



# The Spokesman

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NEWSLETTER OF THE HARRISBURG BICYCLE CLUB February 2021

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## **President's Corner**

Greetings!!!

The mission and vision of the Harrisburg Bicycle Club is to encourage and promote the riding of bicycles, including the safety and in enjoyment of all riders, at all skill levels, and on all types of bikes. That will be the focus of 2021 for the Board of Directors: a look at our programs and what we can do better to support our members. This is a two-way street, and we want to hear from you. Send us your thoughts, comments, and ideas!

For a social group, 2020 has been a challenge with many of our traditional events postponed because of COVID concerns. Our virtual meeting in January was well received, and plans are to have a more robust meeting in February with a guest speaker. I loved seeing the comments from the viewers-from the shout outs when folks signed in, to people interacting in the chat room. Adapt and overcome is the mantra for the year.



Exciting news that regular club rides will start on January 30th-weather permitting of course! Check the calendar for event information. And the Spring Fling in Bethany Beach is a go-check out the Special Events tab for more information. Quite a few members have already signed up.

And a new feature, Awesome Ride Reports has debuted on the website. Once a month we are asking for submissions of your favorite rides, with interactive points of interest on the ride that you can ride solo or in a group. Marilyn Chastek has created the first submission, and those who have ridden with Marilyn know her routes to be excellent. Be creative, take snapshots of the event and post on our Facebook page.

Speaking of social media, our members only Facebook page is the Harrisburg Bicycle Club PAGE. Please use this page for any club related posts. This is an attempt to protect our members information and is monitored by the Publicity Committee. Our HBC Group page can be found by clicking [HERE](#) If you are not a member of the Group you can request membership. Our **public page** can be found by clicking [HERE](#)



Finally, I want to recognize our past president, Glenn Wareham for his leadership over the last 2 years under difficult and changing circumstances. The HBC gators were his idea as something to give back to members since we couldn't get out to ride among other initiatives. I have huge shoes to fill but I am excited about the current board to help make this a great year.



See you on the road-or on the virtual meetings!

Susan Tussey  
srtusseyhbc@outlook.com  
814-386-8141

# **Training: Exercises to help prevent and treat low back pain**

**DECEMBER 10, 2020** By **HANNAH FINCHAMP**

Don't let riding your bike become a pain in the...back! As a board-certified athletic trainer, I've helped a lot of athletes with low back pain, and when you look at the statistics that's not surprising at all. According to the World Health Organization, low back pain is the leading cause of activity limitation and work absence throughout much of the world. The lifetime prevalence of nonspecific low back pain is 60 – 70 percent in industrialized countries.<sup>1</sup>

There are many causes of back pain, some of which are complicated and should require direct medical attention especially if you are experiencing sharp, shooting, or radiating pains. However, most cases of low back pain are nonspecific, meaning that they do not involve serious or long-lasting causes or conditions.<sup>2</sup> This is good news because it means that with some focus and dedicated exercises or adjustments, you can likely diminish your low back pain once and for all.

## **Bike Fit**

It's really no wonder that cyclists frequently experience low back pain. When laying down on your back your lumbar discs are under approximately 75 kilograms of pressure. When standing, the load increases to 100 kilograms of pressure. When sitting down and leaning forward, which pretty accurately describes a cycling position, you might have a total of 275 kilograms loading your lumbar discs.<sup>3</sup> That's a big load to carry while riding for hours on end!

If you are experiencing low back pain, one of the easiest things you can do is go get a bike fit. Something as simple as adding a few spacers under the stem may give you a more upright position and alleviate some of the pain. Don't stop there though! The danger of quick fixes is that people often don't follow through with the root of the problem which is usually biomechanical.

## **Biomechanical abnormalities**

It's important to remember that the body is a kinetic chain, meaning that everything is interconnected and an imbalance in one part of the body can wreak havoc on another part of your body. In order to address biomechanical imbalances or abnormalities, it's important to spend time working on both flexibility and core stabilization or strength. Many cyclists experience non-specific low back pain.

