the riders visiting were very respectful, maintained distance, and wore their masks. It was great to see riders be able to get out and explore the beautiful Susquehanna River Valley during such a crazy year. Here's to 2021 and the hopes for the full unPAved experience!"

Next year's unPAved of the Susquehanna River Valley is scheduled for October 10, 2021, and registration is scheduled to open on April 10.

Are you a bicyclist?

You know you're really a biker when...

1. When you have red sunburn stripes on your head where the sun sneaked through your helmet.

2. The sum total value of your bicycles is greater than the value of your car.

3. You go "car shopping" and bring your favorite bicycle along to make sure its "fits" before making a final decision.

4. The yearly cost of "AA" batteries for your bicycle commuting lights is more than you spend on maintenance for your car/truck.



5. Immediately after a "spill" from your bike you first check for damage to your bicycle, then your biking clothes and finally your body.

6. You buy a house farther away from work so you can have a longer bike commute.

7. All-You-Can-Eat restaurants lock their doors when they see you coming.

8. It's too hot to mow the lawn but great weather for a 50-mile ride.

9. You attend the HBC Winter Banquet in lycra and a shirt with a rear pocket.

10. You think the perfect "outerwear" for all occasions is a Gore-Tex jacket with reflective piping in shades of yellow or fluorescent orange.

11. You plan your year around RAGBRAI, the Peanut Tour, the Seagull Century, the Spring Mystery Tour, and riding to Cape May in September.

12. You get a dressed up for a special night out and spend most of your time socializing with people you don't really recognize and who don't recognize you, because you aren't wearing a helmet and sunglasses.

13.You remember folks you've ridden with by the color and make of their bicycles and not necessarily by their names.

14.When anybody mentions distance you immediately think of how long it would take to cycle it.

15.You train all summer to ride 100 miles into the wind on a totally flat course over 7 hours AND pay for that abuse!

Spring Fling 2021 Update

GOOD NEWS everyone this year the Spring Fling will be returning to Bethany Beach. We will be staying at the Ocean Suites by Marriot on the Board Walk. These accommodations are perfect, the hotel is located in the heart of Bethany and you can walk out, and you are on the beach, and the rooms and food are fantastic. If you haven't joined the club in the past for Bethany Spring Fling, you really need to reserve these dates and make it your mission to join the event. It will fill up fast.



We will be having 4 days of riding nice flat roads and trails for every level of rider. This is the first riding event of the year, and perfect for getting your biking legs working again for the upcoming season.

The event is being held from April 29th - May 02, 2021, The cost for the hotel is 169.00 Double Occupancy. Get there early

and start your riding on Thursday and get a full 4 days of riding. As always, we will be having a celebration on Saturday evening at the Boat House Bar and Grill with plenty of bike stories and laughs.

For online hotel reservations, click [HERE](#)

Please email **Glenn Wareham** to let him know you made the reservation gwareham@aol.com

SAVE THE DATE! 2021 HBC Finger Lakes Trip

Join us on June 10-13, 2021, with an early arrival option for Tuesday June 8 or Wed. June 9, 2021. Reservation confirmation is still pending, but we are planning to return to enjoy the pleasant riding, spectacular scenery, historic points of interest, wonderful wineries and local craft breweries, and the camaraderie of friends.

We expect to stay at the townhouses at Hobart-William Smith Colleges, in Geneva, New York. This will be our 14th annual trip.

Registration will start on March 1, 2021 and fills up fast. More details will be provided in the February Spokesman and on the HBC website under the special events tab for the Finger Lakes trip.

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

Something to do in February 2021

STOP, SWAP AND SAVE

ATTN BIKE CLUBS: THE SWAP IS COMING! PLEASE FORWARD TO YOUR MEMBERS AND ADD TO YOUR CALENDAR OF EVENTS!

Don't miss the 24th annual **STOP, SWAP AND SAVE**, the East Coast's largest indoor bicycle swap and consumer bike expo. If you've never made it to the **SWAP** before, don't miss out in 2021...It's **our 24th year !!!**



The **STOP, SWAP AND SAVE** is *the* place to sell your old parts and bikes or take advantage of unbelievable deals on everything you need for a great season of cycling. Buy, sell, browse, shop, trade or just hang out with industry reps, individual vendors, bike shops, manufacturers, and like-minded cyclists!

Admission is still only **\$5** and includes thousands of square feet (yes, it's all indoor and heated) of

everything that cycling has to offer. Whether you're looking for road, mountain, triathlon, BMX, vintage, new or used, there's something for everyone!

Don't Miss Out!

Sunday, February 14, 2021

9:00 am-2:00 pm

Carroll County Ag Center

Westminster, Maryland

See you at the **SWAP!**

More details are at: StopSwapAndSave.com

Technical Corner

Dear Lennard,

I know you're a big e-bike rider these days, so I'm looking for some advice.

