

## GREATER ARIZONA BICYCLING ASSOCIATION LEGACY CLUBS...

Phoenix Metro Bicycle Club West Valley Bicycle Club Prescott Cycling Club  
[www.pmbcaz.com](http://www.pmbcaz.com)



# THE TAILWIND TIMES

April 2010, Vol. 18, No. 4

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April 2010



### AZ Three Cities in Bicycling Magazine's top 50 Bicycling Cities

Well, we shouldn't be surprised. After Phoenix Metro Bicycle Club won the honor of club of the year, we should have EXPECTED to see our fair state with distinctively great bicycling cities. There are three Arizona cities in the listing featured in the May 2010 edition of Bicycling Magazine, four if you count that Phoenix and Tempe are grouped as one city. We took the ninth spot, the 15<sup>th</sup> and the 20<sup>th</sup> spots; Tucson, the bicycling mecca, taking ninth, Phoenix/Tempe—a Bicycle-Friendly Community--taking 15 and Scottsdale taking the 20<sup>th</sup>.

With Minneapolis seated at the top honor, the list of the country's finest cities for bicycling comprises 24 cities west of the Mississippi. Last on the 2010 list is Rochester, NY. California made the list with only one city, Long Beach at 23<sup>rd</sup>. Read more at: [http://www.bicycling.com/topbikefriendlycities/?cm\\_mmc=BicyclingNL-2010\\_04\\_06-slideshow--topbikefriendlycities](http://www.bicycling.com/topbikefriendlycities/?cm_mmc=BicyclingNL-2010_04_06-slideshow--topbikefriendlycities)

According to the article, the magazine utilized resources prepared by a variety of sources, namely the Bicycling and Walking in the United States 2010 Benchmarking Report. Factors considered in this report included conditions offered to the bicyclist such as segregated bike lanes, bike boulevards, municipal bike racks, smart, savvy bike shops, diverse bike culture and tuned-in local bicycle advocates that have secured the ear of local government.

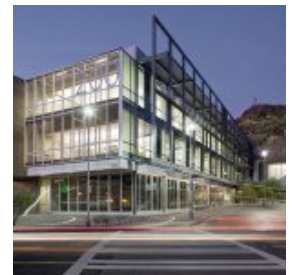
As bicycling grows as a past-time, a mode of commuting transportation and a sport, the list of cities is weighty for those communities who want to be known as progressive. Proof of this is explained in the article as Miami, FL was listed as a 'worst city' in its 2008 list. Cyclists there lobbied their local officials for change following the distinction. Changes were implemented in just two years; Miami is now among the top 50 taking the 44<sup>th</sup> spot. Unfortunately, Florida still has a way to go as it had another city noted as a 'worst city'. The three listed this year are: Birmingham, AL; Jacksonville, FL; and Memphis, TN.

### Spokesnotes: Sheryl and Al Keeme, co-editors

**April is Bike Month** in the valley of the sun. Celebrate by participating in some awareness events, riding more, or help someone get into cycling.

### Tempe Bike To Work/School Day – April 22

The City of Tempe is celebrating its annual Bike To Work/School Day with a series of rides starting from various breakfast locations around town. T-shirts are provided for the first 50 cyclists who arrive for breakfast at the seven identified spots: Back East Bagels;



Whole Foods; Berning's Fine Jewelry; IKEA; REI; Transportation Center; and Wildflower Bread Company. Then, those riding will end their rides at the Tempe Transportation Center on Fifth Street and Forest Ave. where the Vice Mayor will greet the riders. At 8 a.m., officials and cyclists will participate in a ribbon-cutting for the Arizona's first-ever bicycle storage and commuter center The Bicycle Cellar.

The Bicycle Cellar permits commuters to store their bike securely, hop onto a bus or light rail train to complete his or her commute or walk to school or work in downtown Tempe. And, if your wheels needs a tune-up or if you need some gear, a full-service shop is on hand for your cycling needs. Finally, if you are a bit ripe after the ride, take a shower before heading to your destination.

Read more about Tempe's Bike To Work/School Day and The Bicycle Cellar concept at [www.thebicyclecellar.com](http://www.thebicyclecellar.com)

## Help others fall in love with cycling: VOLUNTEER

Reminder from Sue Fassett—Help out with Chandler's Bike Week (April 19th thru April 23rd). There will be several events that week in need of volunteers, but here's the first putting in their request. The city of Chandler will be hosting a family bike ride on Saturday April 17th. The details are still being sorted out, but the event will have a later start than the Saturday ride, in the range of 9:30 am to 10 am, and will be a very short family romp, about 7 miles round trip. The start point will probably be at Germann & Hamilton, at the Park & Ride lot. To encourage participation, we'll select a southeast route for that morning, taking SatCycling in the direction you need to be. We need a half dozen or so club members to commit to riding in that event as ride marshals. This will be a family ride, so lots of little ones on wheels. If you can step up, zing a note to [suefassett@att.net](mailto:suefassett@att.net). We'll ride there from Kiwanis, participate in the event, then head back in to breakfast back near the park. Cycling, community service, and food... great combination!

