



# THE TAILWIND TIMES

May 2012, Vol. 20, No. 5

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## Message from the president: By Ken St. John

Here is the 4<sup>th</sup> of the five part series on our reasons for being. Number 'd' in the bylaw's list of Purposes for PMBC:

**To publish regularly a newsletter or electronic publication via the club's website of comprehensive information concerning cyclists.**

This one was recently modified to acknowledge our transition from the original paper newsletter distributed by snail-mail, to the current .pdf version posted on our comprehensive web site.

Have you browsed our web site lately? There is too much information for me to list. Some of the more useful pages for me are the Ride Schedule and the AZ Cycling Links. Our web master, Terry Wright, does an outstanding job keeping the content current and organizing it for ease of use.

You can locate email address of other club members who chose to make theirs available. They are cleverly protected from robot s/w that surfs for spam victims, so don't be shy about adding yours to the list. You never know who may want to reach you.

You also have the ability to upload your own classified ad when you're ready to sell off the old bike and upgrade. Or post an ad for your personal business so club members can support each other through our spending.

As for the newsletter, I'm hoping you've noticed that it has been streamlined some. We've attempted to reduce the redundancy with the other sections of the web site and focus instead on actual articles regarding information concerning cyclists. You'll see occasional ride reports for major events. We've had several articles recently regarding opportunities and experiences with bicycle touring. Our hard working newsletter Editor, Sheryl Keeme, is also active with CAZB and provides us updates on cycling advocacy activity.

We'd love to have more contributors to the newsletter. Other topics of interest might be: charity rides, bicycle charities to donate time money or bikes to, cycle commuting, safety tips, and I know I would appreciate if one of the racing fans in the club could help keep me up on the highlights of the international pro scene, or local armature action. Just contact me or Sheryl with your ideas if you'd like to be a part of fulfilling this piece of PBMCs mission.

See you on the rides,  
Ken

## Tailwind Times Deadlines and submission information

**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.

## PMBC joins scores of other cycling groups for Ride Of Honor on May 19th



### Groups rode from all points of the valley

Planned to support advocacy efforts to introduce new legislation that will help keep cyclists safe, the Ride Of Honor attracted 1000 cyclists from around the valley including a delegation from PMBC.

Speakers included Sterling Baer, founder of Not One More cyclist foundation, organizers of the rally; Gary Pierce, chairman of the Arizona Corporation Commission; and other legislators. One of the most poignant messages was delivered by Brent Holderman, one of three RaceLAB cyclists hit in April by a distracted driver, who made his plea to the all that Arizona needs better enforcement of current laws and a dedicated distracted driver law

## Plan now! PMBC historically FUN White Mountain Tour coming up in July

**PMBC's White Mountain Tour** has been attracting cool-weather seekers from the valley for more than 20 years.

Non-members pay \$70 and PMBC members pay \$60 through July 7 when the price goes up for late-comers by \$20.

Fully-supported metric century on Day One with plenty of climbing in moderate temperatures with rest stop goodies, Saturday night's dinner and luggage transport to Day One's hotels included in the price. Conclusion of Day One is Springerville's Sunrise Ski Resort Day Two is mostly downhill and is 36 miles concluding at the start of Saturday's ride (Hon-Dah Casino Resort).

Find all of the details here: <http://www.pmbcaz.org/RideFlyers/2012WhiteMountainTour.pdf>

Registration may also be found on [www.active.com](http://www.active.com) but send your form in with a check payment to avoid Active fees if you like.

## PMBC Saturday Cycling Transition – Ken St. John

Hello Saturday Cyclists,

As many of you already know, Sue McFadden, the long-time leader of PMBC's flagship weekly event, Saturday Cycling, has given notice that May 2012 will be her last month in that role.

Thank you Sue, for the magnificent job you've done in making Saturday Cycling a consistently great ride. You have been an inspiration to me and many others.

I would like to assure all of you that the board is committed to continuing Saturday Cycling indefinitely with a seamless transition of leadership, starting with the first ride in June where you will see my name and number in place of Sue's on the ride map.

Any member interested in volunteering to help with the many elements of ride leadership that Sue has fulfilled, please email me: ken\_stjohn@yahoo.com. We would be happy to spread the honor and duty of ride leadership among many.

Thanks again Sue, and to all the participants that make Saturday morning rides so much fun.

