



THE TAILWIND TIMES

October 2010, Vol. 18, No. 10

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October 2010

Spokesnotes: Sheryl and Al Keeme, co-editors

Well, for those of you who haven't heard, I was a recent victim of another cycling debacle. While riding in the Cool Breeze Century in Ventura County, CA on August 21st, I was struck by a tractor trailer along with a good friend. I mention this here not for sympathy but to caution once more to fellow cyclists that even though we all follow the rules of the road, stay safely in our lanes and practice signaling and wise decision making, one can still be struck by a vehicle while riding, **EVEN ON ORGANIZED EVENTS.**



I am recovering well and am hopeful that by Christmas, I will be able to ride my spare bike on a trainer since as you can see from the photo, no one will be riding this baby again. During this hiatus of recuperation, I plan to become a League Cycling Instructor through the League of American Bicyclists this fall so as not to waste this time off my bike. I also hope to become even more active as a cycling advocate, and here's why. The driver of that semi was not cited because as the police noted in the police report, there was no witness to prove that I did not ride into him and hit him rather than what actually happened, his trailer fishtailing and hitting me. The cause of the collision was deemed inconclusive.

Naturally, cyclists have the responsibility to familiarize him or herself with the rules of safe cycling. But my situation is proof that this is only part of the solution. The drivers of motor vehicles continue to be ignorant of the rights of the cyclist, unaware of how to drive near or next to cyclists and worse, many appear to possess feelings of adversarial menace. As with most situations, education and awareness are the answer to the problem. As for me, I feel grateful to be here breathing, healing and recovering. Because I can, I hope to be part of the solution... **Sheryl**

Thanks to Bob Beane for taking last month's Tailwinds in my absence.

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

--Sheryl and AL Keeme sheryl@girlsgoneriding.org

Bad meat or bad choices Will another TdF winner be stripped of his title?

By Sheryl Keeme

Three-time Tour de France champion, Alberto Contador, has announced that he has tested positive for a small amount of performance enhancing drug clenbuterol. The results are from urine tested on July 21st during the tour, a rest day for the cyclists.

Contador is blaming bad meat for the findings. He claims there were complaints about the food that was served on the 20th and 21st at the hotel where the team was bunking. The meat in question was filet mignon brought from Spain to France according to team officials because the team chef complained of the poor quality of meat at the hotel. Clenbuterol is sometimes given to pigs, cows and other animals to increase their growth rate. The Spaniard is confident that once all studies are in, his name will be cleared.

UCI the international organization governing doping and cycling has given no indication of whether these findings will lead to stripping Contador of his title.

Sunrise/Sunset (Phoenix, AZ)

Oct. 1	6:23 a.m.	6:13 p.m.
Nov. 1	6:47 a.m.	5:36 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.

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

West Valley Bicycle Club: (2009 Officers) President: John Oplinger – (928) 671-0070 or JOplinger5200@msn.com, Vice President: Eric Kessler – hogansgoat7@cs.com, Secretary: Chuck Gerke (623) 974.9918, Chuckruthgerke@aol.com, Treasurer & Membership: Betsy Turner – (623) 979.8110 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

Newsletter Deadlines: The deadline for submissions is the 15th 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. 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

Tucson : www.bikegaba.org

Prescott: www.prescottcycling.org (e-mail: pcc@prescottcycling.org)

October 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)

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.

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.

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 36th 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

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. More info?

Contact Kathy Mills, kmills67@cox.net (480) 235-5052.

Beginner Rides: Girls Gone Riding hosting 20-25 mile beginner rides at 13 mph every Saturday. Sign up on Meetup.com to get notices and locations at <http://www.meetup.com/Global-Bikes-Meetup/> or check calendar at <http://girlsgoneriding.blogspot.com>

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>.

Tour de New River back in 2010

Thanks to Ken St. John

Another charity ride has found its home in the Valley of the Sun, Tour de New River. On Saturday, Oct, 30, 40-mile and 72-mile ride options are offered for this fifth year event. Organizers suggest it as a perfect training ride, fully supported, prior to the El Tour de Tucson. The event benefits Helping Hands and other partner organizations are the beneficiaries. The dollars will benefit communities throughout sub-Saharan Africa.

There are discounts for group registration and for registering before Sept. 29. Registration can be done online through active.com. Additionally, those willing to raise money for one of the event’s partner organizations can receive free registration! For more information about the Tour de New River, please go to www.tourdenewriver.com

Bike Snob – A fun read

Although I have not completed this fun read yet, but for those of you bike nerds who cannot get enough of all things bike, **Bike Snob Systematically & Mercilessly Realigning the World of Cycling** is almost as fun as riding a new route with a group of smart, snarky cycling buddies to keep you quick and laughing.

Written by BikesnobNYC, a blogger and cyclist, the book is a collection of his rants, observations, advice and trivia collected throughout his travels. No brand of bicycle riding person is safe from his sardonic sense of humor. Chapters are peppered with fun quotes about cycling and there’s even a section of photos depicting Bike Snob’s Disapproved varieties of bikes such as the one with the entire frame covered in Finlandia cheese stickers and Bike Snob’s Approved varieties such as showing a bike on a car that it obviously out-prices as well as out-sizes exclaiming that having a bike that’s bigger and/or more expensive than your car demonstrates that your priorities are in order.

