



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB SEPTEMBER 2022

President's Corner

September brings the Three Creek Century, the event that helps to fund our club and grant program. Registrations have picked up from recent years, and our success depends on volunteers to make it happen. Homemade cookies are a favorite among the riders, so looking for donations to keep this tradition going! Volunteer slots are still open as well. A special volunteer route ride and lunch takes place September 11th. I hope to see you all there!

Two other HBC riding opportunities remain this year: Fall Tour (September) and Williamsburg (Oct). Information on these events is detailed in this edition.

The annual HBC meeting is being planned for October 12th, and the Board of Director elections for 2023 will be held at that time. Stand by for location, and more information.



Finally, mark your calendars for the annual HBC Banquet Saturday, November 18th at the West Shore Elks Lodge, 5pm -10pm. Please note this is a Friday evening.

Susan Tussey

HBC President

srtusseyhbc@outlook.com

814-386-8141

HBC Website Emails / Forum Problems

Update on email an forum problems as of August 10th

The issues with Comcast emails being delayed have been fixed, this fix was done on August 2nd. Comcast made a decision to throttle all emails coming from the Club Express servers for all clubs, not just HBC. Club Express has contacted Comcast and we are back to normal.



GMAIL – FORUMS only. Goggle made changes without notifying anyone on what is called List Serve notices. The is what we use for the forums notifications. This still has not been fixed and the only thing members can do is to add the Club Express email address to their contact list. . The email name is mailer@mail2.clubexpress.com

Website Poll

Take the poll the next time you login to the website, the results so far

Poll Responses

What is your favorite food at our annual century ride

Cookies 28.6 %



Hot Dogs 0.0 %



Soup 57.1 %



Tacos 14.3 %

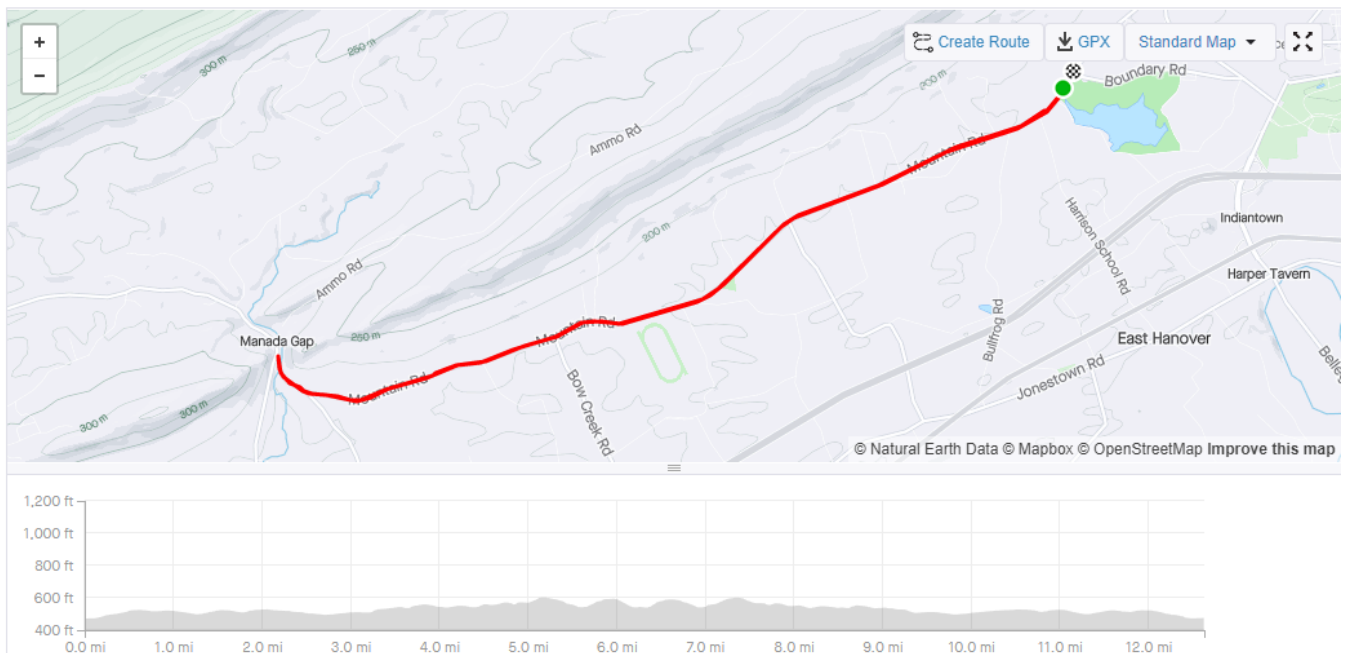


Local Racing – Blue Mountain Velo



BMV hosts the PA State Championship Time Trial.

Over 90 racers did the 12 mile course from Indiantown Gap to Manada Bottom Road turnaround, the out and back was relatively flat and there were some fast racers. It featured one hand cycle racer and a men's racer in the 80-84 year old class.