## **Stretches to strengthen the lower back:**

### **Thomas Stretch**

Sitting at the very edge of a table, grab one knee and pull it to your chest, then lean all the way back so that you are laying on the table. The other leg should remain straight out or dangling toward the ground. This exercise helps to stretch your hip flexors which can have a large impact on your back. One of the primary hip flexors (the psoas) actually attaches to the vertebrae of the lower back. Flexible hip flexors will help you keep a more neutral pelvis position and alleviate strain on your back.

### **Open Book**

Lay on your side with your knees stacked on top of each other and your hips and your knees bent to 90 degrees. With your bottom arm extended out from your body and resting on the ground, pull your top arm back so that both shoulder blades touch the ground while the rest of your body remains on its side. This exercise helps to mobilize the thoracic spine which tends to be overlooked.

### **Cat/Cow**

In a quadruped position, arch your back all the way through your neck, then reverse and round your back all the way through your chin being tucked to your chest. This exercise uses light abdominal activation and also works on trunk flexibility.

## **Exercises for treating low back pain.**

The core can refer to everything other than your arms and legs and for that reason, the core helps to give stability for almost all athletic movements. The core can help to provide stability and reinforcement for the low back. In fact, there are 29 muscles that help to maneuver the lumbar spine and pelvis.<sup>4</sup> Since we know that the body is a kinetic chain, we know that weak links can cause a system to break down ("pain").

It's important to work the muscles of the core not only for strengthening purposes but also for neuromuscular adaptations. Here are a few specific core exercises that have the potential to really benefit an individual experiencing nonspecific low back pain:

### **Dead Bug**

Lay on your back with your arms and legs straight up in the air and your knees and hips bent to 90 degrees. Slowly lower one arm and its opposite leg while maintaining a flat back and bracing your abdomen. This exercise really targets your rectus abdominis as well as your internal and external obliques.<sup>4</sup>

### **Pelvic tilts**

Begin by laying on the floor on your back with your knees bent to 60 degrees and your feet flat on the floor. Imagine that there is a string attached to your belly button and someone is pulling it down into the floor. Then complete the opposite by letting it pull gently upward to arch your back ever so slightly. These small movements can help align the pelvis, work on abdominal strength, and provide lower trunk stability.

### **Bird-dog**

Begin in the quadruped position and lift opposite arm and opposite leg straight forward and backward, respectively. Hold this position for 5-10 seconds and repeat with the other arm and leg. This exercise specifically activates a large number of core muscles including the gluteus medius, multifidus, and spinal erector muscles.<sup>4</sup> Focus on keeping a neutral spine and flat back throughout the exercise.

### **Glute bridges**

Lay on your back with your knees bent to 60 degrees and your feet flat on the floor. Lift your glutes off of the floor until your hips are flat. Hold for 5-10 seconds and then return your glutes back to the floor.

### **Create a New Standard**

Many people have experienced low back pain for such a long time that they now consider it to be 'just a part of life.' Maybe you've even forgotten what pain-free exercise feels like. Don't give in! Try completing these exercises three or more times per week and see what kinds of rewards you may reap.

## HBC Website Useful Tips

Our website MEMBER PROFILE has changed.



Home > Member Profile

### Member Profile

Membership Summary

Type: Family Membership  
Status: Active  
Exp. Date: 10/1/2021  
Payment Due  
Current Email Address: [marty\\_smith42@gmail.com](mailto:marty_smith42@gmail.com)

Member Number: 1  
Join Date: 7/7/2002  
Last Renewal: N/A  
[Download Membership Card](#)

Chapters/Additional Members

... 1 more

[Tutorial Video](#)

**Basic Member Information**  
Click here to edit your basic contact information such as your address or phone number.

**Additional Member Data**  
Click here to answer additional questions about yourself that pertain to your membership.

**Member Directory**  
Click here to edit your public member directory profile such as your bio information and set what is visible to members or the public.

**Business Directory**  
Click here to edit your business directory information such as your logo, business type, hours, website and more.

**User Name / Password**  
Click here to change your login information.

**Mobile App**  
Click [here](#) to view or change channel memberships.  
Click [here](#) to view or edit your mobile profile.

