



# THE TAILWIND TIMES



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December 2011, Vol. 19, No. 12



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## Headlines from PMBC - Newsletter Editor Sheryl Keeme

### Casa Grande Century – Jan. 8

If you are busy attending holiday parties, shopping and figuring out how to keep warm while riding, take a second to mark your calendar for a day of riding and good times for the Casa Grande Century, one of PMBC's most popular rides of the year. Register [here](#) at Active.com or print out the registration form and waiver link found on Page in this newsletter and send it in (You can avoid the Active.com fee this way). Well-stocked rest stops staffed by friendly PMBC volunteers are among the perks offered on this ride which includes three routes beginning in Chandler.

So plan to begin pedaling away those holiday pounds with a great first ride of 2012!

### They are 'Not Your Mom'....but are fun riding companions!

Ever thought of riding to Tucson? Here's your chance to join a group of do-it-yourselfers. Each year, for the last 10 years, these folks have travelled to Tucson and back as one of the Not Your Mom Tours. This translates to the group is helpful and will do what it can to advise and assist, but the bottom line is they are NOT YOUR MOM so be prepared! SAG is provided which includes transporting one (1) piece of luggage throughout the tour which travels about 60 miles each day. The group stays in motels along the way and dines in restaurants.

The four-day Tucson tour is February 17 - 20 (Fri - Mon) The route is Scottsdale - Casa Grande - Tucson - Florence - Scottsdale, about 60 miles per day. For more information, visit <https://sites.google.com/site/tucsontour/2009-Home>, or the NYMTours [Yahogroup](#)

### PMBC

Congratulations to Phoenix Metro Bicycle Club's new officers!

These officers were confirmed during the December Membership Meeting. Good Luck to all of them and many thanks to each for volunteering.

**President:** Ken St. John  
**Vice President:** Kevin Peffley  
**Treasurer:** Wendell Hollinshead  
**Secretary:** Jennifer Siart

Lastly, the entire board would like to thank Ron Waller and Mike Kirk for their 4 years of service as officers. Your dedication and support of PMBC and the biking community is truly appreciated.



**Editor's Note: Please submit ride recaps, photographs and articles to me. –Sheryl Keeme**  
[Sheryl@girlsgoneriding.org](mailto: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](mailto:ken_stjohn@yahoo.com).

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

**West Valley Bicycle Club:** President: John Oplinger – (928) 671-0070 or [JOplinger5200@msn.com](mailto:JOplinger5200@msn.com), Vice President: Eric Kessler – [hogangoat7@cs.com](mailto:hogangoat7@cs.com), Secretary: Chuck Gerke (623) 974.9918, [Chuckruthgerke@aol.com](mailto:Chuckruthgerke@aol.com), Treasurer & Membership: Betsy Turner – (623) 979.8110 [bettur@q.com](mailto: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](mailto:ken_stjohn@yahoo.com)

**Newsletter Deadlines:** The deadline for submissions is the 15<sup>th</sup> 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](mailto: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](http://www.pmbcaz.org).

Tucson : [www.bikegaba.org](http://www.bikegaba.org)  
Prescott: [www.prescottcycling.org](http://www.prescottcycling.org) (e-mail: [pcc@prescottcycling.org](mailto:pcc@prescottcycling.org))

## Sunrise/Sunset (Phoenix, AZ)

December 1	7:14 am	5:20 pm
January 1	7:32 am	5:31 pm

## December 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](mailto: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](mailto: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 36<sup>th</sup> 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](mailto: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](http://www.pmbcaz.org/rideschedule.html). More info? Contact Kathy Mills, [kmills67@cox.net](mailto: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

<http://gritandglimmer.com/about/>

Grit and Glimmer (formerly known as the Everyday Athlete Blog) is a labor of love produced by Heidi Swift, a newspaper columnist, freelance writer and photographer (and sometimes bike racer) with a penchant for adventure.

The content here is sometimes informational, sometimes inspirational, but always, always straight from the gut.

## Casa Grande Century details

[www.active.com](http://www.active.com)

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The 2012 Casa Grande Century, sponsored by Phoenix Metro Bicycle Club will be held in January.

### Casa Grande Century

**Date:** Sunday, January 8, 2012

**Time:** 8am - 9:30am

**Location:** Safeway NE Corner Alma School and Chandler Heights 4970 South Alma School Road Chandler, AZ

**Length and Terrain:** Options!

\* 34 miles, out-and-back, flat

\* 62 miles (metric century), out-and-back, a slight hill

\* 102 miles (century), loop and mostly flat

**Registration Time:** 8:00am - 9:30 am

All century riders are requested to depart by 8:30 am.

