



THE TAILWIND TIMES

April 2011, Vol. 19, No. 4



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Message from the president: By Ron Waller

Dear PMBC Member

What a wonderful event was had by all who joined us for the Mining Country Century on March 19. Charlie Davis and Jack Graham (the ride honchos) did another great job. We had a record number of attendees (160) and beautiful weather. However, the wind seemed stronger and the hills steeper than in years past. Perhaps it is just me?

If you have been on one of our regularly scheduled rides recently you have heard us remind everyone about riding safely. I am sure many of you immediately hit your personal "mute button" whenever someone starts to "lecture." But please, whenever you go out on your "steed" remember, we are not alone. There are a lot of four ton vehicles sharing (I use the term loosely) the road with us. Many of them are busy texting, calling friends, changing the radio station, eating lunch, etc., BUT none of them are especially interested in us. Of friend of mine once said, "When you are riding a bike, no one sees you." Or as I like to say "everyone out there is an idiot." Whatever phrase you want to remember - keep it in mind. Please ride safe. Stop at stop signs and red lights. Signal and make your intentions known. I also try to remember one simple thing. Smile, it helps.

One last comment on bike safety; a friend who works in the medical profession told me they see more "bike on bike" accident victims than car on bike victims. That's scary. So in addition to everything else we have to remember when riding, remember to look out for each other too.

Just a reminder our "Services Page" is up and running and available to all members. This will allow any member to advertise for free, a product or service that might be a benefit to club members. Are you a plumber, electrician, Physical Therapist or whatever? Send a copy of your business card and tell us about your service in twenty-five words or less. Send it to me for editing, review and correctness and I'll get it on our webpage; ronwaller@cox.net

Don't forget to read the Tailwind Times our monthly newsletter. (Hopefully you know about it or you wouldn't be able to read my wonderful letter). We have a new editor Sheryl Keeme. Give her some feedback and thanks next time you see her.

Ride smooth - be safe.
Ron Waller, President

Editor's Note: Please submit ride recaps, photographs and articles to me. –Sheryl Keeme
Sheryl@girlsgoneriding.org or <http://girlsgoneriding.blogspot.com>

PMBC Membership Information

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 status, please email Ken St. John at ken_stjohn@yahoo.com.

Phoenix Metro Bicycle Club: Ron Waller, Pres (ronwaller@cox.net); Ken St. John VP & Membership List (ken_stjohn@yahoo.com), Mike Kirk, Treasurer (mkirk9942@aol.com); Jen Siart, Sec. (jennijr@aol.com); Sheryl Keeme, Newsletter Editor, (602) 369-7452, (Sheryl@girlsgoneriding.org).

West Valley Bicycle Club: (2010 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 Keeme, 3354 E. Thornton Ave., Gilbert, AZ 85297. You may e-mail Sheryl 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)

Sunrise/Sunset (Phoenix, AZ)

April 1	6:16 am	6:49 pm
May 1	5:40 am	7:11 pm

April 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

These rides are associated with PMBC and approved to be promoted as such. All are 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.

Sunday SPIN from Glen Fletcher—April is here and so is another new ride time!. Set your alarm clocks, ride time starts at 7:00 AM.

4/10 – 7:00 AM – Mill Run – East valley flast ride – mileage options of 37 or 54 miles. Breakfast at Wildflower – Chandler Mall

4/17 – 7:00 AM – Metro Mania – mileage options of 36 or 45 miles mostly flat. Breakfast at Einstein's Rural and Ray

4/24 – 7:00 AM – Mckellips loop. Mileage options of 34, 39, or 50 miles. Breakfast at Pleasaint Croissant – Rural and Elliot.

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.

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>.

20th Annual Mining Country Challenge – Observations by Mary Johnson

Saturday, March 19, 2011

The day could not have been better for the 20th Annual Mining Country Challenge! The weather was a perfect, sunny 75 degrees with slight, to no wind coming down the canyon. With 120 preregistered riders, it was our largest ride ever with over 150 total -a record. One came all the way from Alaska! He should have got a prize just for coming the furthest! The arm warmers were a big hit for the first 100 preregistered riders, though this year we didn’t need them as in years past, the day was just beautiful.

