

# THE TAILWIND TIMES

September 2010, Vol. 18, No. 9

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**"Did You Know?": New Safford ride, major pro tours in Arizona and Colorado, AZ transportation funds in jeopardy...**

## "Cool Breeze" is anything but for our Co-editor

*By Bob Beane*

Your regular Co-editor, Sheryl Keeme, was seriously injured during the "Cool Breeze California Century" charity ride on August 21 when she and a friend were crashed out by the trailer of a big rig. According to an article in the Ventura County Star, the right rear section of the trailer hit Sheryl knocking her into a riding partner and both were thrown to the pavement and into a guard rail. Sheryl sustained a broken leg/ankle and lacerations on her back. Her riding companion broke her right hand and wrist and suffered a head injury as well. We wish both of them a speedy and complete recovery!

As of the date of the article no citations had been issued, but CHP was still investigating the crash.

As of August 26, Sheryl was back in Arizona "residing" at Mercy Gilbert Hospital where she was having surgery, and was able to contact Sterling Baer and your "substitute editor for September" by e-mail.

In Sheryl's absence, and with AI tending to more important priorities, we'll have a somewhat abbreviated newsletter this month but will try to pass on some noteworthy updates to the PMBC schedule and all things cycling.

## PMBC Events and Activities Update Plus CAzB General Meeting:

Hot off the presses and straight from the August 28 PMBC board meeting, here are some updates and confirmations of activities and events for the remainder of 2010:

- **Saturday, September 18** – Quarterly membership breakfast meeting. Look for a confirmation of location in the next 1-2 weeks on the web site.
- **Monday, September 20** – Coalition of Arizona Bicyclists membership meeting in Tempe at Boulders on Broadway, 6:00 pm. All PMBC members are welcome via PMBC club membership in CAzB.
- **Saturday, October 16** – Ein grohs Oktoberfest party (One Big Oktoberfest party...don't say you never learn any foreign languages here). From the "*I know something you don't*" smiles on the faces of Tina Miller and Cindy DiMassa at the board meeting, you probably won't want to miss this event hosted at the Thomas' residence at 6:00 p.m. Participants are encouraged to **dress for the occasion** (where the h\_\_\_ are my lederhosen?) Food will be provided, beverages are BYO. Look for more details on the web site. (p.s. I think I know what the girls are up to, but it will cost you a few bills for me to tell...)
- **Saturday, October 23** – **Ride for Safety** (See details in the ride section of this issue...This year's theme is "Riding (Safely) with friends". Volunteers are needed for registration and SAG stops. If it is your turn to volunteer, or you have a non-riding spouse or friend who enjoys watching you sweat while they serve fruit, cookies and liquids to the people putting you under pressure, call Bob at 480-861-7750 (free lunch for Vols).
- **Saturday, November 13** – PMBC board meeting. In order to have board consideration of any matters on your mind, please forward said matters to Ron Waller (a.k.a. "The Prez") prior to this date.
- **Saturday, December 4** – PMBC Free Ride...Ride and eat lunch for free in PMBC's annual "thank you" to our members.
- **Saturday, December 11** – A PMBC "double header": (1) quarterly breakfast/meeting (location TBA), (2) holiday party in the afternoon/early evening (location and time TBA, but plan for a mid/late afternoon get-together).

## Sunrise/Sunset (Phoenix, AZ)

Sep 1                    6:02 a.m./6:54 p.m.  
Oct 1                    6:23 a.m./6:13 p.m.

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

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).



### **Purposes and Objectives of our (GABA legacy) clubs:**

- To promote interest and involvement in all aspects of bicycling.
- To schedule field trips, tours and other group riding opportunities for further development of individual cycling skills, and to instill safe riding habits.
- To initiate and publicize all types of bicycling events to attract out-of-state bicyclists to Arizona.
- To provide maps and route information to touring and commuting cyclists and to encourage bicycle use as an energy-efficient, healthful means of personal transportation.
- To provide instruction at all levels of bicycling skill and bicycle maintenance, including on-the-road repairs.
- To publish regularly a comprehensive newsletter of bicycling information about the events of all Arizona bicycle clubs, legislation affecting cyclists, and other cycling related news.
- To promote bicycle racing as a spectator sport and to refer those interested in race participation to local clubs involved in the sport.

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

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**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, Secretary; [cjdimassa@cox.net](mailto:cjdimassa@cox.net).

**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 any change of e-mail address so that his posting notices will find you.

**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 Keeme 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))

## **SEPTEMBER 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, Feb 8:00, Mar 7:30, Apr/May 7:00, June-Aug 6:30, Sep/Oct 7:00, Nov 7:30, Dec 8:00.