On my normal bikes, I can easily clean and apply chain lube by leaning the bike against a wall and spinning the cranks backward. **On the e-bike, the chain doesn't move when you rotate the cranks backward. Any tips?**

—Thomas

Dear Thomas,

Indeed, the chainring on a mid-motor e-bike does not rotate when you rotate the crank backward. That makes it a challenge to wipe down and lubricate the chain. There is a simple workaround for some e-bikes, and for others, it remains a PITA.



If the e-bike motor is not geared down, meaning that the chainring rotates at the same rate as the cranks when pedaling, there is a simple workaround, namely, to jam a stick in it. You take a short (2-inches long) stick or chunk of a dowel rod around 3/4-inch in diameter and jam it into a hole in the chainring or spider so that when you rotate the crank backward, the chainring turns with it. If this works, you can wipe down and lube the chain in the same way you do on a regular bike.

However, this stick fix doesn't work on many e-bikes. My current e-bike is one of those. It has a Bosch Gen 2 Performance Speed motor, which takes a tiny, 18-tooth chainring because the chainring rotates 2.5 times with each crank rotation. The chainring is first of all too small to jam a stick into, and, more importantly, because the chainring rotates so much faster than the crankarm does, you can't jam a stick in it to make one move with the other.

Even though my wife's e-bike has a mid-motor whose chainring rotates at the same rate as the chainring, jamming a stick in it still doesn't work, because the chainring is too close to the motor. There simply is not enough space between the chainring and motor to allow the stick to overlap it enough to stay in place.

So, while I used to wipe off and lube the chain on my regular bikes after practically every ride, it is such a pain to do it on (either of our) e-bikes that I do it a lot less. I either have to do any wiping and lubing with the chain not moving, or I have to put the (heavy) bike in a bike stand.

With the chain not moving, it's hard to wipe the jockey wheels, and lubing the chain is laborious, dripping a single drip on each chain roller, one at a time. In the bike stand, I have to pedal it forward while wiping the chain and jockey wheels and lubing the chain, which of course causes the rear wheel to spin, making it hard to hold the lube bottle steady and can easily knock the bark off of my knuckles with the spokes or tire knobs.

Because of their extra torque, power, and weight, e-bikes wear chains faster than regular bikes do. Combine that with the extra hassle required to maintain the chain, and it's a recipe for rapidly frying chains. In an attempt to mitigate it, I use Squirt E-Bike Chain Wax. Since it's a pain to wipe the chain down, I want a chain wax to get the grime to fall off rather than be attracted to and adhere to a sticky and oily chain. And Squirt is very slippery (it won VeloNews' chain lube tests seven years ago), thus slowing wear a bit. I still have to replace chains pretty frequently, because I ride my e-bike a lot.

— Lennard

Dear Lennard,

I'm wondering how **tire PSI corresponds to pounds of rider weight**. I know what PSI stands for, and I know how to determine the optimal PSI for my rides. But I'm wondering how tire PSI corresponds to the number of pounds of weight my body puts on the tire. For flattery, let's say I weigh 180 pounds. For convenience, say half of that is on the front wheel, and the contact patch of the tire is one square inch. Why don't I need at least 90 PSI in the front tire to hold up the front half of my weight, but I can use considerably less than that? Or is the 90 pounds supported by the total number of square inches in the front tire? I know when I'm moving my weight has more effect than just sitting still on my bike, but I don't know how to calculate this or how to measure the number of square inches there are in my front tire. If I did maybe I could figure out the answer to what I'm wondering about.

— Ray



Dear Ray,

No, the 90 pounds you are talking about is not supported by the total number of square inches of the tire. Rather, it is supported by the area (the total number of square inches of) the tire contact patch on the ground. The more weight on the wheel, the larger that contact patch will be at a given tire pressure. Perhaps now you can see why it makes no sense to say that the contact patch is equal to one inch and then talk about varying the air pressure. The contact patch's area is dependent on-air pressure as well as weight (load) on the wheel; its area will decrease with increasing air pressure under a given load and increase with increasing load at a given air pressure.

So, there is no need to measure the “number of square inches on the front tire.” Measuring the tire contact patch can be done by loading the front wheel while the tire is sitting on a glass table. Crawl underneath the table and trace around the elliptical contact patch with a marker. Measure the length and width of the ellipse you have traced. Its area will be equal to half of its length times half of its width times pi.

