



# The Spokesman

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NEWSLETTER OF THE HARRISBURG BICYCLE CLUB December 2021

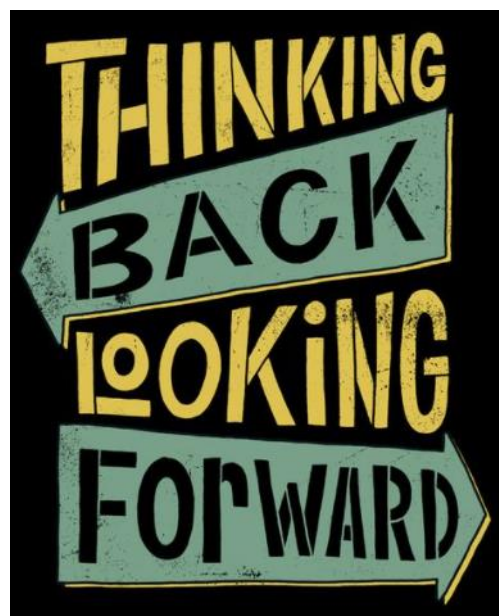
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## **President's Corner**

December brings on reflections of this year that seem to pass in the blink of an eye. As we emerged from Covid restrictions, the club slowly returned to normal routines. Total rides (all categories) were up this year, new member orientation rides were started, and membership meetings were held virtually bringing folks together. In-person events such as the July picnic were well attended, and Spring Fling, Finger Lakes, and Fall Tour were successfully carried out bringing a normalcy back to the club functions.

After a year hiatus, the annual banquet was held on November 20th at the Colonial Golf and Tennis Club in Linglestown. Julie Nye and her committee did a great job with the venue, door prizes, in promoting camaraderie, great food, and good friends.

The 2021 Service Before Self award was given to Larry Wasser for his efforts in what he has done behind the scenes keeping the website running, RWGPS working, and most importantly keeping the Spokesman newsletter alive. A well-deserved recognition. A big thank you for his contributions to the club.



The 2022 Board of Director election results are as follows:

- President Susan Tussey
- VP1 Jill Bradley
- VP2 Richard Norford
- VP3 Howard Ross
- Secretary Edith Eckerle
- Treasurer Howard Davison
- Membership David Raup
- Ride Committee-**open**
- Technology Mark Riordan
- Member-at-Large Lou Searles
- Glenn Wareham continues to provide sage advice in the Past President role.

Finally, coming in 2022, new opportunities for biking in the Carlisle Biking Initiative! Also, a new design for an HBC Jersey (Primal) has been designed, watch for more information and opening of the Team Store.

Happy holidays to all and see you on the road in 2022!

Susan Tussey - HBC President

## **Banquet Summary**

The annual HBC banquet took place on November 20<sup>th</sup> at the Colonial Golf and Tennis Club. With 83 members attending, everyone expressed how excited they were that the club was able to get everyone together to celebrate the past two years as we had cancelled last year's banquet due to COVID-19. For those unable to attend, a video with highlights from the evening will be posted on HBC's YouTube channel. Thanks to Kayla Bower for creating this video!

After the social time and the buffet, the members watched a video interview of Bonnie Iorfidio, who was able to ride 473 consecutive days during the Pandemic. She discussed how she sets various goals for her riding and how much she enjoys this sport. Click the link below to get to the entire video catalog.

[HBC YouTube Video Catalog](#)

Larry Wasser received the Service Before Self award in recognition of all of his IT work including managing the website, Ride with GPS, and writing and publishing the Spokesman each month. Phyllis Zitzer was awarded the Cape May brick as she best exemplified the spirit of the Fall tour this year. We have some pictures from the Banquet. Click the link below



[Photo Album Banquet and Year of Pictures](#)

All the ride leaders who earned different types of appreciation gifts were noted. The ride committee noted that HBC had more rides this year than in 2019 although our rides started a bit later this year.

Several dates of upcoming events were announced:

- Spring Fling is yet to be determined but is usually the last weekend in April.
- Finger Lakes trip will be June 14-17, 2022 with early arrival on June 12<sup>th</sup>.
- Three Creek Century will be September 18, 2022.
- Fall Tour will be September 20<sup>th</sup> to 25<sup>th</sup>, 2022.
- Williamsburg trip will be October 14-16, 2022.