Here was the course (there is a Strava segment for it now)



Top Men (Strava)

	PR 35:52 36 / 43		Your PR N/A - / 43
Athlete		Time	
1	Jeff Watts	25:43	29.3mi/h
2	Glen Rectenwald	26:17	28.7mi/h
3	Konner Wisniewski	26:27	28.5mi/h
4	Owen M	26:37	28.3mi/h
5	Noah Koppenhaver	26:57	28.0mi/h
6	Chris Yura	27:11	27.7mi/h
7	Derek Oskutis VictoryTri.com	27:21	27.5mi/h
8	Greg Sherrick	27:38	27.3mi/h
9	Lee Sobotkin	27:49	27.1mi/h
10	cole trickle	28:04	26.8mi/h

Top Women (Strava)

Top 10		 Women	
	PR 35:52 - / 5		Your PR N/A - / 5
Athlete		Time	
1	Rachelle Gehr	31:56	23.6mi/h
2	Alyssa Valent // Blue Mountain Velo	34:44	21.7mi/h
3	Sylvia Hawley	37:26	20.1mi/h
4	Bekah Yost BMV Cycling	37:45	20.0mi/h
5	Ashley Keath	43:18	17.4mi/h

Full results can be found here

[BMV's 443 Tee Tee - On Time Productions \(ontimeproductions.com\)](https://ontimeproductions.com)

HBC Picnic



For a summary of the picnic including many pictures , click [HERE](#)

HBC Visits Vermont

We have a good collection of pictures from the Vermont trip, to review the click [HERE](#)



Century Volunteer Ride and Lunch

The Century Committee recognizes that volunteers may not have time to ride during the actual Three Creek Century event on Sept. 18. That's why we are having the Century Volunteer Ride and Lunch on Sunday, Sept. 11 at the Penn Township Fire Volunteer Fire Company, 1750 Pine Road in Newville. Directions can be found at www.threecreekcentury.com

Roads will be marked and cue sheets will be provided by 8:00 a.m. You can ride 25, 29, 51, 75, or 104 miles or the Cumberland Valley Rail Trail. Just plan to be back at the start by 1:00 p.m. for the complementary lunch. We also would like to know if you found any problem areas along the routes, so they can be fixed prior to Century day.



Michael Floyd will lead a ride on Volunteer Day on the 29 mile Opossum Lake Loop starting at 9:30 a.m. Pace: 11-13.

Marilyn Chastek will lead a group ride that day beginning at the firehouse at 10:30 a.m. on the 25 mile Yellow Breeches Ramble. Pace: 11-13 mph

Anyone else willing to lead a ride that morning?

Let me know. Mchastek2009@gmail.com Thanks to Donna Finn and Christine Kramer for delivering the picnic spread!

Three Creek Volunteers NEEDED

WE NEED YOU!

The Three Creek Century is our major event of the summer; it funds the benefits you receive as a member of the Harrisburg Bicycle Club. It allows the club to support cycling activities in our area like Recycle Bicycle, the Cumberland Valley Rail Trail and more.

It cannot succeed without volunteers baking cookies, preparing food, registering riders, parking cars, driving or navigating SAG, cleaning up, and more.

Please go to <https://www.harrisburgbicycleclub.org> , click on VOLUNTEER and Three Creek Century. Volunteer for one or more of the needed slots. Give an hour or two; there is still time to ride the event.

Time is Running Out !
Register by September 5th for the
20th Anniversary HBC Three Creek Century and Save \$5

This event is HBC's largest source of funding, so please come out and support your bike club by registering, volunteering or both!

We have over 20 volunteer openings. The Volunteer openings can be found by click [HERE](#)

The Three Creek Century will be held at the Penn Township Fire Department Complex, 1750 Pine Road, Newville PA on Sunday, Sept. 18. Registration is only \$40 if you sign up by September 5th for this fully supported event which features low traffic country roads with scenic creek side riding and mountain views.



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

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

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

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



The Trifecta is back! Yes, the Three Creek Century, the Chocolate Tour and the Covered Bridge Classic are partnering once again to offer you the premiere bicycling events in Central PA.

The link that allowed riders to register for all 3 Trifecta events with one click closed August 4. However, if you register for all 3 Trifecta events individually, you are still eligible to receive the string backpack prize which can be picked up at the Three Creek Century. You will just need to show proof of registration for the Chocolate Tour, the Covered Bridge Classic and the Three Creek Century at the time of pick-up

We are grateful to Shollenberger, Januzzi & Wolfe, Attorneys at Law for providing this high-quality string backpack to all riders who register for all three Trifecta events. It can be picked up at the Three Creek Century on Sept. 18.



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

To assure rider safety, all CDC recommended COVID guidelines will be adhered to at the time of the event.

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



**We are honored to sponsor the 2022 Three Creek Century
and look forward to seeing everyone at the event in
September!**



**Coming to the Three Creek
Century!!! The all-new Audi RS3.**

- Stop by the Audi tent to view our newest high-performance sedan.
 - 401 hp and 0-60 in 3.6 seconds
 - Bike rack optional!!!



HBC Three Creek Jersey – UPDATES

If you still want a Three Creek Jersey they can be ordered but will NOT be available by the time of the Three Creek Event. They will be available until 12/31/2022. They are available in short and long sleeve



Your team store is live and ready for orders! To get started just share the below link with individuals you would like to give access to the store. That's it!

Team Store Web Address: Click the link below

[Vendor Stores 3 Creek Century | Ascend Sportswear](#)

*Members/Customers who wish to sign in to an account they created must go to the ABOVE link or directly to

[Ascend Sportswear |](#)

Exclusive Sun Motor Cars Three Creek Century Cycling Jersey!!!

- We have a limited number of jerseys only available at the event
- All proceeds will help fund the HBC's grant program
- \$79 each. Stop by the Sun Motors tent early and get yours before they are gone



Fall Tour Warm-up Ride Schedule

Fall Tour Warm Up Rides – All HBC Members are Welcome

To assist participants in preparing for the Fall Tour and for other HBC members who would like to ride longer, scenic rides at a touring pace, three popular warm up rides are being offered. Look for additional information on the ride schedule on the HBC website.