It’s a good book to pick up and read a few pages to put a smile on your face, providing you are missing one.

Major Rides/PMBC Events/Meetings

--Most rides involve rider registration fee or donation.

Oct. 30 (Sat) – Tour de Safford – (Be sure to watch the video with the cool song Bicycle by Livingston Taylor, brother of James Taylor) <http://www.mtgraham.org/event-calendar.aspx?typeid=7>

Oct. 30 (Sat) – Tour de New River – www.tourdenewriver.com

Nov. 6 (Sat) – PMBC Board meeting

Dec. 4 (Sat) – PMBC Annual Free Ride

Dec. 4 (Sat) – Link The Lake benefit for Not One More cyclist Foundation and Angie Fretz

Dec. 11 (Sat) – Membership Breakfast, Place TBA



Tour de Safford this October – Registration is open!

NEW sponsored Ride called the Tour de Safford. There are 33, 69 and 104 mile race options. The date is Saturday, October 30, and will traverse the beautiful Gila Valley of Southern Arizona, nestled against Mt. Graham. It is a great training/tune up ride prior to the Tour de Tucson three weeks later on November 20th.

<http://www.mtgraham.org/event-calendar.aspx?typeid=7>

Some highlights of this exciting new timed cycling event are as follows:

1. Incredibly beautiful desert route (moderate hills with some thrilling climbs and breathtaking downhill).
2. Outstanding roads (mostly new and completely swept by local authorities just before the event).
3. Three distances. 104 MILES/69 MILES/33 MILES.
4. Endorsed by Perimeter Bicycling as an ideal final Tour de Tucson training event.
5. Timed event by CEP timing (same ones that time El Tour and others).
6. T-Shirts and medals for all participants who register on time by deadline.
7. One of a kind medals to be minted from local Morenci copper. Pretty cool!
8. Registration fee only \$50 with \$10 processing fee.
9. Register with your credit card at tourdesafford.com or active.com (I used the link above and you don't pay the active.com processing fee).
10. WATCH for the upcoming YOUTUBE.com video of the 104 mile route!
11. Other family events that day at the Safford Airport where the start and finish line will be are: Antique airplane exhibit, classic car show, motorcycle show, food and live music.

All proceeds go to benefit the local Mt Graham Regional Medical Center.

Sunday rides from Glen Fletcher

Sunday, Oct. 3, 7 AM 10/3 Tour de Mesa – mileage options of 35 or 45 miles, climbing on the longer route. Breakfast at Paradise Bakery – Price & Ray Road

Sunday, Oct. 10, 7 AM Tour de Queen Creek – 35, 40, 45, and 50 mile flat options. Breakfast at Chompies across from the Chandler Mall

Sunday, Oct. 17, 7 AM Tour Around Mummy – and the King of the hill. Mileage options of 35 or 40 miles, with climbing on the longer route. *We'll have a breakfast stop tbd as I've heard Bogies is closed.*

Sunday, Oct. 24, 7 AM Silent Sunday at South Mountain – so we will go to the Tours. Mileage options of 35 or 45 miles with climbing on the longer route. Breakfast at AZ Bread Co, Elliot & Priest.

Sunday, Oct. 31, 7 AM Halloween Ride – Nothing Scariet than a ride to Sacaton. Mileage options 37, 52, 58 or 60 miles – climbing on the longer routes. Breakfast at Wildflower – Chandler Mall

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 August weekly ride schedule, some ride recaps and of course, some Tidbits...

By Sue Fassett

Coming up...

Saturday 10/9/10 7:00am Kiwanis Park.

The McKellips Loop takes us to the northeast, with route options of 28 miles or 37 miles, both with one gentle climb. Breakfast at Einstein's, northwest corner Guadalupe & McClintock.

Saturday 10/16/10 7:00am Kiwanis Park.

The St. Francis Loop loops us around up through town, with route options of 26 miles or 36 miles, both with several moderate climbs. Breakfast at Einstein's, northwest corner Guadalupe & McClintock.

Saturday 10/23/10 7:00am Kiwanis Park.

If you aren't headed off to do the Safety Ride on this date, come join us for our own safe ride, the Tour de Sue. Route options of 28 miles or 36 miles, no climbing. Breakfast at AZ Bread, southeast of Elliot & Kyrene.

TIDBITS:

The Tempe Library, at Rural and Southern, has for some reason become the new hot spot for rampant bike theft. Though anybody's ride being taken is awful, a steed that was abducted from there a few days ago is sorely missed,

as it was being pedaled across the country, from Florida to San Diego, on a bike tour. For the few in our crowd that have had a bike stolen during a tour, it forever leaves an impression about that town in your mind! This ride report is read by a lot of cyclists, so we'll give this a go. The search is on for a Bruce Gordon custom touring bike, 56cm, black frame. Red front and rear racks, with a Paul White 40 spoke rear wheel and a Brooks saddle. If anybody spots it, contact the Tempe police. Mean people are just so... mean.

RIDE SAFE. www.pmbcaz.org

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>
- 🚲 **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 48th 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
- 🚲 **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

***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**.

Phoenix Metro Bicycle Club
PO Box 26788
Tempe, AZ 85285

West Valley Bicycle Club
PO Box 8125
Glendale, AZ 85312

Got Jersey?



Check out the jersey and all of the club gear online at: <http://www.pmbcaz.org/jerseydesign.html>