Ross Willard accepted the \$1,500 grant awarded to Recycle Bicycle from the proceeds of the Three Creek Century. The other grant recipient, Hershey Mountain Biking Club, was not available to receive their grant of \$2,000.

Link for Recycle Bicycle Harrisburg click [HERE](#)

Link for Hershey Mountain Bike Club click [HERE](#)

The results of the election of the Board of Directors indicated that next year's board will include:

- Susan Tussey as President
- Jill Bradley as VP1
- Dick Norford as VP2
- Howard Ross as VP3
- Howard Davison as Treasurer
- Edith Eckerle as Secretary
- David Raup as Membership
- Mark Riordan as Technology
- Lou Searles as Member at Large
- Position of Ride Leader Chairperson is open

Many members won door prizes from our local businesses. Chris Ditlow donated lovely wooden centerpieces for the tables. The club would like to thank all those who worked so hard for this year's banquet: Julie/Buck Nye, Kelly Dygert, Mark Riordan, Larry Wasser, and Scott Silverstine.

## **Harrisburg Bicycle Club Membership Benefits** **A Great Gift to Friends and Family**

With everyone being more active, maybe you should consider giving a gift this holiday season, for someone to become a member of the Harrisburg Bicycle Club. Our member benefits



- Cycling is a low impact exercise that is easier on your joints than running or other high impact aerobic exercises. You can increase your overall health through cycling on a regular basis. Cycling works your blood vessels, heart, and lungs to strengthen your overall fitness level.
- Cost is \$15 a year for an individual or \$20 for a family membership. Also, you will receive a 10% discount on accessories at area bicycle shops with your HBC member card.

- Do you want to learn the safe way to ride in a group? We can show you how. Are you interested in becoming a Ride Leader? We provide Cycling 101 workshops, Ride Leader Training, and special training for sweeps. Ride Leaders can take advantage of CPR and First Aid Training and get reimbursed \$75 for taking the certification course.
- HBC offers an annual series of clinics. Each year the schedule varies on when it occurs. You can learn basic maintenance skills such as how to clean your bike, fix a flat, chain & brake maintenance and a pre-ride safety checklist.
- HBC offers bike rides with a knowledgeable Ride Leader who plans the ride and provides direction for riders of varying abilities. The riding categories are social, D, C, C+, B, B+ and A - with D being the easiest and A being the most challenging.
- Our website contains a wealth of information about the club rides, skill levels, special events, forums and more. Forums are a communications tool member can use to talk and share ideas with other members.
- HBC members have access to cue sheets for many routes throughout the area. In addition, HBC members have Premium membership access to Ride with GPS. Once you become a member you can request a Ride with GPS invitation by emailing [webmaster@harrisburgbicycleclub.org](mailto:webmaster@harrisburgbicycleclub.org)
- ROAD ID savings. A \$25 Road ID gift cards can be purchased for \$12, a \$13 savings. (Member must place order for Road ID themselves). This is obtained by emailing [membership@harrisburgbicycleclub.org](mailto:membership@harrisburgbicycleclub.org)

### **Special Events**

- HBC offers several special rides throughout the year such as:
- The Spring Fling – A 3-day weekend trip in late April or early May to varied destinations.
- The Finger Lakes Tour – mid June 3 day weekend trip to Geneva, NY to experience the beauty and great riding in the region.
- The Fall Tour – a multi-day adventure to Cape May, NJ held in September.





- Three Creek Century - HBC's largest event of the year! Ride 100, 75, 50, 25 or 18 miles through beautiful south-central PA's rural countryside. Held the 3rd Sunday in September.
- Williamsburg, VA Weekend – Enjoy a fabulous 3-day weekend biking the roads around Williamsburg, VA in October.

## **SAVE THE DATE! HBC Finger Lakes Trip**

**June 16-19, 2022**

Join us on June 16-19, 2022, with an early arrival option for Tuesday, June 14 or Wed. June 15. 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 15<sup>th</sup> 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, 2022, and this trip fills up fast.**

More details will be provided in the Spokesman and on the HBC website ([www.harrisburgbicycleclub.org](http://www.harrisburgbicycleclub.org)) under the special events tab for the Finger Lakes trip. Most details will be similar to 2021, 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](mailto:pjzitzer@gmail.com) or (717) 379-3054.