— Lennard

Blast from the Past Newsletter

January 1985



January 1990

Rainbow Cycles Time Trial Series Awards

Women 18 TO 29

Annatte Prins

Women 30-39

Cindy Mauer
Deb Mckee

Women 40 & Over

Rachel Irvin

Men 15-17

Chris Romano

Men 18-29

Nole Caine
Joseph Roneaus
Mark Wilson
Fred Billet

Men 30-39

Jesse Raunk
Ken Snyder
Wayne Davis
Randy Deitz

Men 40-49

Bruce Irvin
Karl Deardorff

USCF Jr Mens

Matt Cordes

USCF Sr Men

Bob Banks
Jeff Meismer
Dave Clark

USCF Masters

Ralph Saxman
Mike Smith

January 1995

Local Participants in RAAM

Race Across AMerica

Most of you West Shore riders are probably familiar with Donna Metz and her cheerful, enthusiastic "can do" attitude about biking. Take a look at her accomplishments in triathlons and long distance riding, and you see that she is serious about her sport.

Well, Donna and a few psychotic friends, are planning a co-ed team (two guys and two girls). It will be 2950 miles of madness within seven days of non-stop, rotating time-trial style huff and puff riding.

The good news is that we have a team: Donna Metz, Carol Sildorff, Tom (Bahama) Berwager, and Greg Zimmerman (from Lancaster).

We have begun efforts at local charity sponsorship, area print and broadcast media coverage, and support team coordination, not to mention training challenges.

Sound like fun? Well, it is a monumental challenge.

We need assistance, both in kind, in money and in materials, of any contributing person or organization. Winter is here, which means it is prime time for planning and coordinating the myriad of details needed to make the race a success.

Anyone interested in donating time, money, or supplies, or just to talk about the whole idea, can contact Team Susquehanna at 774-8611.

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. The is made possible by the Bicycle Access Council.



Distracted Driving



The PA Distracted Driving Awareness registration plate became available on February 21, 2019. All proceeds from this plate shall be used to exclusively to advance public education and outreach on the dangers posed by distracted driving. To apply for this registration plate please complete Form MV-918 The form is available on the PA DMV website

January Regular Rides

Please review the website for ride updates for HBC rides (scheduled and email rides)



HBC Ride Paces

HBC Average Riding Paces

[illegible]

***PLEASE PLAN TO ARRIVE AT THE START
POINT AT LEAST 15 MINUTES BEFORE THE
PUBLISHED SCHEDULED TIME.***

Group Rides – Stops taken when needed for rest or to keep the group together.

D - Social – for the cyclist who enjoys an easy social pace. 10-speed bike not necessary for these rides. Speed will average 8-10 mph, distances generally 8 to 10 miles.

 C-/D+ Social - still an easy social pace, but a touch faster (9-11 mph) & longer distance, generally 20-25 miles.

C - Casual – for the cyclist who would like to socialize but wants the challenge of a longer distance and a bit more challenging terrain. Average speed , 10 to 13 mph, slow easy pace on hills, distances generally 20-25 miles. Stop about every 10 miles, more if necessary.

C+ - Experienced – for the experienced group cyclist. Rides generally longer with more hills than casual ride. Average speed 13-15 mph, distances generally 25-45 miles. Stops when necessary.

B - Training – a faster pace for experienced riders in good physical condition. Steeper hills are a possibility, with pace slowing a bit going up, but riders are expected to stay with the group. Average speed 15-17 mph, distances generally 25-45 miles. Riders should be in good physical condition and capable of maintaining a steady pace. Few stops if any.

B+ - a bit faster than the "B" (Fast Group) rides and could cover a longer distance. Speed will generally average 17-19 mph. Pace will slow a bit uphill, but riders are expected to stay with group. Expect to maintain a fast pace for distances up to 50 miles.

A - For riders in top physical shape and seriously interested in competitive bicycling. Speed will average 20+ mph. Few hills are anticipated, but riders are expected to maintain pace uphill. Emphasis on conditioning.

Planning your 2021 rides

For 2021 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/

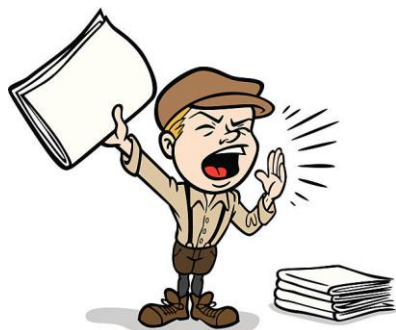
Submissions for the January Spokesman should be sent to

editor@harrisburgbicycleclub.org

by **January 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

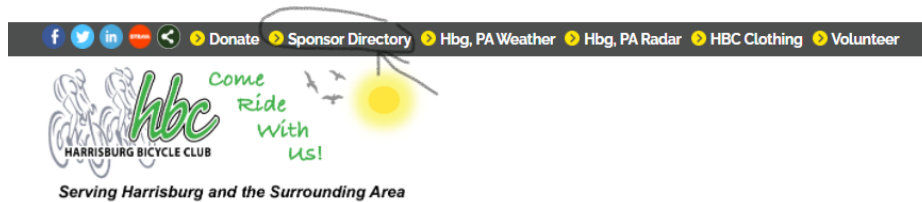


<https://www.facebook.com/pages/Harrisburg-Bicycle-Club/242294573868>

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

HBC Business Directory

In 2021 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



You will then see the
Business Directory
Search function

[HOME](#) [NEWS](#) [CLUB INFORMATION](#) [RIDE INFORMATION](#) [SUBMIT RIDE REPORT](#) [EVENT CA](#)