Fall Tour Warm Up Ride #1 – Saturday,
August 27th 8:00 a.m.
Lead by: Marilyn Chastek
Upper Allen Friendship Park
1901 Fisher Rd
Mechanicsburg, PA 17055



Route: 48 miles, 2,183 ft elev. gain. This route is a miniature version of the fall tour with a mix of long, gradual climbs and flatter sections. The pace will be about 12-mph average, but smaller groups can choose whatever pace suits them. Print a cue sheet or download the RideWithGPS route so we can split into smaller groups if needed. There are rest breaks at the Giant in Carlisle and other locations along the route. There is a lunch option at Cold Springs Inn and Brewery at 993 Park Place Mechanicsburg following the ride. Light rain will NOT cancel this ride, but severe weather will. Any cancellation notice will be sent out by 6:30 a.m. in the Event Calendar and/or Other Special Rides, UAAP Forum. The route information and RideWithGPS file will be available once it is finalized.

All club members capable of riding this distance are welcome, regardless of whether you plan to participate in the Fall Tour.

Fall Tour Warm Up Ride #2 – Saturday, September 3rd 8:00 a.m.
Lead by Jim Buckheit
Briarcrest Square (rear parking area)
137 Centerview Drive
Hershey, PA 17033

Mileage: 49 2,534 Feet Elevation Gain. The route simulates the route used on the second day of the Fall Tour. The route visits Union Deposit, Annville, Quentin, Cornwall, Mt. Gretna, Campbelltown, and Hershey. Along the way, rest stops will be taken at Rutter's in Annville, Sunoco Mini-Mart in Quentin, and Mini-Mart in Colebrook. The very pretty route follows the Swatara Creek in Dauphin County and Quittapahilla and Conewago Creeks in Lebanon County. The route has some moderate climbing, about 2,500 feet, matching what you will

experience on the list two days of the fall tour. The RideWithGPS route will be posted closer to the ride date.

All club members capable of riding this distance at a touring pace (11 - 13 mph) are welcome on this ride, regardless of whether they plan to participate in the Fall Tour.

Fall Tour Warm Up Ride #3 – Saturday, September 10th 8:00 a.m.

Lead by Bill Baughman

Warrington Township Municipal Building Wellsville, PA

3346 Rosstown Road

Wellsville, PA 17365

Approximately 65 miles, about 2,500 feet elevation gain. This is one of the favorite annual rides of the bike club! This ride travels from near Pinchot State Park down through scenic, rolling farm and woodlands in York and Adams Counties to Gettysburg. There are a couple of long, gradual hills along the route. There will be breaks along the route and a lunch/rest break at about the half-way point in Gettysburg. The route will be posted on RideWithGPS closer to the date of the ride.

All club members capable of riding this distance at a touring pace of 11 - 13 mph are welcome, regardless of plans to participate on the Fall Tour.

HBC Williamsburg Trip - October 13-16, 2022 – Registration is NOW Open

The Harrisburg Bicycle Club is once again sponsoring a ride in the “Historic Triangle” and surrounding areas of Williamsburg, Virginia. Participants will travel to Williamsburg on Thursday, October 13th and stay three nights at the Best Western Historic District, within easy walking distance of Historic Colonial Williamsburg.

A variety of ride options will be available for Friday, Saturday and Sunday to explore the area. All routes are available on the HBC Club Account on the Ride With GPS website.

Attendees may optionally purchase Route Books containing cue sheets and maps for an additional \$6.

The price for three days of lodging, three breakfasts and hospitality are \$180/person (double occupancy) or \$345 (single occupancy).

Register by clicking [HERE](#)

We are limited to approximately 80 attendees. **Registration will close on August 31st or sooner if we reach capacity.**

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

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

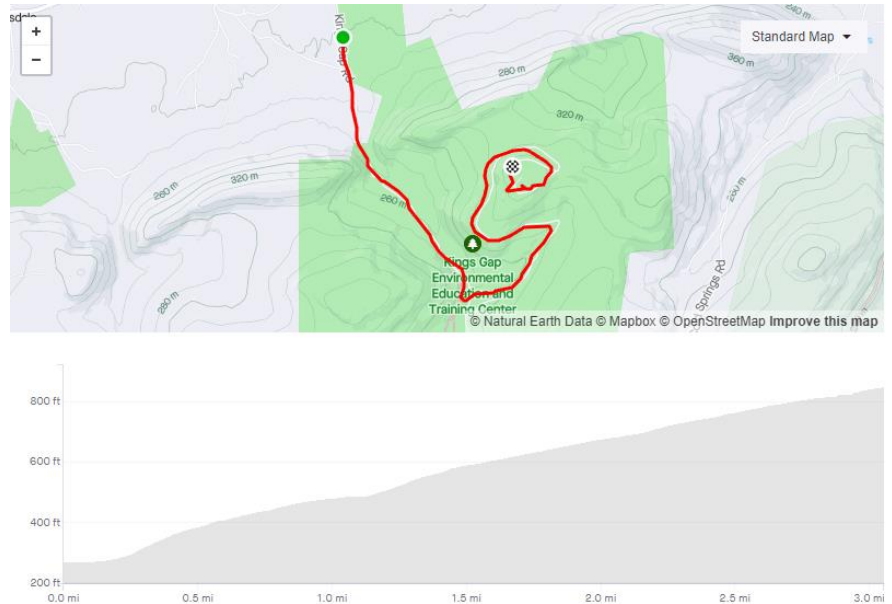


Kings Gap Time Trial – September 25th, 2022

Some FAQs.