***Thanks to Bob Beane, Tom Adams, John McCarty and Ron Waller for sending articles and pictures for this month's Tailwinds.***

***PLEASE SEND YOUR RIDE PHOTOS, QUESTIONS or COMMENTS FOR MAY'S TAILWINDS! We'd love to share them.***

*--Sheryl and AL Keeme [sherylkeeme@gmail.com](mailto:sherylkeeme@gmail.com)*

### Sunrise/Sunset (Phoenix, AZ)

April 1	6:16 a.m./6:49 p.m.
May 1	5:40 a.m. 7:11 p.m.

## Questions? Comments? Here's who to call

### **A Note on Membership Questions** from PMBC Vice President Ken St. Johns

We usually update our membership list at the end of the month. When we process the memberships, we'll send you a membership postcard. If you paid and haven't heard back from us by the first week of the next month, or if you have any questions about your membership, please drop me an email at [ken\\_stjohn@yahoo.com](mailto:ken_stjohn@yahoo.com).

**Phoenix Metro Bicycle Club:** Ron Waller, Pres ([ronwaller@cox.net](mailto:ronwaller@cox.net)); Ken St. John VP & Mailing List ([ken\\_stjohn@yahoo.com](mailto:ken_stjohn@yahoo.com)), Mike Kirk, Treasurer ([mkirk9942@aol.com](mailto:mkirk9942@aol.com)); Cindy Dimassa, Secy ([cjdimassa@cox.net](mailto:cjdimassa@cox.net)); Al and Sheryl Keeme, Newsletter Editors, (602) 369-7452, ([Sheryl@girlsgoneriding.org](mailto:Sheryl@girlsgoneriding.org)).

**West Valley Bicycle Club: (2009 Officers)** President: John Oplinger – (928) 671-0070 or [JOplinger5200@msn.com](mailto:JOplinger5200@msn.com), Vice President: Eric Kessler – [hogangoat7@cs.com](mailto:hogangoat7@cs.com), Secretary: Chuck Gerke (623) 974.9918, [Chuckruthgerke@aol.com](mailto:Chuckruthgerke@aol.com), Treasurer & Membership: Betsy Turner – (623) 979.8110 [bettur@q.com](mailto:bettur@q.com).

**Moving or changing e-mail addresses?** Please let PMBC Vice President Ken St. John know of any change of e-mail address so that his posting notices will find you. [ken\\_stjohn@yahoo.com](mailto:ken_stjohn@yahoo.com)

**Newsletter Deadlines:** The deadline for submissions is the 15<sup>th</sup> of the month prior to publication. Direct submissions may be mailed to the Newsletter Editor c/o Sheryl and Al Keeme, 3354 E. Thornton Ave., Gilbert, AZ 85297. You may e-mail Sheryl and Al at [Sheryl@girlsgoneriding.org](mailto:Sheryl@girlsgoneriding.org). E-mail submissions are currently being accepted in the following formats: Articles in MS-Word or standard e-mail, photographs preferred as jpeg or other common format attachments. Due to space limitations, articles will

generally be edited to two pages, or less. While we encourage submissions from club members and guest writers, we reserve the right to decline to publish any submissions, due to content, date of receipt, space limitations, or for any other reason.

**Web resources:** Additional and updated ride schedules and other club information may be found on the Web, including:

**Phoenix/West Valley:** At our new web address of [www.pmbcaz.org](http://www.pmbcaz.org)

**Tucson :** [www.bikegaba.org](http://www.bikegaba.org)

**Prescott:** [www.prescottcycling.org](http://www.prescottcycling.org) (e-mail: [pcc@prescottcycling.org](mailto:pcc@prescottcycling.org))

## Special message from PMBC President Ron Waller

Former PMBC vice president, Kevin Hartke, is running for City Council in Chandler this year. Kevin noted in a communication to a fellow PMBC member about his hopes of growing bicycle-friendly ideas as a new council member.

Chandler residents and others who would like to find out more about Kevin's campaign may visit: [www.KEVINHARTKE.COM](http://www.KEVINHARTKE.COM).

"I continue to love and encourage cycling (and give away police-donated bicycles). With the increases projected for gasoline and mass transportation, cycling is more than ever a healthy, efficient and viable mode of transportation."

--Kevin Hartke

## March Ride Schedule

*\*\*\* Please Note: Helmets are MANDATORY for all rides*

*\*\*\* Liability Waivers: If Ride Leader asks for riders to sign, and you don't, you are NOT part of the ride (Includes most major club/event rides. For a more comprehensive ride schedule visit [www.pmbcaz.org](http://www.pmbcaz.org))*

**REGULAR CLUB RIDES (generally free to members, prospective members and guests)**

**EVERY MONDAY, WEDNESDAY & SATURDAY:** Bike rides are held throughout the West Valley. For information on meeting places, times, etc., call Gene Marchi (623) 546-8112.