Ken St. John  
PMBC president

## Save some extra cash at PMBC Night at Performance Bicycle – Sunday, June 10<sup>th</sup>!

PMBC will host its third "PMBC Members Night at Performance Bicycle", Sunday, June 10th, from 6pm to 8pm. As before this is an exclusive event just for PMBC members. There will be discounts, food and give-a-ways to all PMBC members. The store will be closed to non-members during the event.  
Ed. note: Thanks to Robert Fulleman for setting this up!

## Thinking about trying bike-camping or bike touring in Maricopa County? --Tom Adams

Have you thought about trying bike touring or bike camping, but aren't sure how to get started? Have you thought that a week-long bike tour might be more than you can handle? Have you been intrigued by the Adventure Cycling's new [Bike Overnights](#) idea, but don't know where you could go? Are you wondering what equipment you'll need?

Where to go is simple. There are 6 County and State Parks with campgrounds within a day's bike ride of your home in the Valley of the Sun. They make an arc across the top of Maricopa County from West to East: [White Tank](#), [Lake Pleasant](#), [Cave Creek](#), [McDowell Mountain](#), [Usery](#) and [Lost Dutchman](#). Any one of them is a good choice. All the campgrounds have flush toilets and showers, and some of the camp sites have shade ramadas.

When to go is also simple. Go during the ride season, from October through April, when the weather is cool. All the parks now have online reservation systems, so you can pick out your campsite long in advance to be sure there will be a spot for you when you get there. If you have a few friends coming with, the Parks all have standard rules for how many tents, people and motor vehicles can be at each campsite. The Parks have hiking trails, Ranger-led hikes, visitor centers and other activities, so you have plenty to do if you have an extra day or two at the park.

The routes to any of the parks is fairly until the last few miles when you climb up into the hills to enter the park. All the parks are accessible to road bikes on routes that are low-traffic and bike friendly. The [2008 Bike Ways Map](#) from the Maricopa Association of Governments (MAG) is an excellent resource for planning your trip. You can get a printed copy from any bike shop, or from your [city bike planner, listed here](#). I've heard that an updated version of the map is due out later in 2012. Another resource for route planning is Google's bike maps. Be careful when using Google bike maps, as they do not distinguish between paved and unpaved routes.

So now we are down to equipment. What will you need to take? I'll assume that you will be camping and carrying your own gear on your bike, and that you are going for 3 days.

- **Cycling gear:** You don't need a special touring bike, but your ultra lightweight racing bike will not be able to carry the gear, and those skinny racing tires will give you trouble. Your old hybrid with 1" to 1-1/2" wide tires will work well, and can carry all the gear. A **rear rack** will carry your bulky items. You can stash other items in a **backpack** and **panniers**. Take a **Camelbak** or several water bottles. You need to stay hydrated, even during the Arizona winter. Self-supported touring isn't a race, so plan on an average of 10-12 mph. You have all day to get there, so take breaks along the way.
- **Sleeping:** You'll need a **sleeping bag** and **air mattress** or sleeping pad, and a 1- or 2-man **tent**.

- **Food:** There are plenty of restaurants on the way to and from your campground, but no restaurants or stores with food at the campgrounds. You'll need **two breakfasts, two dinners, and one lunch**. The [Mountain House](#) brand of freeze-dried meals are convenient and tasty, but you can also find quick, no-cook or easy to cook meals at your supermarket.
- **Cooking gear:** You'll want a camping **stove**, a small **pot** to heat water, a **cup**, a **bowl** and a **spoon**.
- **Medicine/Toiletries:** Take sunscreen and enough of your medicines for the trip. Bring along a quick-drying towel, soap, shampoo and other toiletries.
- **Clothing:** You'll want fresh "civvies" for your day off and a pair of sneakers or hiking boots. You want layers in case of cold weather. If there's a chance of rain, throw in lightweight rain gear. You might also want a fresh set of cycling clothes for the ride home.

There are plenty of websites with Touring [checklists](#), and [recommendations for touring bikes](#). [Adventure Cycling](#) and [REI](#) are good resources, and [Crazyguyonabike](#) has many bike touring tales. If you want to meet some local cycling tourists [ABC's Not Your Mom Tour chapter](#) has monthly bike tours from October to May each year. If you have questions about bike touring, routes, etc, join the [NYM Tours Yahoo Group](#) and ask the members. Hope to see you next Fall!