# **HBC Enhancing Presence in Carlisle**

Meeting Summary from November 18, 2021

Sue Casto - Meeting Facilitator / Project Lead

- The meeting was held at the Cumberland Area Economic Development Corporation Conference Room.
- Twenty-one members joined the meeting in person, and five members joined via Zoom.
- 26 members for the first discussion is fantastic!
- The group discussed the implementation of the following projects for 2022:
  - Short Term Projects:
    - HBC Bike Maintenance Clinic - February 2022
    - Ride Leader Training Clinic - March 2022
    - HBC March Membership Meeting to be held in Carlisle - March 9th, 2022
    - The UMED Gym Winter Training Program starts Wednesday evening, January 12th, 2022, for 4 weeks.
  - Long Term Projects
    - New Member Orientation Clinics
    - How to Ride in a Group Training Sessions
    - \*\*Carlisle Evening Rides - Planning Committee
    - HBC Participation in local events, festivals, and community activities



Next steps? Committee meetings start in December to bring these events to fruition in 2022!

Thanks again for caring about our community and our members!

If you were not able to attend this meeting and would like to volunteer for any of the committees listed above, please feel free to contact me.

Have a Happy and Blessed Thanksgiving holiday!

Sue Casto Cell - 717-891-6348 [susan.casto14@gmail.com](mailto:susan.casto14@gmail.com)

## **Training for 2022**

**Attention HBC Members! The Med Gym, Carlisle is back with winter stretching and strengthening classes for HBC Members! This is the 3rd year in a row!!** Class Sizes are limited to 10 people.

See the details in the image below.

To sign up for the class, please email Sue Casto at [susan.casto14@gmail.com](mailto:susan.casto14@gmail.com)



### **Harrisburg Bicycle Club Strength & Flexibility Class**

**What:** WE'RE BACK! After a year off, The Med Gym will again be hosting a strength and flexibility class for members of the Harrisburg Bicycle Club in 2022! The class will be focused on functional strength and flexibility training to promote health, movement, and performance for cyclists.

Each class will be 45 minutes and will consist of approximately 15-20 minutes of mobility and flexibility exercises and 25-30 minutes of total body strength and conditioning. The goal of each class is to build good movement quality, strength, and flexibility that will support the cyclist throughout the year. The classes will be conducted in a group circuit training environment designed to be fun and motivating!

**When:** The class will begin Wednesday, January 12<sup>th</sup>, and will be held every Wednesday evening from 6:30-7:15pm for four weeks (final class on February 2, 2022).

If the first class is filled and there is enough interest for an additional class, a second class will be held for the following four weeks (February 9 – March 2, 2022).

**Where:** Classes will be held at The Med Gym in Carlisle, PA. 290 E Pomfret St. Carlisle, PA 17013.

**Cost:** The price of the 4-week class is \$40 (\$10/class). Classes will be capped at 10 participants, and will be filled on a first come, first served basis.

#### **Trainer:**

**David Drinks:** David is a Certified Strength and Conditioning Specialist with a bachelor's degree in Sport & Exercise Science. He has worked full-time as a trainer at The Med Gym since 2014, helping many individuals Move Better, Feel Better, and Live Better.



## **HBC Website – Current Active Poll**

Current poll is your opinion on E-Bikes. Login and vote !



If you have suggestions on poll questions to the members, email them to [webmaster@harrisburgbicycleclub.org](mailto:webmaster@harrisburgbicycleclub.org)

## **Ride with GPS**

We have over 230 HBC members on the Club Account. Remember that this is included in your membership for HBC. To become a member, email your request to [webmaster@harrisburgbicycleclub.org](mailto:webmaster@harrisburgbicycleclub.org).

Currently we have over 790 routes that members have created, you can examine each of these routes as a member, plus we organized many of them into collections. To access the collections click here: [COLLECTIONS](#)

For updates on Ride with GPS use this link: [News & Press · Ride with GPS](#)

## **Technical Corner**

### Technical FAQ: Options for increasing rear derailleur capacity

What you'll need to increase gear size — and rear derailleur tooth capacity — for Campy, Shimano, or SRAM drivetrains.