- **Parking:** Will be at the top before the finish line.
- **Registration:** Is by the finish line.
- **Starting Line:** From the summit, is near King's Gap Hollow. If you find a residential driveway, you have gone too far. There will also be a canopy at the starting line.
- **Strava Segment:** Search Deborah Barisch Memorial Kings Gap TT <https://www.strava.com/segments/21872179>
- **Restrooms:** Across the field from the finish line in the large building on the mountain top.
- **Jackets:** You will be able to wear a jacket down the hill after check-in/registration. The starting line volunteers will transport your jackets back up to the summit at the end of the event.
- **Course Marshalls:** They will be strategically placed on the course in turns. In the event of a mechanical/medical emergency please remove yourself and bicycle from the course to get assistance. The Course Marshalls are there for your safety, please obey them.
- **Race Numbers:** Go on the LEFT side.
- **To register click the link below:**

[4th Annual Deborah Barisch Memorial Kings Gap Time Trial Online Registration \(bikereg.com\)](https://www.bikereg.com/4th-Annual-Deborah-Barisch-Memorial-Kings-Gap-Time-Trial-Online-Registration)



Annual Apple Butter Boil Ride



- **When** : Saturday, October 8, 2022, 9:00 AM
- **Where** : Barners St. John's Church, Liverpool, PA, follow Rtes. 11/15 to Liverpool (along the west banks of the Susquehanna), left turn on Rte. 17 west, and a right turn on PA 235 north (follow the Apple Butter Boil signs to the church).
- **Ride Lengths** : 25 and 50 miles
- **Cost** : No fee for rides but there is a charge if you would like to attend the all-you-can-eat Pennsylvania Family Style Dinner (Cue sheets and maps supplied)

Celebrate the end of the 2022 riding season by joining the Harrisburg Bicycle Club and the St. John's Lutheran Church by riding through the rolling terrain of Perry and Juniata Counties of Central Pennsylvania. This **no frills** event will have maps and cue sheets, but there are no sags, official stops, nor road markings.

Before or after the ride, see and learn how **apple butter**, a Pennsylvania tradition, is made. Don't forget to purchase freshly made **apple butter**.

No Frills "End-Of-The-Season" Ride

Save the Date – Annual Banquet

The HBC Banquet will be held again this year.

Highlights will include:

- *Appetizers, a buffet, and a decadent dessert table that every cyclist is sure to love!!
- *Entertainment
- *Crazy good door prizes
- *Awards










Please join us as we celebrate another year of cycling and friendship

Once we have all the details we will create an event on the website for everyone to register.



Mobility Rules in Pennsylvania

We have many people asking about the rules for various modes of transportation. Here is a guide for the PA Rules

<div>  PA MICROMOBILITY FACT SHEET </div>												
DESCRIPTION	MIN AGE	LICENSE	REGISTRATION	INSURANCE	HELMET	PASSENGER	LIGHTS	MAX CAPABLE SPEED	RIDE ON SIDEWALK	RIDE ON BIKE LANE	POSSIBLE DUI	PA VEHICLE CODE
 ELECTRIC SCOOTER	-	-	-	-	-	-	-	-	-	-	Yes	§ 102
Can operate only on private property. Electric scooters, like electric skateboards and electric unicycles, cannot be legally operated on public roadways.												
 MOTORIZED PEDALCYCLE	16	C	Yes	Yes	Yes, under 21	Yes	Yes	25	No	No	Yes	§ 102, § 3523(e), § 1714
Has operable pedals. Design speed of no more than 25 mph. Gas - motor rated 1.5 brake horsepower or less, has an automatic transmission. Electric - powered by an electric battery.												
 MOTOR SCOOTER	16	Class M/Class if >50 cc, Class C if <50cc	Yes	Yes	Yes, under 21	Yes	Yes	Up to 5 brake horsepower	No	No	Yes	§ 102, § 3525
Is a motor-driven cycle. Motor shall not exceed five brake horsepower.												
 SEGWAY	-	No	No	No	Yes, under 12	No	Yes	-	Yes	No	Yes	§ 102, § 3581-3583, § 3703 (c)
Is an electric personal assistive mobility device. An electric, self-balancing, two-nontandem-wheeled device. Lighting must be used when operating between sunset and sunrise. A Segway is allowed on sidewalks unless a municipality prohibits it.												
 E-BIKE	16	No	No	No	No	Yes	Yes	20	Yes, not in business district	Yes	Yes	§ 102, § 3514
Is a pedalcycle with electric assist. Weighs less than 100 pounds. Motor not more than 750 watts. Has operable pedals. Not capable going faster than 20 mph on a level surface when powered by the motor source only. Lighting must be used when operating between sunset and sunrise.												
 BICYCLE	-	No	No	No	Yes, under 12	Yes	Yes	-	Yes, not in business district	Yes	Yes	§ 102, § 3501 et seq., § 3802, § 1547
Is a pedalcycle. Is moved solely by human-powered pedals. Lighting must be used when operating between sunset and sunrise.												
<div> For more information visit penndot.gov May 2021 </div>												

Technical Corner

Dear Lennard,

Curious what your opinion is regarding narrow tires on a gravel bike. I recently purchased a Cervelo Aspero with the intention of running two wheel sets, one for gravel and one for more road-biased rides and for centuries. The bike shop was pretty adamant about not going narrower than 32mm because of "handling changes". Will there really be that noticeable a difference or danger running say 28mm tires instead? For the record I'd like to split the difference and go 30mm tires for "road mode".

Mark

Dear Mark,

Go ahead and put the 30mm (or 28mm) tires on. I would not worry about these feared handling changes. You will be slightly lowering the bottom bracket, which improves stability at the

If you have two sets of wheels, then you also won't have to worry about the other possible caution about putting narrower tires on a gravel bike, namely the rim width. If you put on too narrow of a [tire for the rim](#), you can reduce tire retention to the point of being dangerous. Narrower rims on your road wheels than on your gravel wheels eliminates this consideration. I have three sets of wheels for my gravel bike—a road set, a gravel set, and a cyclocross set. The bike handles great with any of them. Don't sweat trying different tire sizes on your gravel bike.

— *Lennard*

Dear Lennard,

I've been looking ahead to a future bike and reading about through axles. It seems to me that it's just a big, beefy bolt that holds the fork tips together in a rigid frame sort of way.