**EVERY SATURDAY:** SATURDAY CYCLING – Kiwanis Park, Tempe (SW of Mill & Baseline, across from the sand volleyball courts). 25-40 mile rides with optional breakfast stop. Contact Sue Fassett at (602) 758-0722 or [suefassett@att.net](mailto:suefassett@att.net).

**EVERY SUNDAY:** SPIN CYCLE starting at Desert Breeze Park, located between McClintock & Rural, and Chandler & Ray, on Desert Breeze Pkwy. For more information, contact Glen Fletcher at [wgfletcher@cox.net](mailto:wgfletcher@cox.net).

**START TIMES FOR SATURDAY CYCLING AND SUNDAY SPIN CYCLE:** Jan 8:30 am, Feb 8:00 am, Mar 7:30 am, Apr/May 7:00 am, June-Aug 6:30 am, Sep/Oct 7:00 am, Nov 7:30 am, Dec 8:00 am.

**EVERY SATURDAY: SUN LAKES BICYCLE CLUB** – Starts from the Cottonwood Clubhouse on Robson Blvd between Dobson & Alma School, south of Riggs Rd. (Exit 167 from I-10). 35-40 mile breakfast ride at moderate pace. For information call Bob Prochaska at (480) 895-2601.

**EVERY WEDNESDAY (NEW!!!): WATUKEE WHEELERS** represents the latest expansion of PMBC rides. Start times are generally 6:30-8:00 a.m. The primary ride start is currently **Corpus Christi Church parking lot** (Knox and 36<sup>th</sup> St.), but start locations may vary. Road rides are 25 to 30 miles, at a 12-15 mph average pace (no drop). Contact Roseann Wagner to be added to the ride notice e-mail: [watukeewheelers@gmail.com](mailto:watukeewheelers@gmail.com)

**MONDAY-FRIDAY: PINNACLE PEAK PEDALERS** – Rides of one or more days around the Valley and/or state. For information regarding upcoming rides call Vern Hines at (480) 204-1419.

**Sunday Kokopedalli "No Drop" Rides (20-22 miles, with longer options):**

1st & 3rd Sundays from Chaparral Park, Scottsdale.

2nd Sunday from Kiwanis Park, Tempe.

4th Sunday: **Note – The group is trying several new locations around the East Valley. Contact Kathy Mills for details.**

Ride times and details at <http://groups.yahoo.com/group/kokopedalli> and at [www.pmbcaz.org/rideschedule.html](http://www.pmbcaz.org/rideschedule.html). More info?

Contact Kathy Mills, [kmills67@cox.net](mailto:kmills67@cox.net) (480) 235-5052.

**ARIZONA BICYCLE CLUB** – The Arizona Bicycle Club is a Phoenix-based club that shares ride/event schedules with GABA-Legacy clubs, and we offer member-discounted rates to each other's members for major rides. <http://azbikeclub.com>.

## AZ Major Rides/PMBC Events/Meetings

--Most rides involve rider registration fee or donation.

Apr 10 (Sat) - El Tour de Phoenix (PBAA)– [www.perimeterbicycling.com](http://www.perimeterbicycling.com)

April 17-18 (Sat-Sun) – Triangle “L” Ranch Ride (GABA) --  
[http://www.bikegaba.org/index.php?option=com\\_dregister&eventId=383&Itemid=&task=event\\_register&type=reg\\_individual](http://www.bikegaba.org/index.php?option=com_dregister&eventId=383&Itemid=&task=event_register&type=reg_individual)

April 25 (Sun) - 13th Annual Ride for the Children - Ride for the Children is a charity bicycle ride benefiting homeless children who attend schools in Maricopa County. Registration starts at 7 a.m. and the Ride begins at 8 a.m. from Horizon High School at 56th Street and Greenway Road in Scottsdale. Three distances will be available: Metric Century (65 miles), 25 miles, or 10 miles. For complete ride and registration information visit [Ride for the Children](#).

April 25 (Sun) – Tour of the Tucson Mountains (PBAA)

May 1-2 (Sat-Sun) – Salt River Canyon Overnight (GABA)

May 7 (Fri) – Mount Lemmon Hill Climb (GABA)

May 16-23 – AMGEN Tour de California – Check out Stages 1 and 2 at [www.amgentourofcalifornia.com](http://www.amgentourofcalifornia.com)

May 22 (Sat) – PMBC Board Meeting

May 29-31 (Sat-Sun) – Luna Lake Memorial Day Weekend Ride (GABA)

June 5 (Sat) – LAB 2010 National Rally at the Albuquerque Century. Five route options include: 10-25-50-65 and 100 miles. To register, visit [www.abqcentury.com](http://www.abqcentury.com) and [www.bikeleague.org](http://www.bikeleague.org).

June 12 (Sat) – PMBC Club Breakfast

June 26 (Sat) – PMBC Board Meeting



## Tour de Payson returns

AN APPROVED HELMET IS REQUIRED:

### Tour de Payson returns on May 8th

Sponsored by Phoenix Metro Bicycle Club

By Bob Beane

What does Payson have in common with Paris-Roubaix, La Vuelta a Espana and Le Tour de France?