All other riders depart by 9:30 am

**Fees** are for registration **prior to January 1, 2012**

**Fees** after that date are **\$10** more

**PMBC and GABA members:**

Century/Metric Century \$20

34-mile ride \$15

**Non-members:**

Century/Metric Century \$30

34-mile ride \$20

**Maps will be available at the start.**

**To Register:**

**Mail** your check and registration to

PMBC P.O. Box 26788, Tempe, AZ 85285

OR

**Register Online** [www.active.com](http://www.active.com)

An additional fee will be charged for online registration.

All riders will be required to sign a waiver.

Volunteer SAG vehicles will be patrolling the route. Minor mechanical support will be provided as is practical.

**Questions:** Ride Director:

Jules More

[lv2bike@hotmail.com](mailto:lv2bike@hotmail.com)

520 836-3818

Plans for the 2012 Casa Grande Century are under way. We have once again secured Safeway as the Start/Finish for our event that will be on Sunday, Jan 8, 2012. Registration will open Oct. 1st online at [active.com](http://active.com).

Registration forms will be available on line at our club website [www.pmbcaz.org](http://www.pmbcaz.org) and through the monthly club newsletter.

Prices shall remain the same for century and 62-mile riders.

PMBC and GABA members at \$20 before Jan. 2, 2012 and \$30 after that and on the day of registration.

Fee for non-members will be \$30 before January 2, 2012 and \$40 after that and day of registration.

Prices for 34-mile riders is \$15, \$25, \$20, and \$30 respectively.

There are three routes: 100-mile century, 62-mile metric century and a 34-mile ride. There will be rest stops, SAG support and a hot lunch at Dave White Regional Park in Casa Grande for the century and metric century riders. This ride is a great first century or metric century. The terrain is flat, the roads have low traffic, and if history repeats itself, the weather will be sunny with a high of 70. What more could you want?

How about SAG stops with water, fruit and snacks, and the century and metric riders get a hot lunch at Dave White Regional Park in Casa Grande?

You'll also get a route map.

There are three ride options: A Full Century (100 miles), a Metric Century (62 miles) and a 34-mile ride. The 34-mile ride is out-and-back and flat. The 62-mile ride is out-and-back, with a slight hill. The 100-mile ride is mainly a loop and flat.

Please bring enough spare tubes for your ride. There will be SAG and sweep vehicles on all routes to assist you. The sweeps are also available for the weary and downtrodden!

**[Click here](#) to download the .pdf for registration. (Send this registration form in to avoid Active.com charges.**

## 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.*

Jan. 8, 2012 PMBC Casa Grande Century <http://www.active.com/cycling/chandler-az/casa-grande-century-cgc-2012?int=29-6>

Jan. 28, 2012 United Blood Services Tour de Hero <http://www.unitedbloodservices.org/AZ/>

Feb. 10-11, 2012, Tour de Palm Springs <http://tourdepalmsprings.com/node/11>

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>

March 18, 2012, Tucson Cyclovia – 10 AM to 3 PM <http://www.cycloviatucson.org/>

March 24, 2012, American Diabetes Association Tour de Cure <http://www.active.com/cycling/phoenix-az/tour-de-cure---phoenix-az-2012>

April 14-15, 2012 Bike MS Ride The Vortex – Sedona Verde Valley ride  
[http://bikeaza.nationalmssociety.org/site/TR/Bike/AZABikeEvents?fr\\_id=17649&pg=entry](http://bikeaza.nationalmssociety.org/site/TR/Bike/AZABikeEvents?fr_id=17649&pg=entry)

## 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

#### Coming up...

##### **Saturday 12/17/11 4:00pm to 6:00pm Holiday Party!**

See the website for complete details. Location is D.Vine Bistro (northwest corner of Ocotillo & Alma School), cost \$15 per person.

##### **Saturday 12/24/11 8:00am Kiwanis Park.**

Don your red and green, your antlers and your jingle bells, it's Christmas Eve. For all the good boys and girls, we'll be doing a figure eight loop up through town on the St. Francis Loop. Mileage options 26 miles or 36 miles, both with moderate climbing to keep you warm. Breakfast after the ride at Paradise Bakery, southeast of Guadalupe and McClintock.

##### **Saturday 12/31/11 8:00am Kiwanis Park.**

We say good-bye to 2011 with romp south on the Tour de Sue. Route options of 28 miles or 36 miles, no climbing. Breakfast at AZ Bread, southeast of Elliot & Kyrene.

#### Tidbits..

What an eclectic cross section of people are represented in our club! When you look around on a Saturday morning, such a motley crew. We differ a bit from some road cycling clubs, by way of our age demographic. A club survey one

## 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](http://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 48<sup>th</sup> 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](http://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](http://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](mailto: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>