Since it's just a bolt, are there torque specifications? I haven't seen any published, but I could have easily missed it.

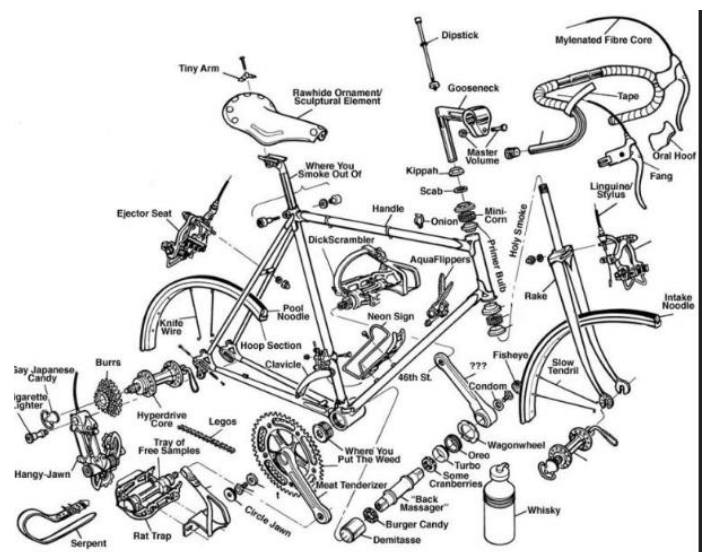
Second, what keeps it from vibrating loose, particularly if not tightened properly? In critical non-bike uses, there may be a lock washer, or even a castellated nut and cotter. Is thread lock appropriate?

Richard

Dear Richard,

Yes, there are torque specs. For instance, search “Maxle” on [this page](#), and you will find all sorts of different torque specs depending on the particular Maxle (RockShox through axle) and the particular fork. In general, most people are not going to have a torque wrench with them when fixing a flat on the road. You’re not reefing on the bolt like it’s a big crank bolt, and you’re not going easy on it like it’s a stem bolt or bottle-cage bolt. You’re tightening it pretty tightly—12-15 N-m.

I've never seen one loosen up. With the weight of the rider on the wheels, I have a hard time imagining the bolt being able to unscrew. If it were to unscrew enough that the axle ends are no longer tightly pinched between the dropouts (which



never seems to happen in practice), the weight bearing down on the axle would prevent it from being able to advance its way out. It's hard enough to push one in with no weight on it if the hub is not lined up perfectly! I see no reason for threadlock compound.

— *Lennard*

Dear Lennard,

When I switch wheelsets on my disc brake bikes, some minor intervention is typically required to eliminate rotor rub, despite using identical hubs and identical rotors. On some wheelsets I've used shims to minimize the differences, but also accept that some additional caliper repositioning is occasionally required for rub-free rotors. As I watched a wheel change from Shimano neutral support during the Tour today, I wondered if the professional mechanics and manufacturers have found a way to address this issue across all of the different wheelsets used by the various teams. Or do pros simply have to accept a little bit of rotor rub if they accept a neutral wheel?

Tim

Dear Tim,

Team mechanics at the team's service course typically go through all of their wheels and do the minor truing required so that all of the team's wheels center the same way in the same caliper. This is generally done with a dial indicator and bending the rotor with a slotted metal "tuning fork." That way, whenever the team's riders accept wheels from the team car, the rotors will not rub. Of course, when they accept wheels from neutral support, which happens a lot less at the Tour than, for instance, at Paris-Roubaix, the chance of having some rotor rub is high. There is no coordination between teams and neutral support to check every wheel for identical rotor alignment.

That said, you've also probably noticed that when a team's GC rider or sprinter gets a flat, his team car will (a) tend to be with him and (b) tend to give him a replacement bike rather than change wheels. And a replacement bike, rather than a wheel change, is almost always the case for all riders in time trials.

— *Lennard*

Dear Lennard,

Some months ago, you recommended some type of tube to which you clamp the bike stand, rather than clamping it to the top tube of a carbon fiber bike. I looked through the Q&A on the website but could not locate your suggestion. Can you please provide me with the name of that product?

Love your column, even when I don't understand all the physics and science!

Phillip

Dear Phillip,

It's Hirobel from [Silca](#).

— *Lennard*



Dear Lennard,

The June 28, 2022 writer about shorter legs with age <https://www.velonews.com/gear/tech-wearables/technical-faq-shorter-legs-with-age-lighter-cranks-10s-11s-crank-compatibility-and-decreasing-drivetrain-wear-with-chain-waxing/> rang a bell for me. I'm now 83 and have been riding racing bikes since I was 14. In the last few years, I haven't felt stable on my bike. I took this as a message that it was time to stop riding because I no longer felt secure on the bike. I could no longer put my toe on the ground while sitting on the saddle when I stopped. (I've never had knee problems.) So I remeasured my leg length and compared it to my records of many years. To my amazement, I had lost a little over an inch!! I've since readjusted my saddle height and presently playing around with my bar height and reach. My comfort, security and joy of riding has returned. Michael

Dear Michael,

That's a great discovery, to find out that you can keep riding joyfully 70 years into your cycling career!

— Lennard

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

Health Corner

11 Essential Yoga Poses Cyclists Should Do on the Regular

GAIN MOBILITY AND MINDFULNESS WITH THESE STRETCHES THAT COMPLEMENT YOUR RIDES.

BY THE BICYCLING EDITORS AND ABBIE DURKEE Apr 14, 2022

As cyclists, we strive for more endurance, speed, and power. But what we tend to neglect: strength, mobility, and deep breathing practices. That's where yoga for cyclists comes into play.