Well, within 50 miles of riding in Payson you can (1) cross a ¼ mile dirt/cobbled section of road...twice, (2) ride a climb that will remind you of a Vuelta route in southern Spain and (3) ride enough challenging climbs and smell enough pines to think you are in the Alps of Le Tour. Take all that, and add in two shallow water crossings (yes, your tires will be 1" to 6" under water), possible elk sightings and views of the Mogollon Rim, and you have the new Tour de Payson.

We are back after a hiatus since 2005, and this year will be a “low cost, low key, come ride and see” preview-of-coming-attractions ride. We start late (8:30 am) so you can drive up from the Valley or elsewhere that morning, or sleep in and have coffee if you come “up the hill” the night before. Route options will be available from 5 to 50+ miles, but remember as you choose your version that the starting altitude is 5,200 ft and the course is, as Paul Sherwen

would say, “lumpy”. There is no required mass start, but we do hope to have several local guides available after the 8:00-8:30 am registration to lead an easy-paced warm-up circuit around town before the hill work begins.

This year’s ride fee will be a mere \$15 per rider to cover insurance, SAG and volunteer mileage expenses (no profit intended). Lunch/beverages will be optional and on your own (not included) after the ride at a reserved section on the patio of Macky’s Grill (SW corner of Beeline Hwy and Old Main Street). So, drive up that morning and back by mid-afternoon, or make a weekend of it (plenty of hotel rooms available, and Saturday afternoon social activities are being planned).

Look for details and registration info on the PMBC web site ([www.pmbcaz.org](http://www.pmbcaz.org)) by the first week of April.

For questions after the official ride announcement in early April, call Bob Beane at 480-861-7750.

### Basics

- Saturday, May 8, 2010
- \$15 ride fee
- 8-8:30 a.m. Registration/Check-in
- Route options from 5-50 miles
- Starting location tba

## Great Rides – Out in the west and beyond

--Bob Beane, Coalition of Arizona Cyclists, President

Some Great Races and Rides in the West (a “Thank You” to VeloNews)

So you’d like to race or ride some classic events this year? Or, maybe you’d like to plan a vacation that includes a chance to be a race spectator for a day or two? Scattered across the Internet, or available somewhere on the two-wheeled grapevine, is everything you’d like to find about races and rides within a day’s travel from home. Wouldn’t it be nice to find most of that information in one place?

Well, thanks to the editors at [VeloNews](http://VeloNews), a number of those events have been cobbled together into their 2010 “Race & Ride Guide”, which is available to subscribers and at local bike shops until early June (while supplies last).

Here is a brief summary of just a few of the events. Many more events and much more detailed information are contained in the Guide:

### Stage Races (Road)

**Tour of the Gila** – April 28-May 2, Silver City, NM ([www.tourofthegila.com](http://www.tourofthegila.com)) – Lance Armstrong, Levi Leipheimer and Chris Horner were “Team Mellow Johnny’s” last year as the ride was used as a warm up for the Giro d’ Italia.

**Tour de Nez** – June 17-19, Reno, NV ([www.tourdenez.org](http://www.tourdenez.org)) – Named for the tour director’s large nose and famous for once giving away brothel tickets to participants, this race takes place in a festival atmosphere. Warning: Don’t accept a mint julep from someone you don’t know.

**Steamboat Springs Stage Race** – September 3-6, Steamboat Springs, CO ([www.bikesteamboat.com](http://www.bikesteamboat.com)) – In only its second year, this up-and-coming event was started by Corey Piscopo of Moots Cycles after he moved to Colorado from New Hampshire. The Labor Day weekend event is expected to draw 400-450 racers, including a strong Arizona contingent. Insider tip: If not racing, join the Routt County Riders for a club ride while in town.

### One-Day Road Races

**Sea Otter Classic** – April 16-17, Monterey, CA ([www.seaotterclassic.com](http://www.seaotterclassic.com)) – Includes a circuit race on Laguna Seca Raceway.

**Nevada City Bicycle Classic** – June 20, Nevada City, CA ([www.nevadacityclassic.com](http://www.nevadacityclassic.com)) – Made famous by Greg LeMond, and reinvigorated by a Lance Armstrong win in 2009, this event will celebrate its 50th anniversary this year. Course: 1.1 mile circuit with seven turns, a 5.4% gradient in the first half mile, downhill speeds up to 50 mph on West Broad Street and a great venue for spectators.

### criteriums

**Barrio Logan Criterium** – May 1, San Diego, CA – 75-minute criterium for men and 50 minutes for the women...then head to the beach!

### Gran Fondos (“Long Distances”)

**Sea Otter Classic Gran Fondo** – April 17, Monterey, CA ([www.seaotterclassic.com](http://www.seaotterclassic.com)) – Lunch stop at a vineyard at mile 43, but a timed 10 mile ascent at mile 50 so take it easy on the wine! Levi Leipheimer’s King Ridge **Gran Fondo** – October 9, Santa Rosa, CA ([www.levisgranfondo.com](http://www.levisgranfondo.com)) – In only its second year, the full distance event is already booked to its 3,000 rider limit. Act quickly to register for the medio or piccolo distances, and start planning for 2011. **Gran Fondo Colnago** San Diego – ([www.granfondosandiego.com](http://www.granfondosandiego.com)) Well, we missed the March 7 date for this year, but you should plan to train from the Casa Grande Century right through to next year’s event to be ready for the 5,500 feet of climbing and to compare your climbing times to the benchmarks set by Paolo Bettini in this year’s event.

