



THE TAILWIND TIMES

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Message from the president: By Ken St. John

This is the final installment of the 5 part series that address two of life's biggest questions: Who are we?, and Why are we here?

Purpose number 'e' from the PMBC bylaws provides this last reason for why we exist:

To encourage bicycling as an energy efficient and healthful means of transportation.

I think this is another example of a goal we approach by example setting. Seeing us two-wheeling on the city streets proves that bicycling in the Phoenix Metro area is actually doable. And as riders increase their skills and confidence by participating in the fun of spirited cycling with a group of friendly people (us), we may be directly contributing to an increase in the use of bicycles as basic transportation. Just not overtly.

Personally, I am an advocate for cycling as transportation and do bike to work, to church, to the gym, the grocery store, the mall, and the post office as often as I can. So I'll take this opportunity to do a little encouraging now.

As recreational cyclists, you know you have physical ability, the bike handling skills, you know the road rules, and you have at least one bike. In theory, you could throw on a backpack and ride your carbon fiber racing bike to work. But I wouldn't. I think bicycling for transportation, if there is any cargo involved, is best done with different equipment.

I don't like riding with a pack on my back. The bike frame should be the beast of burden. I'm just the engine. I recommend a rear mounted rack on a bike that's sturdy enough to hold some extra weight. And a pannier that's easy to pop on and off and carry like a gym bag or brief case.

For biking to work, you're likely to need to carry more than your tool kit and a spare tube. I have to accommodate: a change of clothes, lunch box, front and rear lights, a sturdy lock, notebook computer, miscellaneous paperwork, and all of the contents of my pockets (phone, wallet, keys, watch, etc). To do any serious shopping by bike, you'll want even more cargo capacity. On my touring bike with front and rear panniers I can carry two six-packs and two canvas bags of groceries with room to spare.

If you want to be able to ride in any weather add fenders, rain jacket and pants, maybe some shoe covers and even a bike cover if you don't have covered parking. To ride through our summer heat, it helps to have showers available at your workplace. Otherwise you improvise – leave earlier in the morning, don't push the pace, and allow some time to cool off before changing into clean clothes. If you do have a shower facility, then there are even more logistics to deal with – towel, soap, shampoo, comb, etc.

When the weather is cool and clear, and if your commute distance is short, it is possible to ride in ordinary street clothes. Then when you arrive at work, you just park and get on with your day. No fuss.

Certainly driving a car is going to be more comfortable and convenient. But biking still has its advantages. There's the same reasons we do the club rides: fun and fitness. I feel more like part of the natural world when I'm not sealed up in a climate controlled environment. Traffic jams seldom affect me. But my primary motivation is to avoid using a motor vehicle. I could go on and on about the often overlooked negative aspects of motor vehicle use. Maybe another time.

You know you have the ability. I encourage you to look for opportunities to leave the car at home and get to where you're going by bike – an energy efficient and healthful means of transportation.

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.

Four top US Cyclists withdrew from consideration for the Olympic Team

Levi Leipheimer, George Hincapie, Christian Vande Velde and David Zabriskie requested that their names be removed from consideration for spots on the US road cycling team for the Summer Games according to USA Cycling this weekend.

The national governing body for cycling announced that Taylor Phinney, Tejay van Garderen, Chris Horner, Timmy Duggan and Tyler Farrar compete.



Levi Leipheimer, right, rides Saturday in the Tour of Switzerland.

All four riders who have removed their names, spent time on the U.S. Postal team with Armstrong, the seven-time Tour de France champion who is facing fresh doping allegations by the U.S. Anti-Doping Agency.

The USADA has also accused Armstrong's former team manager, Johan Bruyneel, and other associates of being involved in a long-standing doping conspiracy that supplied the champion cyclist's teams.

Armstrong and Bruyneel have denied the allegations.

According to the USADA's June 12 letter announcing the charges, "numerous riders" from Bruyneel's teams will testify that he gave them performance-enhancing drugs or encouraged them to use them.

The USADA has kept the identity of those riders secret, so it remains unknown whether the four who removed their names from Olympic consideration are among them.

Leipheimer, the reigning Olympic bronze medalist, is arguably the biggest name missing from the roster released by USA Cycling on Friday. He was teammates with Armstrong on the U.S. Postal team from 2000-01 and rejoined Armstrong during his comeback from retirement.

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 but send your form in with a check payment to avoid Active fees if you like.

PMBC hosts Tour de France viewing get-togethers

PMBC will host several opportunities to view various stages of the Tour de France beginning June 30th at Bleachers Sport Grill in Ahwatukee. Come to one or all of these and meet some fellow members while we watch the boys on bikes battle the greatest bike ride in the world.

Tour de France parties:

Saturday, June 30 - Opening Prologue

Saturday, July 7th - Stage 7 (Medium Mountains)

Saturday, July 14th- TBD

Saturday, July 21st - Stage 19 (Individual TT)

Times- TBD by NBC Sports (see PMBCAz.org for more info)

Bleachers Sport Grill

15410 S. Mountain Pkwy, Phoenix

NW corner Chandler Blvd & 40t Street- behind Walgreens

Door Prizes, trivia questions during the Stage!!!

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.

--Armanda Charvet

PMBC Events/Meetings

These include PMBC-sponsored events and meetings,

PMBC Social Events – Tour de France Viewing Parties – Saturdays, beginning June 30th through July 31st. Details here: <http://www.pmbcaz.org/RideFlyers/TdeF2.pdf>

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 99th 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

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

November 17, 2012 El Tour de Tucson



Bike Blogs Abound

Not really a blog but a cool thing anyway.

Check out this do-it-yourself-repair initiative called Rusty Spoke in downtown Phoenix.

<http://www.rustyspoke.org/>

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**.

Got Jersey?



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