Many types of yoga flows involve a sequence of postures, with your breath linking those postures together to make it one powerful mind-body practice. Through deep, fluid breathing, we can take control of our mind game, effort, and heart rate, helping us perform better on the bike.

A Post ride Yoga Flow Just for Cyclists

So while there are many postures that stretch specific muscles you work on the bike, the training of and connection to the breath is essential to your practice.

As with anything you want to master, you can only achieve the desired results of yoga through regular practice. For most cyclists, an hour-long yoga class may not be a realistic daily commitment.

But there is one simple sequence that takes very little time and that you can easily repeat on the regular. Commonly referred to as a sun salutation, this sequence is fundamental to all branches (or styles) of yoga as it represents the basic, full-body opening.

How to use this list: Follow the sun salutation, demonstrated by Yanik Faylayev, certified yoga instructor to learn proper form. You will need a yoga mat.



If you're new to yoga, it is best to first focus on proper alignment, then refine the form and breath in this sequence before adding other postures. Repeating the sequence just five times a day will impact your awareness of breath control, spinal alignment, and muscle awareness—which all transfers to your pedal stroke. Build up to 10 times a day. This sequence can be done before or after rides (or both!) to maximize the benefits.

Sun Salutation Surya Namaskar

Start standing at the top of the mat with feet hip-width apart, eyes closed, hand's in prayer at heart. Take a deep breath by drawing air in evenly through nose and mouth, allowing diaphragm to expand as lungs fill. Think of each inhale as filling your belly, and exhale.

With feet firmly pressing into the mat, lift from the top of the head as you inhale. Pause, holding breath slightly, then begin to contract the abdominals to initiate the exhale. Match the length of the exhale to the inhale. Take a few breaths to set the rhythm, like a metronome.

Once your breath is “set,” on the next inhale, send hands high above head. Open eyes, letting gaze follow fingertips, stretching tall with feet grounded. As you exhale, gently draw the shoulder blades back and down, dropping the shoulders slightly away from the ears. Keep the

breath even and hold for two more breaths, repeating that active lift and release with each inhale and exhale.

On the next exhale, draw hands down past heart center, and bend at the hips to reach for the floor. As you come into forward fold, be aware of the length through your spine. Rather than folding and curving the spine, bend the knees to allow the chest to come closer to the knees and hands to the floor. Hold for five breaths releasing the head and shoulders with each exhale and slightly lifting the hips with each inhale.

On the next inhale, lift through the top of the head to look forward with a flat back and fingertips toward the floor. Hold for two breaths. On the exhale, return to forward fold. Let your head hang between arms. Hold for two breaths. Exhale as you bend knees to firmly press hands into the mat shoulder-width apart with fingers wide. As you inhale, walk feet back into high plank. Look forward with shoulders aligned over wrists to create a straight line from head to heels. Hold for five breaths. Your core should be doing the work as you breathe.

Keeping the elbows close to the body, exhale as you bend elbows to lower body to the mat. Untuck the toes to let the tops of feet press into the floor. As you inhale, lift through the top of the head, look ahead, and draw shoulder blades back to come into cobra or upward-facing dog with arms straight. Hold actively for five breaths.

Release shoulders and head, then tuck toes as you exhale, lifting the hips up and back into downward-facing dog. Keeping heels hovering above the mat and length in the spine, let the head drop between arms, feeling length from hips through the neck. Looking between ankles to feel the stretch through the back of the neck. Leave knees slightly bent to allow the back to be long. Hold for five breaths. If needed, you can slowly pedal out the legs to stretch the lower back, hips, and hamstrings by alternating pressing heels to the floor.

Inhale, walking feet forward to line up just behind hands to return to forward fold. As you hold for five breaths, slowly release the head and shoulders on each exhale. Lift hips stretching through back of legs on each inhale to slowly and gently deepen the forward fold.

Inhale, bringing hands to heart then sending fingertips above the head, standing tall, and looking up. Hold for two breaths. Exhale as you draw hands back to heart center, looking forward to complete the sun salutation. Repeat and keep the breath even and fluid. By engaging the breath to activate muscles through each movement, you deepen the stretches in each repetition.

Practicing yoga after a ride can also benefit recovery, as the heart rate comes down and the body relaxes and allows for better blood flow. These poses were specifically selected by Faylayev to cater to the muscles we use when cycling.

Cat-Cow Marjaryasana-Bitilasana

Start on hands and knees with wrists directly under shoulders, and knees hip-width apart and directly under hips. Move into cow pose by inhaling as you arch back and drop belly toward the mat. Lift chin to gaze up toward the ceiling. Spread shoulder blades wide and draw shoulders

away from ears. Exhale, to move into cat pose by rounding back and drawing belly to spine. Release the top of head toward the floor. Repeat with the breath.

Bridge Pose Setu Bandha Sarvangasana

Lie faceup with knees bent and feet on the floor. Extend arms along sides. Press feet and arms firmly into the floor. Exhale as you lift hips up toward the ceiling. Roll shoulders back and down. Press weight evenly into all four corners of both feet. Hold for one breath. Exhale as you slowly roll spine back down to the mat, vertebra by vertebra.

Downward-Facing Dog to Low Lunge Twist Adho Mukha Svanasana to Parivrtta Sanchalasana

Start in a high plank position with wrists under shoulders and core engaged. On the exhale, send hips up and back to come into downward-facing dog. Bend knees slightly to draw chest toward thighs. Breathe. On the exhale, place right foot between hands to come into a low lunge with knee and ankle bent to 90 degrees. On the next exhale, twist open to the right, reaching left arm up overhead. With the breath, reverse the movement to return to downward-facing dog. Repeat on other side.

Crescent Moon to Half Front Split

Anjaneyasana to Ardha Hanumanasana

From downward-facing dog, come into a low lunge with right knee forward, and left leg extended behind you. On the inhale, send hips forward as you raise hands up overhead. On the exhale, draw hands back down to frame right foot, then send hips back as you straighten right leg. With the breath, repeat on other side.

