



THE TAILWIND TIMES



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August 2011, Vol. 19, No. 8

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Message from Newsletter Editor Sheryl Keeme

It may still be 114 degrees, but plans are already underway for the 2012 PMBC Casa Grande Century! Ride Director, Julie Moore, is hoping for some PMBC member support this year! So, if you have been thinking of helping more with events, this could be your opportunity. The date is Sunday, Jan. 8, 2012. More information will be coming in future Tailwinds, but for now, mark your calendar and think about helping out!

More community and charity rides are springing up all over the state as local charities seek additional streams of revenue in a tough economy. Sure, you can ride most of these routes without having to pay registration fees or raise money, but there's something to be said about having great volunteers and rest stops smiling as they hand you a cup of trail mix and thank you for participating and also about hanging out with others who share the love of cycling as much as you do. So, if you have passed on these rides, think about supporting them this year.

PMBC members **Norm Smith and Karen Siebeck** of Phoenix are planning a transcontinental ride for next fall. They are seeking some good-natured folks to drive their truck and camp trailer as a SAG vehicle. The pair will be following Adventure Cycling Association maps for the southern tier ride. They concede that it is a pretty significant task finding folks with 30-45 days of free time who are willing to do this. Norm also said they are open to other cyclists joining them. If you are interested in helping them out and discussing terms or if you want more information about the trip in order to join them, you can contact Norm and Karen at this mailing address: PO Box 56203, Phoenix, AZ 85079 or via email at smithinphoenix@yahoo.com

Some of you may have received an email from PMBC VP Ken St. John with your membership renewal. If you have, please consider renewing your membership to PMBC! With several organized rides planned each year and free quarterly breakfasts to members, the cost of membership is a bargain at \$15 for single memberships and \$20 for family membership[s]. To initiate your renewal, visit this link: <http://www.pmbcaz.org/memberform.html> Or send your check made payable to PMBC to: Phoenix Metro Bicycle Club, PO Box 26788, Tempe, AZ 85285. For membership questions, write Ken at ken_stjohn@yahoo.com.



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: 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)

August 1	5:41 am	7:28 pm
September 1	6:02 am	6:54 pm

Aug/Sept. 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 McFadden at (602) 758-0722 or sueMcFadd@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—

8/28/11 – 6:30 AM – Tour de Queen Creek - 35 to 50 miles and anything in between – all fast (flat and fast). Breakfast at Chompies – Chandler Mall

9/4 – 7:00AM – Notice new start time for September – Original Mummy Mountain – mileage options 35 or 45 miles – with a lot of climbing on the longer route – breakfast at Einstien's – McClintock & Guadalupe

9/11 – 7:00 AM – Tempe Mountains – mileage options of 38 or 45 miles – a climb on the longer route. Breakfast at Paradise Bakery – 52nd Street & Ray

9/18 – 7:00 AM – McKellips loop, 34, 39, or 50 flat miles. Breakfast at Pleasaint Crosaint – Rural and Elliot

9/25 – 7:00 AM – Silent Sunday – head to South Mountain. Mileage options of 42 or 50 hilly miles. Breakfast at AZ Bread Company – Elliot & Kyrene.

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>.

Bike Blogs Abound

The only thing better than travelling the world on a bike, is travelling the world on a bike and writing about it. For the next few months, I will highlight bike bloggers here in Tailwinds. There are so many of them now, that it's impossible to cover them all. But if you have a favorite, please do send it to me to share.
Sheryl@girlsgoneriding.org.

<http://jimsbikeblog.wordpress.com/2011/08/21/off-the-map/>

Jim Peipert is a retired journalist and touring bicyclist since 1994. His blog highlights unusual bicycle stories from around the world, some he has experienced personally and others that he has read about or been told about. He also lists many of these bike bloggers on his page for your reading and subscribing pleasure.

Major Rides/PMBC Events/Meetings

These rides include PMBC events and meetings, other cycling club and charity events and races, and dates of other S

September 3-5, 2011

[Blue Loop Tour 2011](#) - GABA Tucson - September 3-5, 2011

GABA Tucson's Blue Loop is a 3-day tour over Labor Day weekend through the mountains of eastern Arizona and western New Mexico. The first day of the tour will take you 62 miles with 4800 ft. of elevation gain from Clifton to Glenwood NM. The second day from Glenwood to Alpine, AZ. will take you 58 miles with 5346 ft. of elevation gain. On Monday, the longest day of the tour, you'll ride 96 miles with 6800 feet of elevation gain from Alpine back to Clifton. Visit [GABA Tucson](#) for more ride and registration information.