JUNE 22, 2021 LENNARD ZINN

Have a question for Lennard? Please email him at [veloqna@comcast.net](mailto:veloqna@comcast.net) to be included in Technical FAQ.

Dear Lennard,

I hope you can give me advice on Campy Super Record 11spd gearing. I have a 34/50 crank and a 29t cluster. Can I make this work with a 34t cluster? I assume a long cage from a lesser group might be needed. And I'm not sure what to search for an 11spd compatible cluster that has a 34t cog? Or can I replace some Campy cogs to my cluster to widen the range? I seem to recall seeing a hanger that lowers the derailleur below the standard mount to allow wider range, but not sure if that is the answer or part of the answer? Anyway, getting old seems to go along with lower gears...



And I also had an ablation a few years ago and am doing pretty well.  
— Robert

Dear Robert,

There is no factory option for shifting a cassette with a 34-tooth large cog with Campagnolo 11-speed derailleurs. In 2018, the company introduced a medium-cage 11-speed derailleur in Chorus, Record, and Super Record that had a maximum sprocket capacity of 32 teeth. The medium cage doesn't reposition the upper pulley to clear for larger sprockets; it just takes up extra slack of the longer chain required by the larger cog. It won't provide enough clearance for a 34-tooth cog.

Buddy Spafford, North America Technical Service director says, "Any of the Chorus, Record, or Super Record derailleurs from 2015 or later can be updated with the medium cage from 2018 and should work with our 32t cassettes. The original versions of 11-speed from 2009-2014 are not officially compatible even with the medium cage since they were not designed to handle such a large-capacity change."

While there may be some slight differences between derailleur hangers that may offer a bit more capacity on one bike than another, chances are you won't be able to use a 34-tooth cog with a stock medium-cage setup. As you mentioned, to keep your 11-speed drivetrain and run that big of a cassette, you would have to experiment with lengthening your derailleur hanger; it will indeed be part of the answer. One option is the Wolf Tooth RoadLink. It will provide the clearance from the large cog that the derailleur needs, but it won't work like a derailleur designed for that cassette. It may shift fine; you won't know until you try it.

Glad your heart's doing well.  
— Lennard

Dear Lennard,  
My Di2 2X11 gravel bike does not have low enough gearing. Do you have any suggestions? Do I scrap the whole drivetrain?  
— Mark

Dear Mark,  
You haven't said if you have GRX Di2, Dura-Ace Di2, or Ultegra Di2, so I'll answer generally. First off, it probably goes without saying that to run a bigger cassette, you'll need to get a longer chain, so that piece of the drivetrain will need to be replaced.



For a minimum of expense and hassle, you can always switch out your derailleur's direct-mount (DM) link with a Wolf Tooth RoadLink DM, assuming your derailleur is a direct-mount (i.e., recent) type; the RoadLink DM fits GRX 810 (RX810), R7000 105, R8000 and RX800 Ultegra and R9100 Dura-Ace rear derailleurs.

If you instead have an older-style derailleur, where the upper knuckle of the derailleur bolts directly to the derailleur hanger rather than to a direct-mount (DM) link arm that sets the derailleur back from the derailleur hanger, then you would use the standard RoadLink, which just lengthens the derailleur hanger, rather than increases the offset of the derailleur to the rear the way the RoadLink DM does.

If you have a rear derailleur with the short (SS) cage, you can certainly buy a new rear derailleur with the longer, GS cage. And if your current derailleur is non-DM, you can replace it with a DM Di2 RD, and your shifters will send commands to it just fine.

You can also switch out the jockey-wheel cage alone. If you have a DM SS rear derailleur you can interchange cages with a DM GS rear derailleur. If, on the other hand, you have a non-DM SS rear derailleur, you can interchange cages with a non-DM GS rear derailleur.

As you can see, those links for the medium cages are too non-Di2 rear derailleurs. That's because the cage is the same, and you can save money by switching the cage from a non-Di2 rear derailleur onto your Di2 rear derailleur. You can also switch across model platforms; if you have a Dura-Ace rear derailleur, you can use the cage from an Ultegra rear derailleur of the same generation (both DM or both non-DM RDs). You may have success buying the cage alone, though I have found it hard to find small replacement parts these days.