The Race & Ride guide also includes The Denver Post Ride the Rockies, The Death Ride: Tour of the California Alps, the Mellow Johnny’s Classic mountain bike event on Lance Armstrong’s Juan Pelota ranch in Texas, and many other events including mountain bike festivals and guided road tours. For the more serious racing cyclist, century or gran fondo rider, racing fan, or the rider who just wants to ride in some classic events or tours, this guide is a treasure trove of opportunities for 2010 or future years. Grab a copy before they’re gone! VOS stage race – Day Two Volunteers

### Thursdays! Weekly BRAG-AZ No Drop Dinner Ride

Bents and uprights are both welcome to our no-drop dinner rides Thursday nights (except Christmas & New Years) in Scottsdale. Meet at 6:30 PM at Bike Emporium, 8433 E McDonald Dr, SE corner of Granite Reef, next to Bashas. Helmets and lights are required. Routes 10-20 miles, average pace 11mph. For more details, contact Tom Adams, 480-947-0802 or join the BRAG-AZ Group at Yahoo.com.

### Newbie road rider

*By John McCarty, PMBC member*

Those of you who are veterans of true century rides with massive elevation changes have probably forgotten about your early days of trying to keep that two wheeler going straight and smooth, and to learning not to look down!

I am a newbie to serious biking. I have owned some type of bike over the last sixty years or so, but have not become afflicted until this year....yes, I am a **biker geezer**. My first bike was repatriated off of a junk pile somewhere. The front tire had air but the rear tire was flat. I had limited funds, no pump and no patch kit so I rode that relic and its flat rear tire around the dirt roads of rural Hunterdon County, NJ, until I decided that it was easier to walk.

One Christmas there was a new red and white JC Higgins next to the tree. It had fat whitewall tires, a light which never worked, fenders, a kickstand, a bell and weighed about 300 pounds! My first Fixie! It helped me explore the dirt roads surrounding our farm and slowly propelled me to school on most days when the snow was not on the roads. We had school bus service, but the driver insisted on good behavior most of the time. I was not always able to honor his code of conduct. This is off topic, but do you know that if you sit on the bus over one of the rear wheel guards and stomp your foot at the same cadence of the speed of the bus, it sounds like a tire going bad? I rode the bike more than the bus.

That bike over the years lost its fenders and got brush repainted blue and gold to match the colors of Frenchtown High School, our local school in rural New Jersey. The bike lost its allure when I entered my teen years and acquired a 1947 Oldsmobile from the local junk yard for \$50. No more headwinds to fight and no more long hills climb! That was the end of my early biker experience

Still reading? Wow...let’s flash forward a bit. A succession of ill fitting bikes entered and departed my ownership over the next several decades. I used them for occasion bike path outings but mainly the bikes rested comfortably in my garage.

Last summer I twisted a knee while cutting brush on our small horse farm in Pennsylvania. This presented a challenge for my exercise program of hiking and treadmill since my knee did not seem to rehab well with the pounding of the turf or treadmill. Enter stage left, my IronHorse MTB. It was perfect! No pounding of the knee joint and you could sit down while exercising! How cool is that?

I took the bike to **Pat's Cyclery** for a well deserved tune up and while I was there I picked up some maps and other biker related literature. In reading the literature, I discovered that there were all types of biking activities going on in the area. The **Phoenix Metro Bicycle Club** seemed to offer just the blend of appealing activities that piqued my interest. I sent in an application and started reading the online information about the PMBC. I was immediately interested in the Casa Grande Ride and signed up for the 34-mile route, but I had less than three week to train!

Since most if not all of my riding was now on the road, I started visiting the local bike shops and scanning Craig's List for a possible replacement for the MTB. I discovered that there was much to learn. I placed a want ad on Craig's list for a small frame road bike and got several interesting replies. The best reply was from a helpful gentleman who has since become my mentor. He had a bike for sale that I really liked but did not buy. I was reluctant to commit to such a purchase without knowing that a road bike was the proper choice for my style of riding. In the mean time, I found an inexpensive small framed road bike at Mesa City Surplus store and decided to buy it. I wanted to have it ready for the Casa Grande Ride, but alas, it needed more than just a new rear tire and tube.

Since the date of the Casa Grande ride was looming, I decided to attempt the ride on my MTB. I had no appropriate biking attire. I had been making do with a pair of Fox Racing baggy padded shorts and T shirts for my early morning rides. To fend off the morning cold in Chandler, I slipped on sweats over the Fox shorts and completed the outfit with a quilted brown vest. Yup, that goofy geezer biker was yours truly. Several of the riders on the trail shouted words of encouragement as they passed. The event was so well done! The course was well marked and a jst prior to my departure a representative of **Pat's Cyclery** cautioned me not to die along route before using the services of the SAG support vehicles. I neither died nor sagged, but finished the event probably dead last.