September 11, 2011

[2011 Jerry Doss Memorial Skull Valley Loop Challenge](#) - Prescott Alternative Transportation - Sunday, September 11, 2011

Join Prescott Alternative Transportation for their 2011 Jerry Doss Memorial Skull Valley Loop Challenge, a fun, but challenging 54-mile ride in the cool pines of Prescott. Beginning in historic downtown Prescott the ride climbs up Iron Springs Road through forested hills before coasting into Skull Valley and on to Kirkland. The ride loops back to cool pines in Prescott via Kirkland Junction along 89 North through Wilhoit. For more ride and registration information visit [Prescott Alternative Transportation](#).

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

October 15, 2011 Tour de Paradise, <http://www.tourdeparadise.org/>

October 15, 2011 CFF Cycle For Life Free Kick-Off Ride and Lunch, BJ's Brewery Restaurant, Superstition, Mesa, AZ

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

October 29, 2011, Tour de New River, <http://www.tourdenewriver.com/>

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. 19, 2011 El Tour de Tucson, <http://www.pbaa.com/!ETT/ETHome.html>

Jan. 8, 2012 PMBC Casa Grande Century

Feb. 18, 2012, Fourth Annual Girls Gone Riding All-Women's Ride, <http://www.active.com/cycling/gilbert-az/allwomen-girls-gone-riding-bike-ride-4th-annual-2012>

No Bike Left Behind...

Undoubtedly you know Sue McFadden, 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/September weekly ride schedule, some ride recaps and of course, some Tidbits...

By Sue McFadden

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

Our last early start time of the summer season! We'll say good-bye to the dog days of August with a romp around town on the St. Francis Loop. Options of 26 miles or 35 miles, both with moderate climbing. Breakfast at Einstein's, northwest of Guadalupe & McClintock.

Saturday 9/3/11 7:00 am Kiwanis Park.

NOTE THE START TIME CHANGE! We start our roll into the fall season on the Tour de Sue. Route options of 28 miles or 36 miles, no climbing. Breakfast at AZ Bread, southeast of Kyrene & Elliot.

September 10 (Sat) Saturday Cycling

Start at 7:00 AM from Kiwanis Park. Breakfast road rides in the Tempe area.

September 17 (Sat) Saturday Cycling

Start at 7:00 AM from Kiwanis Park. Breakfast road rides in the Tempe area.

September 24 (Sat) Saturday Cycling

Start at 7:00 AM from Kiwanis Park. Breakfast road rides in the Tempe area.

Tidbits..

Earlier in August, the Saturday ride saw a repeat of an incident from two weeks ago, which underscores the idea that maybe some remedial training is in order for the pack. When you ride in a group, or even if you're riding with just one other cyclist in front of you, your forward line of sight is impeded. If you have riders close behind you, they are dependent on you to lead them safely past any hazards in the road. You can give a vocal signal, calling out something like "brick!" or "dead turtle!", but doing so doesn't tell the riders behind you which way to shift their line to avoid the object. Using the hand signal for a hazard in the road, which is to point your index finger to the ground on the side you are passing the object, gives the riders behind you an idea of which way to move to avoid the object. You should also smoothly move yourself out away from the object, instead of swerving around it at the last moment. Signal the object, also call it out if you want, and then smoothly lead your friends out away from the hazard. If you don't, your friends may later become a hazard for you.

www.pmbcaz.org

Become a League Cycling Instructor!

September 9-11 (Fri-Sun) League Cycling Instructor

The Coalition of Arizona Bicyclists is sponsoring a League Cycling Instructor course in Gilbert, Arizona September 9-11, 2011 by James Harms of Tucson and Fred Meredith with the League of Arizona Bicyclists (LAB). The training will prepare experienced cyclists to teach others the series of LAB courses on bicycle skills and safety for children and adults. The courses that will be covered include: Traffic Skills 101, Traffic Skills 201, Commuting, Motorist Education, and Kids I and II. The courses cover topics such as performing a bicycle safety check, how to operate and bicycle safely and legally, fixing a flat tire, crash avoidance, commuting, and others. Technical knowledge is not emphasized in the instructor course so it is essential that participants bring common solid background knowledge of cycling. Visit <http://www.cazbike.org> for more information!

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>