

GREATER ARIZONA BICYCLING ASSOCIATION LEGACY CLUBS...

Phoenix Metro Bicycle Club West Valley Bicycle Club Prescott Cycling Club
www.pmbcaz.com



THE TAILWIND TIMES

February 2010, Vol. 18, No. 2

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Spokesnotes: Sheryl and Al Keeme, co-editors



Feb. 1, 2010

The sun showed its delight on the riders who turned out for the Casa Grande Century on Jan. 10th by displaying a beauty of a sunrise. Hazy clouds hung around for most of the rest of the day. As usual, the first ride of the year saw scores of cyclists out for a jaunt to Pinal County. Rest stops were plentifully stocked and volunteers were able to get everyone checked in or registered and we were on our way. The wind kept at bay for much of the day, at least on the metric century route. Tom's BBQ's finest pulled pork and chicken tempted all.

Great volunteers made this day a perfect way to kick off a rollicking 2010 of riding.

After a January of rainy weekends in 2009, it has been good to have some dry winter weekends. Get ready for the Mining Country Challenge in March. In February, the Kiwanis Park Saturday rides get away from the flats and head to the hills. Note the time change to an 8 a.m. start in February on the schedule and read up about how to ride in the rain on Page 8. **PLEASE SEND YOUR RIDE PHOTOS, QUESTIONS or COMMENTS FOR MARCH'S TAILWINDS! We'd love to share them.**

--Sheryl and AL Keeme

Gears Around The Globe

AUSTIN--Lance Armstrong decided he wanted a few buddies to ride and race with—so he opened up his place and said: Let's RACE!

On November 22, Lance hosted the first Mellow Johnny's Classic cross-country race at his Juan Pelota Ranch, just an hour outside Austin. To the more than 600 mountain bikers that day, the very technical route gave up a challenging experience. Look for a longer and national-level race next year, <http://mellowclassic.blogspot.com>. (Adapted from *Bicycling* March 2010)

TEMPE--Check out Tempe Bicycle Action Group or TBAG for information about their weekly rides that could be called Tour de Farmer's Market. Groups huddle at the Tempe Beach Park on Saturdays for a trek to the Phoenix Farmer's Market downtown. The ride attracts intermediate and advanced riders who travel the 18 miles at 15-18 mph to indulge in local treasures from produce, honey, pasta and fresh-baked goods, eating whatever they cannot carry before heading back. Find out when they are riding at www.biketempe.org. (Adapted from *Bicycling* March 2010)

AUSTRALIA--While we, in the states, are wrapping up in cold weather gear the Australian Santos Tour Down Under has just wrapped up. This year's winner was Andre Greipel of Team HTC-Columbia. Other notables are Cadel Evans (BMC) 21", George Hincapie (BMC) 29" and Lance Armstrong (Team Radioshack) 1'03" behind the overall leader.

Germany's Andre Greipel is the second rider of the Santos Tour Down Under to win the event twice. A great performance saw him win three of the events six stages and fend off all challengers with support of his HTC-Columbia team.

Classification Winners:

- Santos Tour Down Under Winner GREIPEL Andre, Team HTC - Columbia
- Jayco Sprint Winner GREIPEL Andre, Team HTC - Columbia
- Skoda KOM Winner ROHREGGER Thomas, Team Milram
- Cycle Instead Best Young Rider Winner ROELANDTS Jurgen, Omega Pharma Lotto
- Brilliant Blend Team Winner AG2R La Mondaiale

Member Profile: Pat's Cyclery

Pat's Cyclery has been in existence and supporting cyclists for longer than most of us have been alive ("Serving the East Valley since 1947"), let alone riding! Pat's is an annual supporter of our club, and deserves our support and patronage. The East Valley shop has recently moved further east. Check out Pat's Cyclery's NEW LOCATION and NEW HOURS in the Target Center at Power and San Tan Freeway 202.