## Mark your calendars to ride and eat! PMBC Quarterly meeting and breakfast is June 16

PMBC has announced that the second Quarterly Membership Breakfast Meeting for 2012 will be held on Saturday June 16th, 2012 at Jason's Deli in Chandler, on Fry Rd., just South of the Chandler Mall. You may ride there from Kiwanis Park with Saturday cycling, or meet us there at 8:30 am. Breakfast is free for all PMBC members, \$8 for non-members

## Volunteer Opportunities – PMBC Volunteer Coordinator, Armando Charvet

We are looking for volunteers for the 2012 White Mountain Tour. The dates for this two-day ride will be July 14 and 15, 2012 in the beautiful White Mountains in Arizona.

If you volunteer, not only will you get that great sense of satisfaction that comes with helping your fellow riders, but you also have an opportunity to get away from the Phoenix July asphalt-melting heat, and enjoy the scenery of the white mountains.

If that isn't enough to convince you to volunteer, the club will reimburse you mileage costs and will also cover the cost of hotel accommodations for Friday and Saturday night.

If I still haven't sold you on the idea of volunteering, you will also get a brand-new volunteer T-shirt that you can show off at the next club function.

If you are interested, or have any questions, please send me an email [Armando.Charvet@gmail.com](mailto:Armando.Charvet@gmail.com).

--Armanda Charvet

## PMBC Events/Meetings

*These include PMBC-sponsored events and meetings,*

**Quarterly breakfast and meeting – June 16, 2012, Jason's Deli following the ride at 8:30 AM**

**White Mountain Tour – July 14-15, 2012** <http://www.pmbcaz.org/RideFlyers/2012WhiteMountainTour.pdf>

## Community Events, Bike Rides, Charity Rides

*These include other cycling club and charity events and races, and dates of other cycling-oriented activities.*

Tuesdays, FREE Underground CRIT -

June 30-July 22, 2012 The 99<sup>th</sup> Tour de France

July 21, 2012 Absolute Bikes Taylor House Century Ride, Flagstaff, AZ <http://absolutebikes.net/taylor/>

October 14, 2012 Scottsdale Cycling Festival Tour de Scottsdale

October 20, 2012 New River, AZ Tour de New River

October 20, 2012 Paradise Valley, AZ, Tour de Paradise

November 3, 2012 [Cystic Fibrosis Foundation Cycle Of Life](#) Goodyear, AZ (\$15 reg Memorial Day weekend)

November 10, 2012 Cave Creek Bicycle Festival, Cave Creek, AZ

November 17, 2012 El Tour de Tucson



## Ride Of Silence

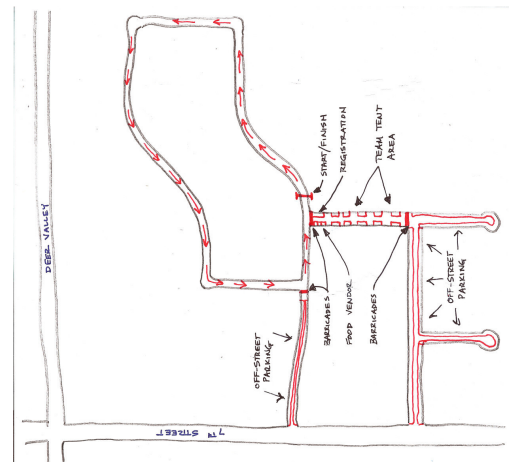
Ride Of Silence happened in several areas

## Underground CRIT – Deer Valley

The brainchild of Timothy Fleming of Fleming Wealth Strategies, the weekly underground CRIT at 7<sup>th</sup> Street and Deer Valley began with 17 friends riding it a year ago in April to often scores who show up to get a good, hard workout each Tuesday night, year-round.

Formats vary from week to week but all are welcome.

For more information, contact Timothy Fleming at [timothyf.fleming@lpl.com](mailto:timothyf.fleming@lpl.com)



## Bike Blogs Abound

This month, here's a portal to scores of bicycling blogs from everywhere:

<http://www.bikerumor.com/links/cycling-blogs/>

### **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)**.

## Got Jersey?



Check out the jersey and all of the club gear online at: <http://www.pmbcaz.org/jerseydesign.html>