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[Home](#) > [Business Directory Search](#)

BUSINESS DIRECTORY SEARCH

Search for business listings by entering search text and searching by category, type or postal code / radius. If no results are found, you will be notified to refine your search location of the business. Please note that not every business may be displayed on the map.

Search Criteria

Search Text	<input type="text"/>
Searches business description and business name Leaving this field blank will return all results	
Business Category	< Select > ▼
Business Type	< Select > ▼
Within	< any distance > ▼ of zip <input type="text"/>
<input type="button" value="Reset"/>	
<input type="button" value="Search ⚡"/>	

Search for listings by entering criteria above

If you click the Search button without entering anything in the selection criteria you will see all the business sponsors. (Note: this is just a sample of what will be shown)

Home » Business Directory Search

BUSINESS DIRECTORY SEARCH

7

Search for business listings by entering search data and selecting by category type or postal code (radius). If no results are found, you will be notified to where your search. Results are displayed below. If no map is displayed, you will calculate the location of the business. Please note that not every business may be displayed on the map.

Search Criteria

Search for:

Business Category: **Submit**

Business Type: **Submit**

Within miles of zip: **Submit**



Found 6 listing(s)

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Redell's Warehouse Bicycle Shop
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 Harrisburg, PA 17103
 ☎ (717) 462-7180

[Details](#)

World Cup Bicycle Shop
 1804 Greenway Rd
 Camp Hill, PA 17001
 ☎ 717-731-8102

[Details](#) [Website](#) [Email](#)

All Bicycle Shops

Redell's Warehouse Bicycle Shop
 3708 Walnut Street
 Harrisburg, PA 17103
 ☎ (717) 462-7180

[Details](#)

World Cup Bicycle Shop
 1804 Greenway Rd
 Camp Hill, PA 17001
 ☎ 717-731-8102

[Details](#) [Website](#) [Email](#)

BUSINESS

Insurance

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 Downingtown, PA 19340
 ☎ 610-317-0030

[Details](#) [Website](#) [Email](#)

Please support our local Business Members!



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Hummelstown PA

Cleona PA

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717- 273-4477

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 3798 Walnut Street, Harrisburg, PA
 717-652-7760
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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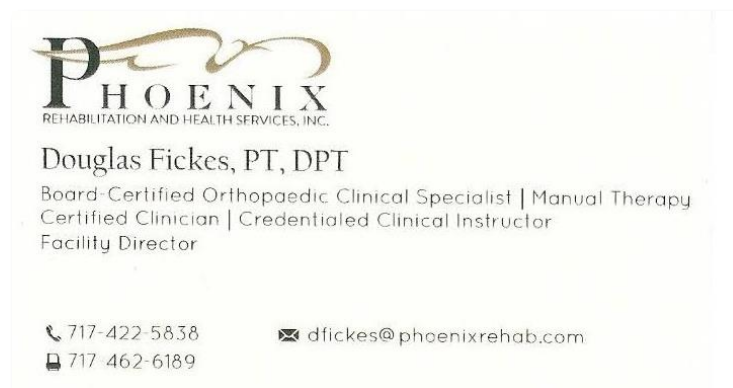
Funk Entertainment, LLC
 Michael Funk
 Owner
 54 S 39th St
 Camp Hill, PA 17011
 717-379-4058
 mtbfunk@gmail.com
 funkentertainment.net
 facebook.com/funkentertainment.net

ROAD HAWK
 BARBQUE
 MENU



717-502-7049
 43 S. Baltimore St. Dillsburg, PA 17019
 HOURS: THURS. - SAT. 11am - 8pm SUN. 11am - 7pm







Harrisburg

Phoenix Physical Therapy
5690 Allentown Blvd. Suite 200
Harrisburg, PA 17112-4052

(717) 216-8699
harrisburg@phoenixrehab.com
phoenixrehab.com



Etters

Phoenix Physical Therapy
564 Old York Road Suite 5
Etters, PA 17319-9536

(717) 212-9229
etters@phoenixrehab.com
phoenixrehab.com



Carlisle

Phoenix Physical Therapy
1075 Harrisburg Pike Suite 104
Carlisle, PA 17013-1689

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carlisle@phoenixrehab.com
phoenixrehab.com