



THE TAILWIND TIMES



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July 2011, Vol. 19, No. 7

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Message from Newsletter Editor Sheryl Keeme

Last week, while on a whirlwind one-day trip to LA, it was impossible to NOT hear about Carmegeddon—the weekend closure of the I-405 to allow for the demolition of a bridge. On every radio station, at the food court in the mall...everyone was talking about it. The news made its way to CNN and Yahoo and well, everywhere. Turned out not to be such a deal, thankfully the result of a pervasive social media and PR effort, no doubt.

One story relative to the news was an unlikely competition that emerged from a single NYC blogger's speculative ponderings. When Jetblue announced promotional flights from Burbank to Long Beach for \$4, this blogger wondered if a seasoned cyclist could beat the jet across Los Angeles. With the miracle of social media, it wasn't long before Bike Vs. Flight was born.

The group of cyclists launched from Burbank airport at the same time the air travelers checked in. Following all traffic signals and rules of the road, the cyclists averaged 25 miles per hour as they traversed the roughly 40 miles.

It should come as no surprise to all of us who have travelled via air, that the waiting to board, waiting to taxi, waiting for the 'cleared for departure' message, flight time, waiting to land, waiting to deplane..waiting, waiting, waiting etc. took a bit longer than riding a bike across America's second largest city.

Hooray for the LA cyclists...they beat the Jetblue plane by 10 minutes!



Thanks to Jane Larson for submitting her ride recap. You'll find the last submission in this month's Tailwinds.

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. (jenni jr@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)

July 1	5:22 am	7:42 pm
August 1	5:41 am	7:28 pm

July 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—

7/24 – 6:30 AM – Tour de Queen Creek, mileage options of 35, 38, 40, 44, or 50 flast (yes fast and flat) miles. Breakfast at Chompies at the Chandler Mall

7/31 – 6:30 AM – Back side of Mummy Mountain and the King of the hill. Mileage options of 35 or 40 miles with some climbs. Breakfast at Pleasaint Croissant on 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>.

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

For those following the recap of J&P Bike Tour’s trip to Tucson, here’s Part Trois!



The wind subsided overnight, and Erin was smiling again as she took photos of her fellow riders leaving Tucson. She had planned to leave the tour in Casa Grande because of work on Monday, but persuaded husband Matt to pick up her and her bike in Tucson instead. We headed north on the sparsely trafficked I-10 frontage road under partly cloudy skies. The bumps and cracks in the old asphalt barely mattered, so glad were we to ride on flat land without wind, rain or much traffic.

The 28 miles to Dairy Queen went by fast. Most riders were finishing their fast food and DQ treats by the time Paul and I got there, so we ordered quickly and I took my turn at the sag van wheel. For once, I was going to drive through Picacho and not have to ride my bike through it in fear of getting chomped in the leg by frothing, barking, unchained, unfenced dogs. Why those mutts need to defend this territory of junkyards, abandoned motels and rundown housing is beyond me. (Note to Congress: Take whatever tax money is used to operate the free-standing U.S. post office in a town so small or insignificant that the Census Bureau doesn’t even report population figures, and reallocate it to building one real restroom somewhere along the busier 40 miles of Pinal Pioneer Parkway. Thank you.)

Luckily, no riders this year had run-ins with the Picacho dogs. Most riders were taking a break at the Circle K in Eloy as I handed the sag van key to Carol. Dave decided he’d rather change his flat tire at the Super 8, so he loaded his bike in the van, too. Dana climbed on her tandem and, in a low tone, warned, “It looks like it is getting windy again.”

Something about driving her comfy van must have turned my legs, willpower or both to mush. I tried to keep up with Paul on the final stretch into Casa Grande, but fell farther and farther behind as we fought crosswinds from the west. Dave and Carol came back to rescue me, and when we turned the corner at the fruit stand on Florence Boulevard, nearly a dozen riders took shelter behind the van from the wind and raindrops. Seven tough miles to go. When the van got to Super 8, I took over driving and enlisted Sharon and Glenda to loop back and help pick up riders. The wind had eased up, though, so all declined, and the last riders made it into town around 3:30 p.m. Were we ever ready for happy hour! It’s become tradition on the J&P tour to have a happy hour the third night, and after we cleaned up we packed the hotel lobby to swap stories about our favorite topic -- biking. Ernie even offered to arrange a bike tour for us from Billings, Mont., to Yellowstone National Park and back. Anybody else for summer of 2012? The manager of the Golden Corral had graciously agreed to save us 25 seats in their meeting room if we promised to arrive around

6:30 p.m., so off we tromped to join crowds of Casa Grande residents at the buffet trough. Then it was time for sweet dreams of warm, sunny, calm weather for our last day.

DAY FOUR

The sun finally came out to play. We followed Paul's new route out of Casa Grande, taking bike lanes and bike routes and avoiding most of the traffic that accumulates the closer one gets to town. Once we turned onto Pinal Avenue, the route is so familiar to anyone who has done PMBC's Casa Grande Century ride: a gradual uphill out of town, over the I-10 overpass, past the turnoff to Sacaton (avoiding dogs again), and downhill to the intersection with state Highway 87. The tree line that marks civilization got closer and closer, and we marveled at how much snow the weekend weather left on the Superstition Mountains as we rode the 17 miles from the intersection to lunch at the Good Egg.