**More Member Options**  
[Privacy/Cancel/Remove](#)  
[Optional Additional Charges](#)  
[Chapters/Additional Members](#)  
[Achievements](#)  
[Attachments](#)  
[Gift Memberships](#)

**Histories**  
[Transaction History](#)  
[Payment/Credit History](#)  
[Event History](#)  
[Donation History](#)  
[Reservation History](#)  
[Volunteering](#)

**Forums**  
[Forum General Preferences](#)  
[Forum Memberships](#)  
[Thread Subscriptions](#)

**Your Website Functions**  
[Interests](#)  
[Photo Albums](#)  
[Collectibles](#)  
[Download Bank](#)  
[Blogs](#)

At the top of the screen, you will find a reformatted Membership Summary panel, including basic information about your membership. Your member photo is shown and can be updated by clicking the Edit (pencil) icon. If a payment is due, a special link appears. If you have virtual membership cards, these can also be downloaded. If your membership has secondary and/or tertiary members, they will be shown on the right; click the photo(s) to update this information. There is also a link to an updated video tutorial.

Below that are special panels for the options that members use most often, including updating their basic and extended information, their member and/or business directory information, their username and password, etc. If your club or association or Aging-in-Place Village has any special functions, they will also appear in this area.

Below that are longer panels with additional and less-frequently-used options, including history screens, forum memberships and preferences, and other website settings.

This new Member Profile screen is also more responsive to different website widths and

to mobile devices. But while the design may be updated, the functionality is the same as members have always used and we expect that people will quickly get comfortable with the new design.

Some key things you can update in the member profile:

- Change personal information.
- Subscribe to forum (e-mail rides scheduled rides, interest forums)
  - This is under ADDITIONAL MEMBER DATA, once changes are made scroll to the bottom and click SAVE.

## **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](mailto:webmaster@harrisburgbicycleclub.org)

## **Pennsylvania Rides**

A promotional banner for the Quad County Metric ride. The banner has a dark blue background with a yellow horizontal stripe across the middle. At the top, the text "QUAD COUNTY METRIC" is in white, with "Ride in four scenic PA counties" below it. To the left is the SCU logo (Suburban Cyclists Unlimited) and to the right is a circular logo divided into four quadrants representing Lehigh, Bucks, Berks, and Montgomery counties. The date "SATURDAY, MAY 15, 2021" and the registration website "ridethequad.com" are in the center. The yellow stripe contains the text "THE RIDE IS THE DESTINATION!". The bottom dark blue section states "A portion of the proceeds will benefit the College Settlement Camp".

**QUAD COUNTY METRIC**  
Ride in four scenic PA counties

**SATURDAY, MAY 15, 2021**  
Register today at  
[ridethequad.com](http://ridethequad.com)

**THE RIDE IS THE DESTINATION!**

A portion of the proceeds will  
benefit the College Settlement Camp

Join us for SCU's 2021 Quad County Metric -- a fully supported ride on lightly traveled roads through the fields and forests of Pennsylvania's Montgomery, Berks, Lehigh, and Bucks counties.

The ride starts along the beautiful Green Lane Reservoir in Montgomery County's Green Lane Park -- a 3,400-acre park with two campgrounds for those who wish to stay overnight before or after the ride.

The park is known for fishing, boating, birdwatching and equestrian trails. It's a favorite location for cyclists from around the region.

Click [HERE](#) to register!



## **Philadelphia Bicycle Film Festival**

The 20th Anniversary Philadelphia Bicycle Film Festival will be a virtual event, from Jan. 29 to Feb. 7. Tickets are required.



Tickets are available by clicking [HERE](#)

BFF Philadelphia includes a Bicycle Film Festival (BFF) Select Shorts Program (90 min runtime) as well as a panel discussion hosted by the Bicycle Coalition of Greater Philadelphia.

A ticket allows you to view the 90-minute short film format and speakers' panel any time from January 29, 6pm through February 7th, 2021 streamed to your computer, tablet, or smart TV by simply clicking on the link provided by email after you purchase.

Ticket prices are sliding scale, so all ticket prices entitle you to the same content. You may view BFF in one sitting, or as you want to spread it out. from the comfort and safety of your home.

Please visit <https://www.bicyclefilmfestival.com/> for more details.

