



THE TAILWIND TIMES

May 2011, Vol. 19, No. 5



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Message from Newsletter Editor: Sheryl Keeme

Dear PMBC Member

This Wednesday, May 18, 2011, at 6:30 p.m. the Ride of Silence will begin in North America and continue to roll across the globe. Please join Global Bikes, Team Girls Gone Riding, The City of Mesa and the Town of Gilbert--partners in the east valley ride--at Mesa's Mountain View Park at 6:30 PM. We will then travel south on Lindsay Road to Gilbert's Freestone Park and back. About 100 cyclists are expected to participate in the 11 mile ride that is open to cyclists of all abilities.

This event will join cyclists around the country who will take to the roads in a slow, silent procession to honor cyclists who have been killed or injured while cycling on public roadways. The Ride of Silence is free and asks cyclists to ride no faster than 12 mph and to remain silent during the ride. The ride, which is held during National Bike Safety Month and Week, aims to raise awareness of motorists, police and city officials that cyclists have a legal right to the public roadways.

Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves. Many drivers are also not aware that bicycles are legally required to ride in the street not on sidewalks.

"Advocating and educating on behalf of cyclists like myself who have been injured while riding on public roads is no longer an interest, but a personal journey," says Sheryl Keeme, a Gilbert cyclist struck by a tractor trailer in August of last year. It is now a relentless passion to see that more motorists understand the rights of cyclists and rules of the road with regard to cycling.

The event will begin with ride protocol and safety instructions. For more information about Ride of Silence go to <http://www.rideofsilence.org/main.php>

Sheryl Keeme

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. (jenniir@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)

May 1	5:40 am	7:11 pm
June 1	5:19 am	6:33 pm

May 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—

5/22 – 7:00 AM – Tour de Lindsay – mileage options of 40 or 54 flat miles. Breakfast at Ken MacDonald Golf Course – Guadalupe & Rural

5/29 – 7:00 AM – Tour de Lehi – mileage options of 35, 40, or 46 flat miles. Breakfast at Paradise Bakery on Price & Ray Road

5/30 Monday 5/30/11 7:00am Baseline Rd & Signal Butte, Mesa.

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>.

J&P Bike Tours – Recap by the J of J&P Jane Larson, PMBC Member



Carol and group take a break at Fitch Park in Mesa on Day 1

The ninth annual J&P bike tour to Tucson and back will go down in the record books as “Remember the year it was soooo windy?” To think for days before, all we worried about was the rain forecast.

Not Your Mom Tours director Tom missed it all, sacrificing stays in lovely Florence, Tucson and Casa Grande for a six-week trip to South America with sister Wendy. J&P alum Nancy bought concert tickets for Presidents’ Day weekend, so husband Mike missed the chance to again tow their two dogs in “Wow, some people simply do not have their priorities in order!”

We had 22 riders this year, plus Sharon and Glenda from Cottonwood driving the minivan sag the whole route. Bill and Dana brought their big sag van for everyone else to take turns driving.

New faces included three winter-weary couples from Montana. They found out about the J&P tour on the Internet, made plane and hotel reservations, and sent their tandems south in the truck of a friend headed to a new job in Phoenix.

DAY ONE

Most riders met at our house to get cue sheets, load luggage and take pictures of the start. We rolled out at 8:30 a.m. Friday under cloudy skies. After crossing over Tempe Town Lake and heading east, we met Roger on his trike. He came out to ride our first day, and while we stopped at Riverview Park in Mesa I introduced him and established his bona fides for accompanying us: 17,000 miles a year by bike.

Farther east, we pulled into Fitch Park to put more air in a Montana tandem’s tires, and we got to watch the Chicago Cubs prepare for spring training. Eventually all reached the lunch stop at the Flight Deck Café in Phoenix-Mesa Gateway Airport, where Rich, Dave and Jan H. joined the route.

The clouds persisted as we zigzagged south and east. Mary Ellen, Jan P., Erin and Denise joined the route as we traveled through Queen Creek and into areas where farm fields alternate with subdivisions erected at the height of the housing boom. I had told the Montanans to watch for Anthem, a development with wide parkways, streetlights and very few houses amid acres of bare ground. Truly, there is no such thing as a pessimistic real-estate person. “You could have your pick of lots!” Leanne said later.

Jesse, Carol and I were the last to pull in to Florence at about 4:30 p.m. Carol wandered off to join the group staying at the Holiday Inn Express, and Paul and I scored a non-smoking room at the Blue Mist, just as we had requested, and this time with its own kitchen.