— Lennard

## **Health Corner**

### *Do These 6 Things to Avoid Winter Weight Gain*

BY A.C. SHILTON

As we enter the season of high-calorie holidays (looking at you, Thanksgiving and Christmas), many of us rightfully worry that our festive indulgences will lead to extra weight gain. In fact, according to a recent study in the New England Journal of Medicine, the average American gains 0.2 percent of total body weight in the month of November and another 0.4 percent between December and the end of the year. (The study also found that it takes five months on average to drop these pounds.)

It doesn't have to be like this. Your bib shorts need not stretch to "peak sausage casing." You shouldn't have to spend January wrestling with your scale. With these tips and tricks, you can start the new year without any extra trunk junk.

#### DO SOMETHING DAILY TO STAY ACTIVE

Sure, the hardiest of cyclists get out in the rain, ice, and darkness. But if that's not your thing, that's okay—as long as you're still doing something athletic.

“I tell my clients to just get to the gym. There’s no downside to it,” says Scott Moninger, a coach with the Peaks Coaching Group and retired pro cyclist. Moninger says to focus on strength training and core work or jump in on a group training class. As long as you get some sort of movement for 60 minutes, five days a week, and are eating within reason, you won’t really pack on pounds.

Feel free to have fun with it, too. Moninger loves cross-country skiing in his off-season. Just choose some sort of cross-training that brings you joy, whether it’s racquetball, swimming, yoga, or something else entirely. As a bonus, you’ll return to the bike in the spring with a fresh, ready-to-go attitude.



## BE FLEXIBLE WITH YOUR WORKOUT HOURS

If three hours on a bike trainer isn't your idea of a good time, just don't do it—or at least don't do it all at once.

“I’ll get up and do an hour and a half in the morning, and then come back and do another hour and a half in the evening,” says Moninger.

Yes, you will generate more laundry, but it’s worth it. In fact, you may even get a better weight-loss boost, since your metabolism stays elevated for 15 minutes (or more, depending on the workout) after climbing off your bike.

“Do that twice a day and it may make a difference. It’s not a huge difference, but it is a difference,” says Moninger.

## AVOID FAST FOOD (AND TREAD CAREFULLY WHEN YOU CAN'T)

During your peak training weeks, it can be hard to get enough calories in, so you probably don't think twice before ordering Thai or meeting a friend for pizza. If you've cut your workout volume back, though, you need to be more careful.



Rob Lazzinnaro, a Toronto-based registered dietician, says his best suggestion for those watching their weight is to keep restaurant meals to a minimum.

“Data in the US and Canada has shown that eating out on average will cost you anywhere from 1,000 to 1,200 calories per visit, which can be roughly half or two-thirds of most people’s daily needs,” he says. “This makes eating at home prepared meals by far the easiest way to cut calories without ever really focusing on what you’re eating.”



If there’s no way to avoid going out, be aware of how much you’re eating—including the bread bowl that keeps getting refilled and the mondo diner serving that lands in front of you.

#### ACTIVATE YOUR BROWN FAT

As babies, we have a fair amount of brown adipose tissue, a kind of fat that helps with thermoregulation—and burns a ton of calories in the process. Scientists always thought we shed our brown fat as we grew into adulthood, but a 2009 study found at least a small amount of brown fat exists in adults.

Further research shows that you can actually activate your brown fat by hanging out in cold environments. In fact, spending just a few hours a day in temperatures under 59 degrees (without bundling up!) can significantly improve the amount and activity of your brown fat.

This is not a weight-loss panacea. “You must consider that the most generous of studies show that roughly 100 to 200 calories will be burned per hour by hanging out in frigid temperatures (below 59F) and ‘activating’ brown fat. That’s an output of about 200 to 400 calories in two hours,” says Lazzinnaro. “Alternatively, I can input 200 calories in 10 minutes from a grande latte.”

#### DON’T STRESS ABOUT HOLIDAY MEALS

Thanksgiving dinner isn’t as dangerous to your waistline as you think, says Moninger. Most of the food on that table is fair game. Turkey, sweet potatoes, green beans? That’s not a bad meal. Where people get into trouble, says Moninger, is when they skimp on dinner then double up on pie.