## **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](mailto: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](mailto:pjzitzer@gmail.com) or (717) 379-3054

## **Fall Tour – mark your calendar!**



# Cape May

City in New Jersey

Harrisburg, PA to Cape May, NJ

Question Do you remember September 21st.

Answers

The last day of summer Correct

Belize Independence Day Correct

Benedict Arnold became a traitor Correct

Perry Mason made his TV debut Correct

National Pecan Cookie Day Correct

**But .....**

In 2021 September 21st is the start of this years Fall Tour

Mark your calendar and save the dates!

Tuesday 21 Sept 2021 to Sunday 26 Sept 2021

Details to Follow Dick Norford Fall Tour 2021 PR Chairman 717-460-4684

## **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](http://StopSwapAndSave.com)**



## **Technical Corner**

Why the Boa Li2 dials are a big deal Great fit adjustment that's easy to grasp.

JANUARY 1, 2021 by GREG KAPLAN



The latest Boa Li2 retention system makes adjusting shoe comfort precise and easy. The updated dial offers 1-millimeter increments in lace tension and can be easily and safely tuned on the fly. It may seem like a small detail, but here's why this new system is worth paying attention to, plus my short wish list of how it could be improved.

### How to tighten shoes? Let me count the ways.

I've worn so many different kinds of cycling shoes over the years, with so many different kinds of retention systems to keep my feet secure and comfortable while riding outdoors in single to triple digits, and of course indoors, too. I've worn cycling shoes with just about every retention system available: Three Velcro straps, two Velcro straps, a buckle system, dial-actuated tension cords, Velcro and buckles, Velcro and dials, and a few different combinations of these systems, and of course tried and true shoelaces. Each retention system has its merits, some more than others.

I've not raced much on the track, so I don't need redundant systems — the shoe's system plus and an extra set of straps that wrap shoe to pedal — to keep connected to my bike. I'm more of a fan of roads and light gravel, so, the need to keep the retention system protected from dirt or mud intrusion is not paramount when I decide what shoes I wear. But I have done my fair share of multisport races to know that getting my feet into and out from my shoes — which remain on my pedals before, during, and after cycling — is a requirement equaled by the need to keep my feet comfortably and securely in my shoes when I'm ripping along on the bike. But from a straight-up functionality and performance standpoint for my day-to-day riding, my preferred retention system remains Boa dials.

If you've ever needed to adjust the fit of your cycling shoes while riding, like if you've made your shoes too tight while wearing winter socks, or too loose when wearing summer weight socks, then you've probably experienced the need to adjust shoe fit after you've already hopped on your bike. And more often than not, when I put my shoes on, I'm sitting on a coffee table, or a stair, or someplace convenient for just a few moments, and when I stand after putting my shoes on, whatever tension I had set to keep my shoes on my feet feels different when standing than when sitting. And even after I'm clipped in, the tension on my shoes often still needs minor adjustment.

Velcro retention systems work well and offer a snug fit, but have you ever tried to adjust the strap tension, perfectly, on the road? It can be done, but this get-comfortable process might take a few attempts of unstrapping and re-strapping shoes, which also can lead to taking eyes off the road to do so.

Buckle systems also provide ample retention and comfortable fit, but I've often found the adjustment increments too large; my shoes wind up either too snug or not quite snug enough. And while standard shoelaces — an ancient but effective technology — offer a trendy, retro look with a modicum of security, invariably, they stretch and come out of adjustment. I've had the experience of a shoelace coming free and wrapping around a pedal spindle midway through a ride. It's panic-inducing.

#### Dialing in the dials

Systems similar to Boa — with a dial that winds to increase lace tension — may require an additional lever to loosen the lace incrementally, or to completely release the lace so that one can remove the shoe. While any dial system may look efficient, it may require more work to function optimally compared to Boa's simple and elegant solution.

After wearing shoes with the Boa L2 dials — the latest Boa iteration that offers a precision fit, and which can be adjusted on the fly in 1-millimeter increments — I kind of stopped reaching for other shoes that have other retention system options. Previous versions of the dial-actuated retention system like the Boa S3 offer precision adjustment. The metal dials on the Specialized S-Works road shoe have a firm, positive feel, are easy to grip, and are scuff resistant. Each dial controls a single lace which offers a fit that keeps feet in shoes for the likes of riders like Julian Alaphilippe, Sam Bennett, and Peter Sagan. And while this Boa S3 system works well, it was designed exclusively for this particular Specialized shoe and is not yet available as an option for other models or brands.