My new biking mentor volunteered that biker attire was really functional and that bikers were just not just slaves to fashion. He introduced me to Velowear, Performance, and Nashbar. I have since acquired new shorts, a technical undershirt, a long sleeve riding shirt, a new helmet and new riding gloves. My mentor also found a bike on Craig's list that he suggested would be a good fit. I now have acquired a Trek 7.2 FX hybrid that is working out well. After several weeks of training, I attempted and completed the Laveen Country Challenge 30 mile ride and found that the Hybrid bike was much better suited to the road than my MTB.

In the January or February of PMBC **Tailwinds**, it urged members to volunteer, so I shot off an email to Sheryl Keeme and volunteer my participation in whatever capacity she needed on the Team Girls Gone Riding. It was fun and interesting and gave me an appreciation of what goes on behind the scenes on an organized ride.

I have since elected to attempt the Tour de Phoenix on the short 26 mile loop which is, I believe, the famed Usery Loop. I signed up after test riding the route in both directions. The hill they call King Kong is a challenge! My legs did fine but my lungs did not seem to want to deliver the oxygen that my body was demanding. I made if up King Kong without a stop and glided back to Val Vista Village which seemed like it was downhill all the way.

I have been planning to join the Kokopedalli Rides for the past month, but other rides or rain has intervened. I mainly ride solo but think it would be fun to learn how to ride with a group. It is a kick to learn new things and explore new horizons. I am delighted that I discovered the **Phoenix Metro Bicycle Club**.

Yes, I have become addicted to biking. I enjoy my early morning rides. I enjoy seeing the sunrise over the Superstition Mountains. I enjoy hearing the coyotes yelping in the desert brush off of the Usery Pass Road. The Cactus Wrens and the Gambel Quails seem to sing songs of encouragement. I think that one of the birds said "get a road bike!"

## The famed 8<sup>th</sup> annual J&P Tucson Tour has record turn-out!

By Tom Adams

We had a record turnout of 33 people (31 riders) plus two "pirates" for the 8th Jane & Paul Tucson Tour. It is a 4-day credit card cycling tour held every year during the President's Day holiday weekend. This year we had the best weather so far, with sunny days with high temperatures in the mid-70s. We had 4 out of state riders from Oregon, Washington, Michigan, a contingent of seven from the Verde Valley, and one from Tucson. Thirteen riders earned their Artie by going on their first J&P tour. Mike Kirk pulled his dog trailer with veteran Zach and newbie So-So. Jane Larson rode shotgun in the SAG vehicle, as she is recovering from a broken collarbone and couldn't yet get back on her bike.

We started Friday morning from J&P's home in Scottsdale, picking up other riders along the way, and rode down to Casa Grande. Saturday we headed for Tucson via Eloy and the Picacho Peak Dairy Queen, with a short detour over Rattlesnake Pass a few miles before we arrived at our motel on

Ina Rd.  
Sunday started with 21 miles of climbing up Ina and Oracle Rds and 5

miles up Pinal Pioneer Parkway, followed by a fast and fun 37-mile descent past the Tom Mix Monument into Florence. That evening we celebrated Chinese Valentines Day and a successful ride with a happy hour followed by too much food at the Hong Kong restaurant. Monday morning was so warm that I started in short sleeves and shorts, and we headed home. We took the old "Tour de Farm" zig-zag route to Phoenix Gateway Airport, then rode through the suburbs

back to Scottsdale.

Many thanks to SAG driver Sharon Albert, SAG driver & rider Maggie Formhals, SAG scheduler Mary Ellen Coe and all the riders she tapped for a SAG driving stint, and to Paul Nichols, who scouted the route with me prior to the ride., MA, RD, CSSD, coauthor of The Ultimate Diet Log.

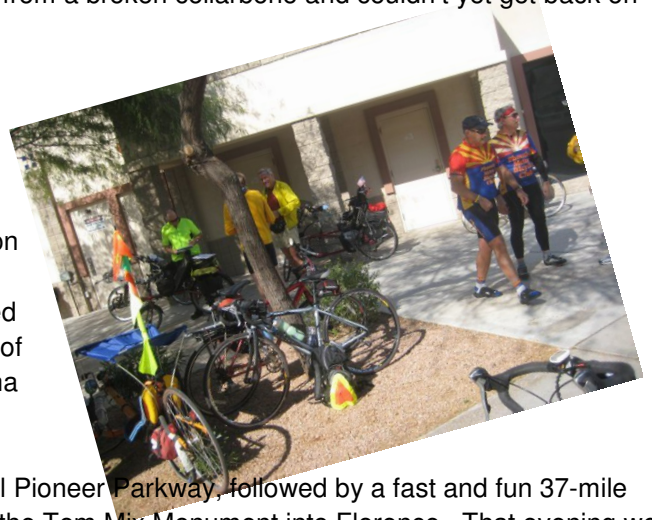
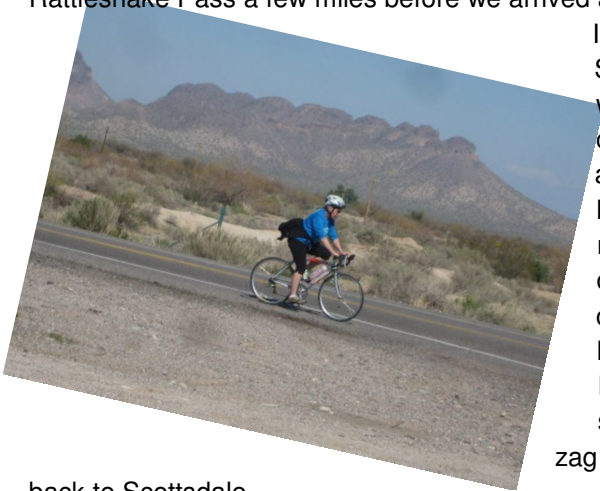
## BIKETRIVIA