“If you’re thinking you might have room for seconds of dinner, go back and get more turkey,” he says.

Also, do not starve yourself in anticipation of the big meal. This just makes you more likely to binge once it’s finally dinnertime, says Lazzinnaro.

“Have a high-fiber, high-protein breakfast and lunch, and a sensible snack, like one ounce of almonds, 60 minutes before the meal,” he suggests.

#### KEEP A FOOD DIARY

Many cyclists keep training or riding journals, so you may already be used to jotting down daily notes. (We even have one of our own if you're thinking of giving one a try.) Come winter, doing the same with your eating habits is a great way to improve your nutrition and keep your gut in check.



For one, tracking your food intake keeps you honest about what you’re taking in. Research has shown those who track calories often lose twice as much weight as those who don’t. Smartphone apps seem to be a great method for this, since our phones are always with us.

“After seeing thousands of clients through many winter seasons, I can confidently say that if the only habit you keep during this tricky stretch is to non-judgmentally track your food intake, you have succeeded,” says Lazzinnaro.

All this said, if you do gain some weight this winter, Lazzinnaro says not to stress out about it. Warmer days will return, and you’ll soon be back to a normal riding routine. Plus, weight isn’t the only indicator of health.

“Health at any size is what I strive to get everybody on board with,” he says. “Focus on dietary strategies and not the scale, and you will be more likely to achieve your goals.”

## Safety Corner

From the City of Madison, WI

### BIKING AT NIGHT



#### BE BRIGHT: USE LIGHTS & REFLECTORS AT NIGHT

- A white headlight & red rear reflector are required by law.
- Additional lights & reflectors can be used as well.
- Add lights & reflectors to outline your body & identify yourself as a person.
- Lights & reflectors that move (leg bands, pedal reflectors) catch a driver's attention.

#### SEE & BE SEEN WHEN BICYCLING AT NIGHT

Nighttime bicycle riding can be fun and enjoyable. Before heading out at night make sure your lights and reflectors are in good condition.

- **A bright white light on the front of your bike** helps you see and be seen by others, and is required by law.
- A **red rear reflector** is also required. Flashing red lights can be used as well.
- **A flashing light is better at getting the driver's attention**, while a solid light makes it easier for drivers to judge your speed and distance.
- **Adding reflective leg bands, lights that move or flash** and wearing a reflective vest or other clothing will help to identify you as a bicyclist to other drivers.
- **Your front light should also allow you to see the road far enough ahead to avoid a hazard.** At 15mph, you should be able to see at least 35-50 feet in front of you, and even farther under more adverse road or weather conditions.
- **You need lights on paths and sidewalks** as well, so you can see and be seen by other bicyclists, pedestrians and cross traffic.

**Remember, there is no such thing as being too visible or too bright when bicycling at night!**

# **Blast from the Past Newsletter**

**December 1981**

*Welcome*

## **HARRISBURG CLUB RENEWALS**

Larry McNear  
John, Jean Layne  
Donna Towson  
John Alsedek  
Gina Sible  
Bob Heckman  
Skip Stuyvesant  
Charlie T. Vogelsong  
Marcia Hajduk  
Jim Sadler  
Art Updegraff  
Jeff, Marilyn, Jeffrey &  
    Jessica Grove  
Jane Wollins  
Peggy, Charlie Barnes  
Dick, Chris, Mark &  
    Karen Terry  
Dave Neagley  
Lester and Vickie Blum  
James L. Sieber  
Edward L. Anspach  
Phil Nusbaum  
Jim & Carol Egelaton  
Kevin Kline

## **WELCOME TO NEW MEMBERS**

Sherrie McCleary, Chambersburg  
Mark Appleby, Harrisburg  
Matt Oris, Harrisburg  
John, Rita Bianchi, Hershey  
Ed, Virginia, Michael &  
    Maryann Zoll  
Dave, Sue, David Jr. & Joel  
    Covert, Camp Hill  
Roy Gible, Harrisburg  
Jimmy Boulware, Harrisburg  
Robert, Kathy, Shannon & Tami  
    Miller, Martinsville  
Michael Haufler, New Cumberland  
Stephen Zajac, Annville  
Adolf Bolser, Carlisle