#### Bring back the metal.

If I have any suggestions for improvements to the Boa L2 dials, it's use of materials. The Boa L2 dials are not metallic like the Boa S3 dials, and I really like the feel of the S3 dial on the Specialized S-Works shoe. This dial feels nice in my fingers, and the adjustment control is

quiet with a pleasing and smooth mechanical feel. While Boa says the Li2 manufacturing process creates less waste compared with other dials, I think this begs the question: Couldn't reclaimed aluminum be repurposed for fabricating more Boa dials?



The most notable difference between previous versions of the non-metallic, dial-actuated systems and the Boa Li2 is feel. When adjusting the dials, the clockwise turns to tighten the coated steel laces feel smoother and more discernible from the reverse movement to loosen the lace. What this means is that adjusting fit while rolling is a simpler, more refined process, alleviating the need to

take one's eyes off the road.

When I'm riding indoors, I tend to keep my shoes a little less snug than when I'm on the road and don't fiddle with them as much as when riding outdoors. And when I'm on the road, I adjust the dials once or twice immediately after the start of a ride, after I've become aware of how the shoe fits with a specific pair of socks. This adjustment also corrects how my feet spread differently in my shoes when I'm standing compared with how they take up shoe volume when I'm sitting.

The Boa Li2 Type A dials are non-slip, so making adjustments on the bike is nearly sure-fire, even with sweaty hands or cold fingers. And since a single dial can adjust the lace tension for an entire shoe, this too means no-fuss adjustments.

There are three different "flavors" of the Boa Li2 dial. Type A is the one shown above on the Shimano S-Phyre shoes. Type B has a faceted composite grip on the perimeter of the dial. And Type C offers an angular, cushioned grip.

The Boa Li2 system is available on shoes from Shimano, Fizik, and Scott. By early 2021, expect other brands to have the retention system on production models



## **Blast from the Past Newsletter**

February 1985

### **AGVITHH IV is coming!**

The Harrisburg Bicycle Club will be sponsoring the Fourth Annual Great Valley Interstate Tour from Harrisburg to Harrisonburg on June 21, 22 and 23, 1985. This three day tour through the historic Cumberland and Shenandoah Valleys has become one of the club's most popular point-to-point events. Dick Condon (PH 243-7376) will be in charge of the event. Joan Short (PH 938-3494) will coordinate the planning and logistics for the tour, while John Storch (PH 737-0397) will handle publicity and registration. These HBC'ers have graciously volunteered their time to make AGVITHH IV a success, but they need your help. If you have a yen or a knack for making phone calls, designing T-shirts, mapping, planning writing, stuffing envelopes or licking stamps, or any other hidden talents that will be useful, please call one of these club members and offer to help. Call them BEFORE they call you! Also needed are non-bikers (spouses, parents, siblings, friends, etc.) to go on the trip in support capacities. Help make AGVITHH IV the best yet.

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February 1990

# *Metro Express*

## **What's Happening 1990**

**By Rossi Jullana**

See if any of the following descriptions fit you:

- You're a "C" classification rider working on riding with the "B's".
- You're a performance-minded cyclist looking for a friendly group of cyclists to boost your motivation.
- You would like to try competitive cycling, but are confused as to what equipment you really need and how much time is required in training.
- Most of all, you are someone who wants to have FUN while becoming a better cyclist.

Last year my goal was to set up a program to encourage cyclists to improve their skill level and have "a whale of a good time" doing it. The last thing any of us need is for our hobbies to become a job. So the Metro Express came about. We had such a good time together that some cyclists became motivated to the point of reaching goals that they would have never dreamed of even setting. (??) Scott Smith, riding three days a week with the Metro Express program, took four 1st-place finishes in local races. Dan (Major) Miles actually was doing interval training and greatly increasing his potential. (Don't tell Dan. He was having such a good time we sneaked in the intervals when he wasn't looking!!!) Now I would like to make the program available to all HBC members.