The Holiday Inn group rode back into town to dine at Old Pueblo. It's owned by the mother of one of Denise's coworkers, and she deemed Mrs. Celaya's restaurant "fabulous." The Blue Mist group was shut out of the crowded Hong Kong restaurant and walked up to the Mount Athos Greek/Italian/American spot instead.

Over dinner, Jan H. reported that Saturday's forecast called for south/southwest winds, concluding excitedly, "We'll have a tailwind." Dave and I looked at each other and broke the news to her that a south wind blows out of the south, which would mean a headwind going to Tucson. Little did we know...

TO BE CONTINUED

2011 White Mountain Tour – July 9-10, 2011

The WHITE MOUNTAIN TOUR has been attracting participants for more than 20 years. It's a two day supported ride which includes sag support, emergency mechanical support, bathrooms at each rest stop, plenty of good snacks and luggage delivery to your hotel or campsite. Saturday night's dinner is also included in the entry fee.

The cost of the two-day event is \$70.00. A special rate for PMBC/GABA/ABC club members is only \$60.00. A \$20.00 late

fee applies to all riders if registration is received post marked after July 1, 2011. For your convenience you can also register through www.active.com. If you are camping, there is an additional fee of \$5.00 for Saturday night. There is a list of local hotels for both nights attached. Camping is available Saturday night at the Reed Motor Inn in Springerville. Registration on Saturday is 7:00 - 8:30AM. Saturday's dinner, which is included in the entry fee, will be served from 5:00-6:30 PM. Non-riders and family members can purchase dinner for an additional fee of \$16.00. Dinner will be at the VFW in Springerville (American Legion Post 30).

Day one, start at 8:00 AM. No mass start. This year we will again start and finish at Hon-Dah. You will ride North on Highway 260 through Pinetop/Lakeside to Show Low. In Show Low, turn East onto Highway 60 then to the sag stop at Midway Station convenience store in Vernon. If you are a casual rider, you may wish to get an early start to avoid missing the SAG stop, which will close at 11:30am. From there it's down to Springerville/Eagar for 63 miles for day one.

For 2011 we are not supporting a 100 mile option. Riders can elect to ride to the New Mexico border from Springerville and return which will give you a Century for the day. However, this section WILL NOT have SAG support.

Day two, start 8:00 AM. The return SAG stop will be set up at 8:30am near the Sunrise Ski Resort. From there it's mostly downhill back the start for the day's total of about 38 miles. Luggage Pickup will start at 8:00 AM on Sunday for the return trip and will be at Hon-Dah Casino by 10:00 AM.

If you have further questions please email the ride coordinator Cindy DiMassa at cjdimassa@cox.net

WHEN: Saturday & Sunday, July 9 & 10, 2011. Registration from 7:00AM to 8:30AM on Saturday. There is no mass start.

WHERE: The Hon Dah Resort and Casino (parking and registration behind the hotel) located at the intersection of AZ highways 73 and 260, south of Pinetop.

REGISTRATION FEES:

- _____ Non-Members - \$70.00
- _____ PMBC/GABA/ABC club members - \$60.00
- _____ Additional dinner fee (\$16.00 per person)
- _____ Late Fee, after July 1, 2011 - \$20.00
- _____ Saturday night camping add \$5.00

\$ _____ Total Registration fee enclosed

This year you can also register at www.active.com

YOU MUST COMPLETE AND SIGN THE ATTACHED WAIVER. Mail your check, with the completed registration form and the signed and completed waiver to:

MAKE CHECKS PAYABLE TO **PHOENIX METRO BICYCLE CLUB.**

PHOENIX METRO BICYCLE CLUB

PO BOX 26788

TEMPE, AZ 85285-6788

Phoenix Metro Bicycle Club

THIS IS AN IMPORTANT DOCUMENT THAT WAIVES YOUR LEGAL RIGHTS.