By Bob Beane

1. True or false: In 1896 more than one million bicycles were produced in the United States.
2. The first patent for a bicycle was filed in the USA: (1) 1875, (2) 1903, (3) 1904, (4) before 1870?
3. True or false: The first US city to employ bicycle police officers was NY City in 1901.
4. Which bicycle suspension company's products were first raced to victory in Paris-Roubaix?
5. Greg LeMond first won the Tour de France in 1986, but what was the first year he won a World Championship?

### Answers:

1. True
2. 4-1866
3. False, It was NYC in 1896
4. RockShox, twice so far
5. Junior World Championship of 1979





## No Bike Left Behind...

Undoubtedly you know Sue Fassett, the darling of the Saturday Kiwanis Park rides. If you are new to the rides or to PMBC, she is there week after week sharing her love of cycling with all who rolls in. Here is her offering of the April weekly ride schedule, some ride recaps and of course, some Tidbits...

### By Sue Fassett

Coming up...

#### ***NOTE THE APRIL TIME CHANGE!***

#### **Saturday 4/10/10 7:00 am Kiwanis Park**

We head back to South Mountain Park to see how the wildflowers are doing. Route options 24 miles with a bit of gentle climbing, 38 miles with moderate climbing, or 39 miles with lots of climbing. Breakfast is at AZ Bread, southeast of Elliot and Kyrene.

#### **Saturday 4/17/10 7:00 am Kiwanis Park**

The Tour de Sue takes us to the south, with route options of either 25 miles or 35 miles, no climbing. Breakfast at AZ Bread, southeast of Elliot & Kyrene. Note, if you are assisting us with the City of Chandler's Family Ride on this date, we'll be rolling out with SatCycling and splitting off from the home team at the first regroup to go to the city's ride.

#### **Saturday 4/24/10 7:00 am Kiwanis Park**

The Tour de Mesa takes us to the northeast, with route options of 29 miles or 39 miles, no climbing. Breakfast is at Einstein's, northwest corner Guadalupe & McClintock.

### Tid bits...

Our prez Ron Waller used a phrase on Saturday morning that we must take to heart. As cyclists we have a right to be on the road, but the style of large herd riding that we participate in on Saturday mornings is a privilege. Our cyclist's legal right of way on the road can't be taken from us, but the privilege of large pack riding can be revoked. As a large club with a long history in this area, it's a privilege we put effort into maintaining. No more than two riders side by side, stopping for red lights (even when you are making a right turn), interacting with traffic and citizens we encounter in the community in a courteous manner. When you wear a PMBC jersey, you're an ambassador for our club. Any time you throw a leg over a bike frame, no matter what colors you're flying, you're an ambassador for the entire cycling village. Make us proud.

***A message today from our club's social director: (which considering how social we are, she's a hard working gal!)***

Join your cycling friends on Saturday, April 17th for a spring outing on the patio at Macayo's Depot Cantina. The restaurant is located at 300 S. Ash, Tempe (cross roads are 3rd St & Ash). Happy Hour starts at 5pm with the option of ordering dinner. The purchase of food and drink will be covered by each attendee. Come celebrate spring and riding in warmer climates!!! Please RSVP to Tina Miller at [tmiller@scottsdalechamber.com](mailto:tmiller@scottsdalechamber.com) or 480-385-9969.

**RIDE SAFE.** [www.pmbcaz.org](http://www.pmbcaz.org)

## Radio Shack not invited to 2010 Giro d'Italia

Compiled by Al Keeme

RadioShack not invited to 2010 Giro d'Italia

The organizers of the Giro d'Italia RCS Sport will announce the teams invited to ride this year's race on Monday, but Lance Armstrong's RadioShack squad will not be amongst them. There also seems little chance that Riccardo Riccò will be welcomed back to this year's Giro, despite his ban for doping ending on March 18.

In recent weeks, RadioShack team manager Johan Bruyneel had publicly hoped the RadioShack team would be invited to the Giro. However with Armstrong and Levi Leipheimer targeting the Tour of California at the same time as the Giro, the US-registered team failed to convince the Giro organizers they deserved a place and did not push particularly hard to have a team in the race.