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This year the Metro Express is expanding it's programs and rides. Our rides will be posted in the SPOKESMAN Ride Schedule each month and still have the "No Drop" policy. New this year is a program called the "SSS Express" (that stands for Stretching, Spinning, and Shifting) and is designed to help you become a safer, more confident rider without all the time and fuss of an intricate workout schedule. We will have this monthly column in the SPOKESMAN, with tips for having a better time on the bike, equipment care, and gossip tidbits. We will be helping the HBC with more events this year, and we will be hosting the 2nd Annual Velodrome Bus Trip and the 2nd Annual 25-mile Time Trial in Clarks Valley. Mountain bike rides, day tours, great adventure rides, and more will be open to any HBC member.

This is your personal invitation to come out and experience our hospitality and share the good times.

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February 1995



## **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

## **February Regular Rides**

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



## **HBC Ride Paces**


### HBC Average Riding Paces

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***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 2021 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](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	<a href="http://www.annapolisbicycleclub.org/">http://www.annapolisbicycleclub.org/</a>	Harrisburg	<a href="http://www.harrisburgbicycleclub.org/">http://www.harrisburgbicycleclub.org/</a>
Baltimore	<a href="http://www.baltobikeclub.org/">http://www.baltobikeclub.org/</a>	Lancaster	<a href="http://www.lancasterbikeclub.net/">http://www.lancasterbikeclub.net/</a>
Delaware Area	<a href="http://whiteclaybicycleclub.org">http://whiteclaybicycleclub.org</a>	Philadelphia	<a href="http://phillybikeclub.org/newbcp/">http://phillybikeclub.org/newbcp/</a>
Franklin County	<a href="http://franklincountycyclists.org">http://franklincountycyclists.org</a>	Southern MD	<a href="http://ohbike.org/">http://ohbike.org/</a>
Frederick MD	<a href="http://frederickpedalers.org/">http://frederickpedalers.org/</a>	Wash. D.C.	<a href="http://www.potomacpedalers.org/">http://www.potomacpedalers.org/</a>

**Submissions** for the January Spokesman should be sent to

[editor@harrisburgbicycleclub.org](mailto:editor@harrisburgbicycleclub.org)

by **February 19<sup>th</sup>**

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

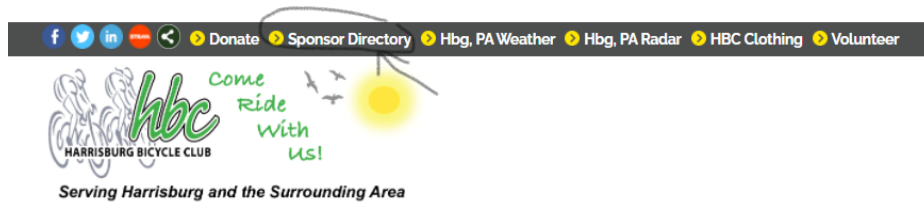


<https://www.facebook.com/pages/Harrisburg-Bicycle-Club/242294573868>

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   
Searches business description and business name  
Leaving this field blank will return all results

Business Category

Business Type

Within  of zip

**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 terms 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:

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Found 6 listing(s).

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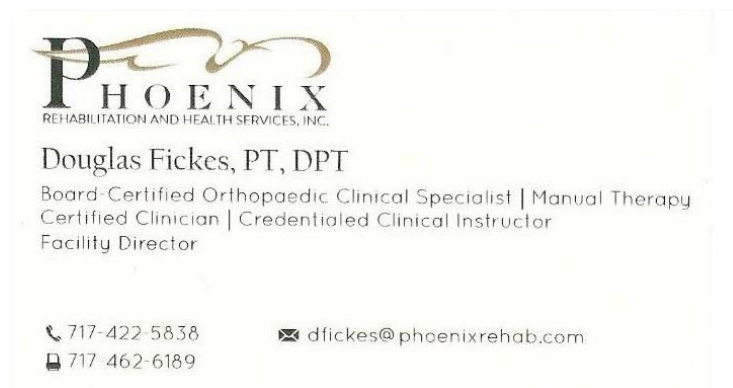
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