NAME OF EVENT: White Mountain Tour Date: July 9 & 10, 2011

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AGREEMENT, AND WAIVER OF CONSTITUTIONAL RIGHT

In consideration of my participation in any way in the Phoenix Metro Bicycle Club ("Club") sponsoring bicycle activities ("Activity"), I do for me, my personal representatives, assigns, heirs and next-of-kin:

1. AGREE, represent, acknowledge and understand the nature of bicycle activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which hazards of traveling are to be expected.
2. FURTHER AGREE and warrant that at any time if I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
3. FULLY UNDERSTAND that (a) bicycling activities involve risks and dangers of serious bodily injury including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence or gross negligence of "Releasees" as designated herein; (c) there may be other risks and other social and economic losses either not known to me or not readily foreseeable at this time; (d) and I fully accept and assume all such Risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.
4. HEREBY RELEASE, discharge, and covenant not to sue the Club, any of its directors, agents, officers, members, volunteers, and employees, any other participants, sponsors, advertisers, and, if applicable, any owners or lessors of the premises on which the Activity takes place, and the League of American Wheelmen (all collectively defined as "Releasees"), FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING THE NEGLIGENCE IN RENDERING ANY KIND OF CARE WHATSOEVER.
5. FURTHER AGREE that despite this Release and Waiver of Liability, Assumption of Risk, Indemnity Agreement and Waiver of Constitutional Right, I, or anyone on my behalf, makes a claim against any of Releasees, I will indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney's fees, loss, liability, damage, or cost which any may incur as the result of this claim.

6. FURTHER AGREE that as a participant in any Club activity, I must obey all Arizona traffic laws and must wear at all times an ANSI, ASTM, or Snell approved helmet.

7. FURTHER AGREE, acknowledge, and understand that this release and Waiver of Liability, Assumption of Risk, Indemnity Agreement and Waiver of Constitutional Right, shall be applicable to any and all Club activity from this date forward regardless of whether I remain a member of the Club and expressly agree that this "Agreement" is intended to be applicable to any Club activity in which I participate from the date of the execution of this Agreement.

8. RELEASE, WAIVE and otherwise disavow any protection of Article 18, Section 5, of the Arizona Constitution, which allows for the defenses of contributory negligence or assumption of the risk to be a question of fact and to be left for the jury consideration and expressly acknowledge that the waiver of this constitutional right and the execution of this release shall forever bar my rights to make a claim, sue or otherwise file any type of litigation against Releasees.

I EXPRESSLY ACKNOWLEDGE WAIVING THE AFOREMENTIONED CONSTITUTIONAL RIGHT. Initial Here: _____

I have read this Agreement, fully understand its terms, understand that I am giving up substantial rights including waiving a constitutional right, by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release and/or waiver of any and all liability and/or constitutional right to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

PRINTED NAME OF PARTICIPANT: _____

PHONE: _____

ADDRESS: _____ City: _____

State: _____ ZIP: _____

EMAIL ADDRESS: _____

**I HAVE READ AND ACCEPT THIS RELEASE
PARTICIPANT'S SIGNATURE**

DATE: _____

Emergency contact information:

Name _____

PHONE: _____

MINOR RELEASE : AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF,

DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST WHICH MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.
PRINTED NAME OF PARENT/GUARDIAN: _____

PHONE: _____
ADDRESS: _____
City: _____ State: _____ ZIP: _____

I HAVE READ AND ACCEPT THIS RELEASE

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____
(Only if participant is under the age of 18)

2011 White Mountain Tour

Sponsored by Phoenix Metro Bicycle Club
FRIDAY NIGHT July 8, 2011 suggested LODGING

There are a limited number of rooms available at the Hon-dah on Friday night, the 8th, for a rate of \$99.00. You must mention that you are with the PMBC White Mountain Tour.

In Pinetop-Lakeside

- ° Bear's Paw Motel - 928-368-5231
- ° Best Western - 928-367-6667
- ° Blue Ridge Motel - 928-367-0758
- ° Bonanza Motel - 928-367-4440
- ° Comfort Inn - 928-368-6600
- ° Cozy Pines Cabins - 928-367-4558
- ° Double B Lodge - 928-367-2747
- ° Forest House Motel - 928-368-6628
- ° Hilltop House Motel - 928-367-4451
- ° Hon-Dah Resort – 1-800-929-8744
- ° Mountain Hacienda - 928-367-4146
- ° Murphy's Cabins - 928-367-5555
- ° Pinetop Lodge - 928-367-3510
- ° Super 8 - 928-367-3161
- ° Timber Lodge Motel - 928-367-4463
- ° Woodland Inn & Suites - 928-367-3636

In Show Low (about 10 miles from start)