**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.

### **MAJOR RIDES/EVENTS UPCOMING IN ARIZONA OR NEARBY LOCALES (most involve rider registration fee or donation)**

**Sep 18 (Sat) – Membership meeting/breakfast – Location TBA**

**Sep 19 (Sun) – Skull Valley Loop Challenge – Prescott, AZ** <http://www.active.com/cycling/Prescott-az/skull-valley-loop-challenge-2010>

**Oct 1-4 (Thu-Sun) – Scottsdale Cycling Festival and Tour de Scottsdale:** [www.scottsdalecyclingfestival.com](http://www.scottsdalecyclingfestival.com)

**Oct 23 (Sat) – Ride for Safety (PMBC and CAzB fundraiser for cycling advocacy)** – Short, medium and metric century routes to help fund statewide bicycling advocacy and education efforts in AZ. Ride leaves from AJ's shopping center at Pinnacle Peak & Pima Rds in north Scottsdale. Burger/BBQ Lunch at AJ's after then ride. [www.cazbike.org](http://www.cazbike.org) and/or [www.pmbcaz.org](http://www.pmbcaz.org)

**Oct 30 (Sat) – Tour de Safford:** <http://www.mtgraham.org/event-calendar.aspx?typeid=7>

**Nov 20 (Sat) – El Tour de Tucson:** [www.pbaa.org](http://www.pbaa.org)

**Dec 4 (Sat) – PMBC Free Ride**

**Dec 4 (Sat) – Link the Lake benefit ride for Not One More Cyclist Foundation and Angie Fretz**

# The Best New Place to Ride in AZ: Sedona's Red Rock Road

By Bob Beane

On Saturday, August 21, **Mike Litecky** and I joined **Dennis Dempsey** and **Gene Holmerud** of the **Coalition of Arizona Bicyclists** and a number of officers and members of the **Verde Valley Cyclists Coalition** in a celebratory ride marking the completion of the Highway 179 project that created bicycle lanes from outside the Village of Oak Creek north to the main intersection (Hwy 179 and Hwy 89A) in Sedona. It's hard to imagine a more significant 7-mile stretch of road anywhere in the USA with respect to bicyclists.

Why do I say that?

Here's why:

- A basically unbikeable road (blind corners, no shoulder, no bike lanes, and high vehicle volume) has been transformed into a true multi-modal transportation corridor.
- The transformation benefits bicycle commuters, "roadies" and mountain bikers looking for access to nearby trails.
- The new infrastructure facilitates bicycle access to what has been deemed (USA Today poll) the most beautiful area in the USA.
- The project is the first "Context Sensitive Solution" project ever undertaken by ADOT, which altered the course of transportation planning in Arizona. Previously, ADOT had planned a four-lane, limited access highway from I-17 into Sedona. The local "uproar" and involvement of groups such as the Verde Valley Cyclists Coalition caused ADOT to reconsider, slow down, seek community involvement and, in the end, achieve a truly well-designed roadway that better fits the needs of residents and visitors to the area.

Look for more details and photos on the Coalition of Arizona Bicyclists web site ([www.cazbike.org](http://www.cazbike.org)) in coming weeks, and watch for an article in the League of American Bicyclists' *American Bicyclist* magazine before year-end.

## Did You Know?

- **Maricopa County transportation funding in jeopardy** – As reported in the *Arizona Republic* on Sunday, August 29, transportation funding (up to \$1.7 Billion) may be jeopardized by inability to adequately maintain clean air in Maricopa County. Other than the obvious health reasons, why should bicyclists care? Because this funding source is the mechanism for matching funds and project funds for many bike/pedestrian projects. Millions of dollars of federal funding each year go to bike lanes, road widening, bike/pedestrian bridges and other infrastructure for bicyclists. Maricopa County is in seriously hot water right now, today, and needs to take action to cut particulates in our air. Your health and your cycling infrastructure are at stake.
- **PMBC 2011 Officer nominations:** Contact Sue Fassett or Glen Fletcher to nominate your candidate.
- **How to become a Bicycle Friendly Community?** – Do you live in a community that is not yet designated as "BFC"? Visit the League of American Bicyclists web site at [www.bikeleague.org](http://www.bikeleague.org), or call or e-mail Bill Nesper at 202-822-1333 or [bfa@bikeleague.org](mailto:bfa@bikeleague.org) to find out how you can help move your community along to achieve this status.
- **There are efforts underway to establish a USBRS** – What would you think about having a United States Bicycle Route System spanning the country in a fashion similar to the interstate highway network? Efforts to achieve that type of system are underway, and are actually being headed by an Arizona bicyclist. Richard Moueur is a long-time cyclist and Arizona highway official, and currently chairs the Task Force on U.S Bicycle Routes for the American Association of State Highway and Transportation Officials (AASHTO). In 2003, groups such as the Adventure Cycling Association, East Coast Greenway and the Mississippi Trail approached the Federal Highway Administration to push this idea, and things finally got moving. To date, Adventure Cycling has mapped over 40,000 miles of cross-country routes, many of which may be used in the USBRS (states have to individually and collectively decide what routes they want to support).
- **Pro Road Bike Races in both Arizona and Colorado by 2012?** – Announcements have come out that there will be high level pro road bike races in both Arizona and Colorado by at least 2012. The Arizona race would be slotted as a lead in to the Tour of California, while the Colorado race (with Lance Armstrong involved) would be in a slot leading up to the Tour de France. This all brings back memories of the Red Zinger/Coors Classic days (Grewal, LeMond, Hampsten, Phinney, Hinault, "the Russians", etc...and wouldn't that be great. Think of grass-roots American cycling of the 70's and 80's meets the modern sponsorship and Versus TV coverage world. I'm not sure exactly how all that chaos would turn out, but you can bet your bottom bracket I'll try to attend both events to be a part of cycling history.