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## **Spaghetti Dinner Carbo Load**

from Bill Baughman

Agatha Christie fans will be pleased to note that HBC avoided the curse of thirteen at dinner the night before the Century. Fourteen hearty souls turned out for the second annual spaghetti dinner at the Village Family Restaurant in the West Shore Plaza. They were: Tracy Rainelli, Pat Rainelli, Pat Donohue, Frank McKniff, Mary Helm, Tom Helm, Owen Moore, John Donoughe, Syl Kaufman, Grace House, Al Myers, Barb Baughman, Peter Baughman, and Bill Baughman. Because of the light turn-out, we were able to sample house specials, including pasta pizza, fettucini prima vera, and shepherd's pie. John, Grace and Al managed to reserve the last of the apple dumplings for dessert.

The fourteen "Spaghetti diners" were quite pleased with both the food and the service, and rumor has it that the Sunday "Moore-ning" Sociable may try the Village Restaurant brunch as an alternative to the "Alva". Plans for the third annual spaghetti dinner are, understandably, incomplete at this time.

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December 2001

## Random Thoughts On Winter Commuting

*Excerpted from a discussion on newsgroup  
rec.bicycles.misc 10/21/01*



I commuted to work on bike pretty much everyday this past winter through snow and ice (suburban Philly). Snow removal was not great out here, but the deepest snowfalls this past year happened on weekends. My tips:

- 1) During serious winter, you are going to want as short a commute as possible. During the rest of the year, you might think about lengthening your commute, or commuting over a longer distance - during the winter, my 3.4 miles got really quite long.
- 2) Studded tires. They were godawful expensive, but worth it for me. I didn't fall once, and only had to put a foot down unexpectedly a few times. Heavy, slow, and what a relief to take them off again later, but I won't ride without them in snow and ice again.
- 3) To go along with 2 - take it slow. This also fits into 1.

Keith

I have a Bianchi Nealeco folding bike with snow tires, fenders, chain guard, and Folding baskets on the sides "grocery bag size." The buses and trains won't allow bikes on them so I fold it up, put it in a garbage bag and carry it on board! Weather & conditions permitting I ride it to wherever I'm going. It's set up as a fixed gear bike with a hand brake on the front. Folders are great if you start riding and change your mind, you can hop on a bus or train!!

DRehus



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"

## **December 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 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

## **Support our local bicycle shops**

For ALL our sponsors click [SPONSORS](#)

**Pedal Pusher**  
3798 Walnut Street, Harrisburg, PA  
717-652-7760  
**Ted Witfield Jim Gill**  
Mon-Fri 10:00 AM - 7:00 PM  
Winter Hours closing at 6:00 PM  
Sat 10:00 AM - 4:00 PM  
[www.pedalpusherharrisburg.com](http://www.pedalpusherharrisburg.com)



  
[ingearcycling-fitness.com](http://ingearcycling-fitness.com)  
9030 Bridge Road  
Hummelstown PA  
717-566-0455  
406 East Penn Ave., Rt. 422  
Cleona PA  
717- 273-4477

  
51 S Market St (Rt 230) Elizabethtown  
**717-361-8100**  
Monday to Friday 12-7  
Saturday 10-4  
[www.bicycleoutfitters.com](http://www.bicycleoutfitters.com)

  
717.697.2063  
[customerservice@mountainsideski-sports.com](mailto:customerservice@mountainsideski-sports.com)  
5142 E. Trindle Road  
Mechanicsburg, PA 17050  
[MOUNTAINSIDESKI-SPORTS.COM](http://MOUNTAINSIDESKI-SPORTS.COM)

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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.

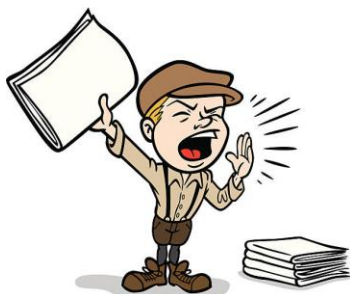
Suburban Cyclist Unlimited creates and updates a regional calendar. Check it out [HERE](#)

### **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	<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 December Spokesman should be sent to [editor@harrisburgbicycleclub.org](mailto:editor@harrisburgbicycleclub.org) by

**December 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