- ° Apache Pines Motel - 928-532-4328
- ° Bear Mountain Inn – 928-368-6600
- ° Best Western - 928-537-5773
- ° Day's Inn - 928-537-4356
- ° Downtown 9 Motel - 928-537-4334
- ° Hampton Inn – 928-532-4444
- ° Holiday Inn - 928-537-5115
- ° KC Travel Lodge - 928-537-4433

- Kiva Motel - 928-537-4542
- Lake of the Woods – 928-368-5353
- Motel 6 - 928-537-7694
- Rainbow Ends – 928-368-9004
- Snowy River Motel - 928-537-2926
- Sleep Inn Hotel – 928-532-7323
- Whispering Pines – 928-367-4386

SATURDAY NIGHT July 9, 2011 suggested LODGING: in Springerville / Eager

- Reeds Lodge - 928-333-4323

www.k5reeds.com/

- El Jo Motor Inn - 928-333-4314
- Super 8 Motel - 928-333-2655
- Corral Motel - 928-333-2264
- Paisley Corner B&B - 928-333-4665
- Rode Inn - 928-333-4365
- Whiting Bros Motor Inn - 928-333-5870
- Best Western - 928-333-2540
- 26 Bed & Breakfast - 928-333-2102
- Spanish Trails B&B - 928-333-4034
- White Mountain Escape Bed and Breakfast - 928-333-2000

www.whitemountainscape.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.

June 5, LA River Ride, <http://www.active.com/cycling/los-angeles-ca/11th-annual-los-angeles-river-ride-2011>

June 18, PMBC Free Breakfast Meeting

July 9-10, PMBC White Mountain Tour, http://www.active.com/event_detail.cfm?event_id=1961152

Nov. 12, 2011, Cystic Fibrosis Foundation, Cycle For Life, Florence, Arizona <http://azcycleforlife.kintera.org>



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 5/21/11 7:00am Kiwanis Park.

It's Armed Forces Day! Don your military kit or red/white/blue and join us on the Tour de Sue, with route options of 28 miles or 36 miles, no climbing. Breakfast at AZ Bread, southeast of Elliot & Kyrene.

Saturday 5/21/11 4:00pm Mad Chef Gastropub

A Saturday Cycling social! Open to all cycling fans, keeping with our patriot theme for the day, we gather to watch the epic Mt Baldy stage of the Tour of California, cheering on the American riders. The broadcast is 4pm to 6pm, and sunset will be about 7:20pm, in case you want to pedal to and from this event. Mad Chef (previously Big Daddy's) is in Ahwatukee at 3941 E. Chandler Blvd, southwest of 40th St & Chandler Blvd. See www.madchefgastropub.com.

Saturday 5/28/11 7:00am Kiwanis Park.

One last journey to South Mountain before the summer season sets in. Route options of 24 miles with a gentle climb, 38 miles with moderate climbing or 39 miles with lots of climbing. Breakfast at AZ Bread, southwest of Elliot & Kyrene.

Monday 5/30/11 7:00am Baseline Rd & Signal Butte, Mesa.

A holiday romp! Ed Dumas has answered the call to create for us a new adventure. Start/end point is the northwest corner of Baseline Road & Signal Butte in Mesa, at the Paradise Bakery. Please park at the outer edges of the parking lot. We'll be headed north for a loop up to the Usery Park area. Route is 37 miles with an option for a few extra miles through Las Sendas or a short route of 27 miles with no climbs. Breakfast afterwards at Paradise Bakery.

Tidbits.. Why can you ride longer, harder, and faster in the company of your friends than when you go noodling around on your bike solo? If you're drafting, there's some laws of physics at play there, but riders often comment after our group rides that they always do so much better in general when pedaling in the company of the herd. "Social facilitation." That's a mouthful of a phrase that exercise physiologists will toss at you. We call it the power of the pack, the draw of the line. Something about us is hard wired to perform better when that effort is observed by others. Or maybe we just don't want to be last to the bagel shop.

Ride safe. www.pmbcaz.org

League of American Bicycles features Sedona and local advocates

Visit the League of American Bicyclists website to view the March/April edition of American Bicycle. Cover story *Arizona's Red Rock* was written by none other than former Tailwinds editor and current Coalition of Arizona Cyclists President Bob Beane along with Randy Victory and Daniel Paduchowski.

<http://www.bikeleague.org/members/magazine.php>

Bob Beane, also given a photo credit along with Carla Riedel, outlined the success of advocacy efforts in helping to create a safe stretch of roadway for bicyclists in one of America's most beautiful communities bursting with natural red rock formations.

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.fitplumag.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>