The Town of Superior was an outstanding host again this year with all manner of support and Bud Polly, of Copper Triangle Mining Services, who’s driving force helps make this ride grow every year, thank you. And thank you too to the Town of Superior for letting us be a part of the 23rd Annual Apache Leap Mining Festival and providing great prizes for the riders...they included wine, wind chimes, gift certificates to the Uptown Café, and the Boyce Thompson Arboretum, all in all they were just great. There are others that we owe thanks to as well. All the volunteers that helped organize the event and man it. The registration table had Carol and Ed Rockland before they headed out on their ride, Jan Peterson, Jim Rucker and Mary Johnson helping get all the folks registered...SAG 1 welcomed the riders after the “Top of the Hill” challenge and was staged at the Gila county building parking lot in Globe by Lance, Janet and their son Brian James on their way north for the weekend, SAG 2 to El Capitan with its spectacular view and always present wind was manned by Bill Davidson and Tim Kjellberg, SAG 3, the lunch stop in the Town of Winkelman was once again organized and run by George and Evie Martinez (even with her arm in a sling, what a trooper!)...Mary Ellen Coe, Carol Harris and Mary Johnson helped them out...SAG 4 was the last before the push up to the “End of the World” and Jeff Mohr and Jack Rabino got the riders primed. Mary and Carol, after the lunch stop, ran and waited at the top with ice cold water to relieve the riders as they prepared to sail down the hill into Superior. Andrea Daniels of the Leukemia/Lymphoma Society Team in Training had a SAG vehicle and helped distribute the drawing prizes to the 22 winners at the end of the tour. Jack Graham, Jim and Charlie ran the PMBC SAG truck. PMBC couldn’t have done it without them all and all the supporting bike clubs.

We are always looking for suggestions to make the ride better...we promise that next year ice cold Gatorade will run in abundance for starters!! Thanks for coming out and see you next year. Sponsored by Phoenix Metro Bicycle Club. Stay tuned for more ride and registration information as the ride date draws near.

Cycling tips to help get you through those bad times...

by PMBC Member Bob Fulleman

1. Ride with some kind of identification. There are wrist IDs available as well as the "Dog Tag" style I.D., some even go around your ankle.
2. Make a copy of your driver's license and carry it in your bike bag, or your jersey pocket (possibly in a zip-lock bag).
3. Make a copy of your insurance card both front and back to make sure all the phone numbers are there. You can laminate your copies so that they can stay easy to read even if you keep them in the back pocket of your jersey during a ride.
4. You should have some kind of "contact name and phone number" with you, maybe even a few just in case. Remember you might not be conscious after a serious accident (let's hope that doesn't happen but it sure would help out in an emergency).
5. Keep a few band-aids along with a few alcohol wipes for those occasional scrapes or cuts that happen. A few simple tools can make getting home much easier, of course carrying a cell phone will get you back home no matter how many flats you get. And don't forget to put the ride-leader's phone number on your cell phone's contact list.

Remember no one plans on having an accident, they do happen so you need to take a few precautions to help you get through with the least amount of delays.

I.D. Tag Sources:

- www.Sportstagid.com
- www.RoadID.com
- www.yikesid.com

Major Rides/PMBC Events/Meetings

These rides include PMBC events and meetings, other cycling club and charity events and races, and dates of other cycling-oriented activities. Many require a fee to participate.

April 17, Great Bike Chase, Valley-area rides to Chase Field for Arizona Bike Week, The bike safety expo with entertainment, vendors, bike rodeo, prize drawings and more will begin at Chase Field at 10:30 a.m.

April 23, Ride For The Children, <http://www.rideforthechildren.com/register.html>

June 18, PMBC Free Breakfast Meeting



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 4/9/11 7:00am Kiwanis Park

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

Saturday 4/16/11 7:00am Kiwanis Park

We head back to South Mountain Park, with options of 24 miles with a bit of climbing, 38 miles with moderate climbing, or 39 miles with lots of climbing. Breakfast at AZ Bread, southeast of Elliot & Kyrene.

Saturday 4/23/11 7:00am Kiwanis Park

We're headed north to Mummy Mt, with route options of 31 miles with moderate climbing or 40 miles some extra climbs. Breakfast at Einstein's, northwest corner Guadalupe & McClintock.

Tidbits..As we roll into bike month here in the valley, there are lots of things going on to tempt people out of their cars and on to their bikes. For those that get this email direct on Saturday afternoons, here's a fun adventure for tomorrow morning. PMBC's Kokopedalli ride from Chaparral Park in Scottsdale will start early tomorrow (Sunday, April 3rd) to join the Scottsdale Cycle the Arts ride. Meet the Koko-ites at 8:00am at Chaparral Park, northeast corner of Hayden and Jackrabbit. The group will roll together from there over to the Cycle the Arts registration at 8:30am at SMOCA, 2nd St & Drinkwater in Scottsdale. At the event you'll have the choice of a 3-mile family ride or an extended 10-miler to some of the public art in Scottsdale. If you haven't checked this ride out before, it's a great low-key way to see some of the public art in the area. And if you don't know what a Koko-ite is, you'll just have to show up and find out.

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>.
- ☺ **GLOBAL BIKES:** Two stores, Guadalupe and Gilbert or Arizona Avenue and the 202 San Tan. www.globalbikesbikeshop.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>