Forearm Plank to Sphinx Phalakasana to Salamba Bhujangasana

Start in a forearm plank, with forearms parallel to each other and flat on the mat, elbows directly under shoulders, and core engaged so body forms a straight line from heels to shoulders. Inhale as you drop hips to mat, untuck toes, and backward bend by arching spine and letting top of head point back. Hold for as many breaths as you like.

Low Lunge Twist to Quad Stretch Parivrtta Sanchalasana to Utthan Pristhasana

Start in a low lunge with right leg forward and knee bent to 90 degrees, left leg extended behind you, and hands framing right foot. Inhale, place left hand firmly on mat, and on the exhale, twist open to the right as you reach right hand behind you. If possible, bend left leg to grab left foot with right hand for a quad stretch. Rotate upper body and head toward the ceiling if available to you. Return to starting position and with the breath. Repeat on other side.

Lunge to Pyramid Stretch Utthita Ashwa Sanchalanasana to Parsvottanasana

Start in a lunge with right leg forward, knee and ankle bent to 90 degrees and hand framing right foot. Inhale, then on the exhale, straighten right leg and send hips up and back to come to pyramid pose. Shorten stance by moving left leg forward if necessary. Hold for a few breaths, then repeat on the other leg.

Plank to Deep Squat Kumbhakasana to Malasana

Start in a plank pose with hands directly under shoulders and core engaged so body forms a straight line from head to heels. Inhale, then on the exhale, step right foot to outside of right hand, then left foot to outside of left hand and drop hips to come into deep squat position. Lift chest and try to keep heels planted on the floor as you draw hands to prayer at chest. Hold for a few breaths.

Seated Pigeon Pose Seated Eka Pada Rajakapotasana

Start sitting with hands placed on mat just behind hips and legs out in front of you. Cross left ankle over right leg above the knee. Inhale, and on the exhale, bend right leg and place right foot on floor so right knee sends left shin toward chest. Keep chest lifted and back long. Hold for a few breaths, then repeat on other side.

Butterfly Pose Baddha Konasana

Start sitting with chest lifted and back long. On the exhale, bend the knees and bring the soles of the feet together to touch. Allow gravity to gently pull the knees down, don't force them. Hold for a few breaths. This may be as far as you can go, but if you have more flexibility, fold forward to bring chest toward floor or forehead to feet. Hold for a few breaths, relaxing into the pose.

Safety Corner

7 ways to stay safe while cycling

Prepare yourself to handle whatever situation is thrown your way.

AUGUST 11, 2022 by HANNAH OTTO (FINCHAMP)

Cycling is an inherently dangerous sport. When we go out on the roads or trails, we subject ourselves to the dangers that we can cause ourselves as well as the dangers from the world around us.

Crashing, road or trail obstructions, equipment malfunctions, traffic and cars, weather, and more are all elements that can cause a simple training ride to go from a fun activity to a life threatening situation.

That said, there are dangers with just about everything we do, so instead of letting fears or possible hazards stop us from enjoying the sport we love, we should prepare ourselves to handle whatever situation is thrown our way.

Wear a Helmet

You've heard it since you were a little kid, wear your helmet! The helmet is a life-saving device and speaking from personal experience, my helmet has actually saved my life. This is so important, but you likely already know that so I want to focus on two specific elements of helmet wear:

Wear it Correctly: First make sure that you have the correct size of helmet. It should be snug but not uncomfortably tight. It shouldn't easily move or shift on your head. When and if your head does hit the ground or another object, the helmet should stay on your head and not be able to slide all the way forward or backward. Next, make sure that the helmet is flat and level on the head. It should be worn low on the forehead only about 1-2 inches above the eyebrows. Next, make sure that the strap is appropriately tightened. You should only be able to fit 1-2 fingers in between the strap and your chin.

Wear it Always: There is a misconception that we only wear helmets when we think we might crash. The truth of the matter is, crashes happen when we least expect them. If you ride down the street to get ice cream or if you're riding uphill for extended periods of time, you should still wear your helmet. I know many people think that they might not crash while riding uphill, but wearing the helmet isn't just about you. A car could come out of nowhere and hit you and it wouldn't be your fault and there would be no way to stop it, but the helmet could still save your life.

Tell Someone Where You're Going and When You'll be Back

This is a very simple text you should send whenever you leave the house. Just quickly let someone know the general direction you are riding and when they should expect you to come home. It may seem silly in the moment, but it can be critical reassurance that someone will come looking for you if things go sideways.

If you crash and become injured or if you have a mechanical too far from home, you may not always be able to call for help. Phones run out of battery and sometimes service can be spotty out on the trails. If you're sitting on the side of the trail with a broken bone, knowing that someone knows where you are and will start looking soon can be the hope you need to stay calm and make wise decisions.

Use Lights and Bright Colors

When you're on the road it's important to be seen. Unfortunately, motorists are chronically distracted and while the accident may be objectively their fault, it's still your life and wellbeing at risk. Do your best to be seen on the road at all times. Wear bright colors while riding as well as attach lights to the rear of your bike to catch a motorist's attention. Lights on the rear of your bike can be especially important in dim light, rain, fog, or even just winding roads.

Pick a Safe Route

As cyclists, we like to ride our bikes everywhere. That said, there should be limitations to what we consider safe or appropriate. If you are counting entirely on others to maintain your safety then your route is probably not a good one. If you're on a high-speed single lane highway or busy road without a shoulder and every car has to move over in order to pass you then it may not be the best place to be riding. All it takes is one distracted driver for a catastrophic incident. Look for roads with slow speed limits, wide shoulders, and where cyclists are common. Even better seek out bike paths, fireroads, and trails.