Group photos and goodbyes followed, as riders who live in the southeast Valley peeled off for home. The rest of us took another of Paul's new routes, skipping traffic and construction on Dobson Road in favor of winding our way from Chandler to Tempe and into Scottsdale. Two of the Montana tandems shot ahead and didn't even get lost, thanks to Paul's detailed cue sheets. Jeanetta especially enjoyed riding through the ASU campus, recognizing her old dorm from years ago but none of the many new buildings.

Dennis, Glenda and Sharon called about 2:30 p.m. to say they had dropped luggage inside our front gate and were headed back to Cottonwood. The In-and-Out Burger just past campus provided a pit stop for the last group and two things not found just yet in Montana: In-and-Out food and a chance to rest in the sunshine. We opted to bypass the Indian Bend Wash greenbelt, figuring it would be crowded with rollerbladers and strollers on a sunny Presidents' Day, and headed up Miller Road instead. We pulled into the J&P driveway before 4 p.m. to find that Paul had already raided a neighborhood tree and treated Jeanetta and Marsha to fresh grapefruit. We were so lucky to send everyone home from this J&P tour with memories of nice weather the last day!

POSTSCRIPT

Kudos to everybody for being such troopers this year! A special thanks, too, to all the sag drivers who went above and beyond the call of duty with extra sweeps of the route and trips to bike shops and grocery stores. It's hard to believe, but next year will be a milestone -- the 10th annual J&P Tucson Tour. It will be 10 years since Paul figured out the back roads and hotels so he and I could ride our bikes to Tucson and back during Christmas break. We carried our gear in daypacks (we had no panniers then) and stopped nearly every mile the last day to rest our butts, but that first ride got us hooked on bike touring. When we got back, Tim and Tom said, "Why didn't you tell us? We've always wanted to do a ride like that."

So we did it the next year, and the next. Over the years, we've added to the stories -- tire blowouts, freezing cold, failed attempts to camp out, Valentine's Day crowds in restaurants, doggie adventures, and now the year of the wind. Next year we'll go counterclockwise, same as the very first ride. Can't you just wait for the J&P tour's big 1-0 anniversary?

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.

October 2, 2011, Tour de Scottsdale, <http://www.active.com/cycling/scottsdale-az/tour-de-scottsdale-2011-ne993>

October 29, 2011 Tour de Safford, <http://www.active.com/cycling/safford-az/tour-de-safford-2011>

October 29, 2011, Tour de New River

Nov. 12, 2011, Cystic Fibrosis Foundation, Cycle For Life, Florence, Arizona,
<http://www.cff.org/Chapters/arizona/index.cfm?ID=18283&blnShowBack=True&idContentType=1239&Event=18283>

Nov., 2011, El Tour de Tucson, <http://www.pbaa.com/!ETT/ETThome.html>

Feb. 18, 2012, Fourth Annual Girls Gone Riding All-Women's Ride

No Bike Left Behind...

Undoubtedly you know Sue Fassett, the darling of the Saturday Kiwanis Park rides. If you are new to the rides 19or 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

We had 63 cyclists duke it out for space at the start in Kiwanis Park this morning, which was being over-run by runners. We distracted them with a rumor of free RedBull being handed out at the south end of the park, while we made our own mad dash escape out the north end. On arrival at the breakfast stop we asked the owner to turn on the patio misters, which she said she was hesitant to do because they were drippy and we might get wet. This spoken to a group of cyclists that have just arrived slathered up and sweaty. Silly people.

Coming up...

Saturday 7/23/11 6:30am Kiwanis Park.

The Tour de Lehi, with options of 27 miles or 35 miles, no climbing. Breakfast at either USEgg or Someburro's, southwest of College & Baseline.

Saturday 7/30/11 6:30am Kiwanis Park.

We head to Mummy Mountain, with options of 31 miles with moderate climbing or 40 miles with a few additional climbs. Breakfast at Einstein's, northwest corner of Guadalupe & McClintock.

Saturday 8/6/11 6:30am Kiwanis Park.

Tour de Mesa takes us to the northeast, with route options of 29 miles or 39 miles. Breakfast at Einstein's, northwest corner Guadalupe & McClintock.

Tidbits..

A newspaper journalist appeared at the start on Saturday, asking questions about people who don't let the heat discourage them from being active outdoors. She seemed stunned that we would purposely go out and pedal our bikes around for several hours here in the summer. She asked "When is it too hot to ride?" and that one stumped the group momentarily, but the answer that several riders offered up was "Never". The real answer to that one is, it depends. Have you spent the last 6 days moving from cool indoor spaces to your a/c'd car and back? If the only time you're active outdoors is on Saturday or Sunday mornings, then you'll have to be your own judge about when it's too hot to pedal. Stay aware of how you feel during the ride, and head in when before you cross the line of not feeling well. Getting over-heated isn't a quick fix, it can take you 48 hours or so to recover. Just tell everybody you have to scoot home early to catch the Tour de France broadcast, always a perfect exit strategy in July!

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>