# Memorial Ride for Safety

Updated 8/8/2010

AN APPROVED HELMET IS REQUIRED FOR ALL RIDES LISTED



## Memorial Ride for Safety XIII - 100K (60 miles) and 35 mile options Saturday, October 23, 2010

Sponsored by Phoenix Metro Bicycle Club  
& Coalition of Arizona Bicyclists

Online registration is now available through the [Coalition of Arizona Bicyclists](#).

The 2010 theme is **Riding (Safely) With Friends**. Join The CAzB, Phoenix Metro Bicycle Club and other friends for this great ride. The routes are 100K, 35 miles and a new intermediate route ("tbd") through Carefree and scenic vistas North in the Tonto National Forest, Pinnacle Peak and up to Sears Kay Ruins. The Start/Finish is near AJ's market at Pima and Pinnacle Peak Rd. Your entry fee will include a ride map, 2-3 rest stops, and a Bar-B-Que meal at the finish.

The Safety Ride and the safety message grew out of the tragic cycling accident Winston Benson had approximately 13 years ago and the many more since then in Arizona. The [Coalition of Arizona Bicyclists](#) is an organization dedicated to educating bicyclists, motorists, and government officials on all issues concerning bicycling, and supporting safe cycling in Arizona.

Join PMBC and the Coalition (CAzB) for a ride that benefits all AZ Bicyclists. Let's all "Ride to the Right", "Share the Road", signal turns and hazards. The Coalition of Arizona Bicyclists is out there fighting for your rights as cyclists, so come out and support the Memorial Ride for Safety. Ride goes rain or shine. For more information email [Bob Beane](#) or phone 480-861-7750.

Don't miss the Memorial Ride for Safety. It's a great ride, great fun and a great cause. Bring a friend, and make at least one new one. Winston would like that.

**All cyclists must wear an approved helmet and obey all traffic laws. Ride Smart to Ride Again.**

### WHEN

- Saturday, October 23, 2010
- Registration opens at 7:00 AM
- Ride starts at 7:30 AM for 100K and 8:00 AM for other routes

### WHERE

- AJ's Market parking lot at Pima and Pinnacle Peak Roads in Scottsdale, AZ

### REGISTRATION FEES

- PMBC / GABA / ABC / CAzB members pre-registered only - \$25.00
- Non-members pre-registered only - \$30.00
- Day Of Registration - \$30.00
- Tandem members pre-registered - \$35.00

- Tandem members Day Of Registration - \$45.00
- Pre-Registrations must be in by October 11, 2010
- Please register early so organizers have accurate counts for meals etc.

**ONLINE REGISTRATION:**

- Register online through the [Coalition of Arizona Bicyclists](#).

**or MAKE CHECKS PAYABLE TO:**

- **PMBC**

**and MAIL [REGISTRATION FORM](#) (.pdf) AND FEES TO:**

- Bob B  
Ride for Safety  
4413 E Graythorn St  
Phoenix, AZ 85044

**ADDITIONAL INFORMATION**

- For more information email [Bob Beane](#) or phone 480-861-7750..

**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.

**FITNESS PLUS:** Available in bike shops and fitness centers throughout the Valley.

**PAT'S CYCLERY:** 929 E Main, Mesa. (480) 964-3330. Trek, Diamondback, Schwinn, Sun (recumbents).

**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.

**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 1 (480) 924-2453 and 7077 E. Mayo Blvd. suite 100, Scottsdale, AZ 480-515-BIKE

**TEMPE BICYCLE:** 330 W. University, Tempe (480) 966-6896.

**BIKE DEN:** 4312 W Cactus, Glendale (623) 938-0989. Bianchi, Litespeed, LeMond, Gary Fisher, Univega, and recumbents.

**MIKE'S BIKE CHALET:** 5761 E Brown Rd, Mesa (480) 807-2944. Cannondale, Giant, road & mountain.

**BIKESMITH CYCLE & FITNESS:** 723A N Montezuma, Prescott (928) 445-0280. Schwinn, Specialized.

\*\*\*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, 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 Paul Nichols in person (602) 615-6399 or via e-mail at [pnick44@q.com](mailto:pnick44@q.com).**

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

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