"On Monday, we're going to announce 22 teams, but RadioShack won't be in the race," race director Angelo Zomegnan told [Cyclingnews](#) when asked about the teams expected to line up in Amsterdam for the start of the Giro on May 8.

Lance Armstrong rode the centenary edition of the Giro d'Italia in 2009 with the Astana team. It was his first ever start in the Giro, but his special relationship with Zomegnan seems to have soured following the rider protest over safety concerns during the Milan circuit stage.

Armstrong was brought into the protest by other riders but Zomegnan seemed to publicly chastise him, telling the Associated Press, "There's a certain age at which your legs start to get shorter and your tongue longer."

Armstrong was due to ride Milan-San Remo on Saturday, perhaps to help RadioShack secure a place in the Giro d'Italia, but pulled out less than 24 hours before the start. The team said in a press release that he was suffering from gastroenteritis.

## PMBC Supporting Members

### PLEASE PATRONIZE OUR SUPPORTING MEMBERS...

- ♻️ **S.W.E.A.T. Magazine:** Fitness articles, gear reviews and event schedules. Available free in bike shops and fitness centers around the Valley. <http://www.sweatmagazine.com>
- ♻️ **FITNESS PLUS:** Available in bike shops and fitness centers throughout the Valley, <http://www.fitplusmag.com>
- ♻️ **PAT'S CYCLERY: (\*NOTE NEW ADDRESS!)** 5052 S Power Rd #104 (480) 964 3330 (San Tan freeway and Power in the Target Center) Trek, Diamondback, Schwinn, Sun (recumbents). <http://patscyclery.com/>

- ♻️ **LANDIS CYCLERY:** 1006 E Warner, Tempe (480) 730-1081, 2189 E Southern Ave, Tempe (480) 839-9383, 712 W Indian School Rd, Phoenix (602) 264-5681, 10417 N Scottsdale Rd, Scottsdale (480) 948-9280. Specialized, Trek, Kestrel, Fisher, Thule bikes and accessories, <http://landiscyclery.com/>
- ♻️ **JAVELINA CYCLES:** Chandler Blvd and 48<sup>th</sup> St, SW corner, next to Va Bene restaurant and the new Gelato shop. (Ahwatukee) (480) 598-3373. Titus, Raleigh, Fuji, Felt bikes, and more. [www.javelinacycles.com](http://www.javelinacycles.com)
- ♻️ **DNA CYCLES:** 2031 N Power Rd, #10, Mesa, AZ (480) 924-2453 and 7077 E. Mayo Blvd. suite 100, Scottsdale, AZ (480) 515-2454 <http://dnacycles.com/index.cfm>
- ♻️ **TEMPE BICYCLE:** 330 W. University, Tempe (480) 966-6896, <http://tempebicycle.com/index.cfm>
- ♻️ **BIKE DEN:** 4312 W Cactus, Glendale (623) 938-0989. Bianchi, Litespeed, LeMond, Gary Fisher, Univega, and recumbents. <http://bikedenaz.com/>
- ♻️ **MIKE'S BIKE CHALET:** 5761 E Brown Rd, Mesa (480) 807-2944. Cannondale, Giant, road & mountain. <http://www.mikesbikechalet.com/>
- ♻️ **BIKESMITH CYCLE & FITNESS:** 723A N Montezuma, Prescott (928) 445-0280. Schwinn, Specialized, <http://www.bikesmithcycle.com/>
- ♻️ **ROUND TRIP BIKE SHOP:** 1148 E. Florence Blvd., Suite 4, Casa Grande, AZ 85222, (520) 836-0799, Matthew Wallin, Owner, [www.roundtripbikeshop.com](http://www.roundtripbikeshop.com)

\*\*\*Supporting members provide annual financial support to PMBC/West Valley/Prescott clubs through event proceeds, raffle prizes (including goods and services), ride support and technical assistance, volunteer participation in club events, publications of event schedules, in addition to all sorts of support for the cycling community, for which they deserve our support and patronage. When visiting a supporting member, thank them for their support, and let them know that you have seen them listed in our newsletter.

**BIKE TRAVEL CASES:**

PMBC owns several hard shell bike travel cases for rental at minimal cost to members for up to four consecutive weeks. Eligibility: Club member in good standing for at least three months, refundable deposit required, and there is one of those legal-type rental agreements to be signed. For reservations or additional information, **contact Jack Graham in person via e-mail at [jgraham782@aol.com](mailto:jgraham782@aol.com).**

**Phoenix Metro Bicycle Club**  
 PO Box 26788  
 Tempe, AZ 85285

**West Valley Bicycle Club**  
 PO Box 8125  
 Glendale, AZ 85312

**2010 Mining Country Challenge Photos**





See an entire gallery of photos at <http://picasaweb.google.com/102671138440969376427/2010MiningCountry?feat=email#>

## Got Jersey?



Check out the jersey and all of the club gear online at:

<http://www.pmbcaz.org/jerseydesign.html>