Have an ID

Have some form of ID on your person. This could be a literal ID, a note on your phone (that can be accessed by anyone), a Road ID, or even just a piece of paper in your pocket. In the worst-case scenario if you are injured to the point of being incapacitated, you want emergency personnel to be able to ID you and better yet, call your emergency contact in a timely manner.

Carry The Essentials

Whenever you leave your house to go on a bike ride you should have the tools you need to fix any common or ride-ending issue. In other words, have all of the supplies you need to fix a flat tire or a broken chain. You should also have plenty of water and some extra food in case the ride lasts longer than intended. It might be worth it to carry a small, compact rain jacket in case the weather takes a turn for the worse especially if you are in the mountains. If the ride is extra adventurous or dangerous then you might also consider taking a small first aid bag or at minimum a pressure dressing as well as any materials specific to your area such as bear spray.

Complete a Bike Check

There are many things that can cause you problems out on the road or trails so make sure you control the controllables. Before you set off on your adventure, make sure that you check your equipment. Complete a bolt check if you haven't ridden in a while or if you've taken your bike apart recently. Also check your tire pressure. Taking just an extra minute or two to make sure that everything is in working condition can save you hours and trips to the doctor later.

We all love riding our bikes, so let's stay safe so that we can always keep pedaling.

Blast from the Past Newsletter

September 1982

MEMBERSHIP

"How do you become a ride leader," you may ask, especially if you are relatively new to the club. When I was a new club member I had a stereotype of what a club ride leader was like. I figured a ride leader was a person who had been riding the bicycle since year one, had a comprehensive knowledge of every road in the Harrisburg area and the five adjoining counties, and could sprint from the end of a group to the front without breaking a sweat. With this idea firmly in mind, I was shocked when Peggy Barnes approached me at a membership meeting and asked me to lead a ride. "ME!" I thought, you've got to be kidding. After Peggy convinced me that I had the basic skills necessary, I agreed to lead the ride. In leading the ride I found out that you didn't have to be superman to be a ride leader. Moreover, I enjoyed it! It gave me a chance to lead people on some roads that I particularly enjoyed cycling on. It gave me a chance to develop some skills, too. Skills, such as how to figure out the distance of a planned ride, how to estimate a pace, and how to communicate the details of a specific ride to other club members.

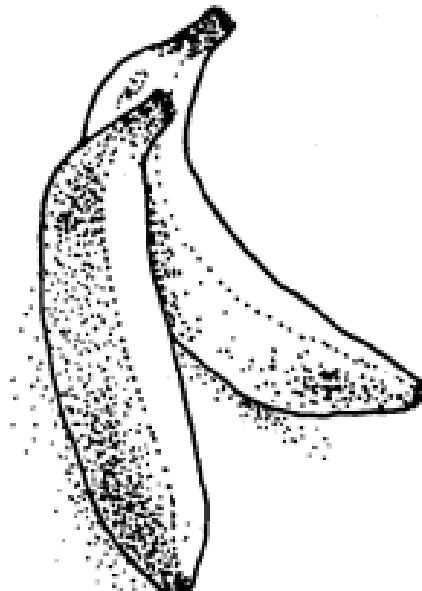
The thing most club members may not be aware of is that being a ride leader is not the privilege or responsibility of a chosen few. It is something that most club members can do and enjoy. So if you've been thinking that you have a particular patch of the countryside that may be new for a club ride, contact Peggy Barnes or Alex Moncure and volunteer to lead a ride.

September 1992

Remember these !!

5 Mile HACC TT Ended August 17th.
Best Time (Female/Male).

7/6	Cindy Maurer	13:01
	Shawn Withers	10:53
7/13	Cindy Maurer	12:54
	Rod Myers	10:55
7/20	Cindy Maurer	12:52
	Mark Wilson	11:25
7/25	Cindy Maurer	12:41
	Mike Smith	10:58
8/3	Cindy Maurer	12:43
	Shawn Withers	10:34



Still going strong for over 20 years (see article on page 10 for 2022 details)

Apple Butter Boil Time

October is here! While we do get the wonderful colors of the changing leaves, it does mean the end of the cycling season for HBC. It has been a tradition of the club to celebrate both by meeting at St. John's Lutheran church near Liverpool, Pa., riding through the beautiful countryside of Perry and Juniata Counties, and then participating in the church's picnic, which has plenty of wonderful food, including made-on-the-premises Apple butter (yummy, yummy!). We will have 12-, 25-, and 50-mile self-guided routes available. You will be given a cue sheet to follow, but no road marking will be done and no one will be a designated leader. You are also welcome to follow Moi (myself) on the 50 at a C+ pace (I can be persuaded to wait up at the corners for an adventuresome C rider). It is great fun and good riding.



When does this happen? **October 12** at 9:00 am. How do I get there? Go north on US 11/15 from Duncannon. At Liverpool, turn left on PA 17, then make a left on Barhner's Church road. The church will be at the top of the hill, but we traditionally park next to the cemetery across the road. If you don't want to wake up early, there will be cue sheets on my car window. I hope to see you all there. For more information, please call Jana Lingo at 583-2185.

September Regular Rides

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



HBC Business Directory

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

Support our local bicycle shops and clubs

For ALL our sponsors click [SPONSORS](#)

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

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Planning your rides

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

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

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

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

Links to "Regional" Bike Club Websites

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



Submissions for the September Spokesman should be sent to editor@harrisburgbicycleclub.org by September **19th**

VISIT the website **REGULARLY!** For announcements, registration forms, ride reports, ride leader sign up, email lists, current monthly calendar, regular and special rides, non-hbc rides, etc.

The mailing address for the club is:
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P.O. Box 182
New Cumberland PA 17070-0182