Pat's Cyclery is run by Don and Ken Patterson. Their support for organized bicycle rides extends back into the 1950's when rides used to take place between Tempe and Tucson on three speed bicycles. More recently their support vehicle carries a lot of replacement parts. Ken says, "When supporting the old MS 150 I would encounter more serious damage to the bicycles because the riders on charity rides sometimes are novice riders who turn into one another resulting in my spending a lot of time restoring a wheel or derailleur that would normally be replaced in a bicycle shop. I started maintaining a checklist for support of major rides so we are prepared for tandem and recumbent repairs as well as the more typical road bike".

Don was dumbfounded once by a rider on another charity ride, who insisted on thorn resistant tubes, he only had regular tubes on the truck, the rider chose to go home rather than use the lightweight ones. These days Don is usually doing the SAG support while Ken rides the event. Don insists that this is going to change.

Shop Name: Pat's Cyclery

Location: In Mesa, AZ, 5052 S. Power Road, #104, Mesa, AZ 85212

Shop Hours: Mon-Sat, 10 a.m. to 7 p.m., Sundays 11 a.m. to 4 p.m.

Phone Number: (480) 964-3330

Web Site: <http://patscyclery.com>

Bicycles Sold: Trek Bicycles (including WSD-Women's Specific Design), Diamondback, Sun unicycles, and more... Other Products of Note: children's bikes, comfort, cruisers, recumbent bicycles and the Trek T900 tandem...lots of accessories, racks, clothing, and other cycling-related goodies

Services: Repairs, tune-ups, bicycle sales and fitting.

Past PMBC Support: Casa Grande Century SAG support, including a boat-load of spare tubes.

Sunrise/Sunset (Phoenix, AZ)

Feb 1 7:24 a.m./6 p.m.

Mar 1 6:57 a.m./6:25 p.m.

Questions? Comments? Here's who to call

A Note on Membership Questions *from PMBC Vice President Ken St. Johns*

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, please drop me an email at ken_stjohn@yahoo.com.

Phoenix Metro Bicycle Club: Ron Waller, Pres (ronwaller@cox.net); Ken St. John VP & Mailing List (ken_stjohn@yahoo.com), Mike Kirk, Treasurer (mkirk9942@aol.com); Cindy Dimassa, Secy (cjdimassa@cox.net); Al and Sheryl Keeme, Newsletter Editors, (602) 369-7452, (Sheryl@girlsgoneriding.org).

West Valley Bicycle Club: (2009 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@g.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.

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 and Al Keeme, 3354 E. Thornton Ave., Gilbert, AZ 85297. You may e-mail Sheryl and Al 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)

February 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 (Includes most major club/event rides. For a more comprehensive ride schedule visit www.pmbcaz.org)*

REGULAR CLUB RIDES (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.

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>.

AZ Major Rides/PMBC Events/Meetings

--Most rides involve rider registration fee or donation.

Feb 7 (Sun) – Picacho Century (GABA-Tucson) – www.bikegaba.org

Feb 20 (Sat) – Second Annual Girls Gone Riding All-Women’s Ride - <http://www.active.com/cycling/gilbert-az-az/2nd-annual-girls-gone-riding-allwomen-bike-ride-2010>

Feb 21 (Sun) – Laveen Country Challenge - <http://www.active.com/cycling/laveen-az/country-challenge-2010>

Mar 6 (Sat) – PMBC Board Meeting

Mar 13 (Sat) – Tour de Cure, Phoenix (ADA) – www.diabetes.org/tour

Mar 13 (Sat) – PMBC Club Breakfast

March 14 (Sun) – Sierra Vista Century (GABA) --
http://www.bikegaba.org/index.php?option=com_dtregister&eventId=379&Itemid=&task=event_register&type=reg_individual

March 20 (Sat) – Mining Country Challenge (GABA)

Mar 27-28 (Sat-Sun) – Bike MS Round-Up Ride, Florence (Pinal County), AZ (National MS Society, Arizona Chapter) –
www.bikeMSarizona.org

March 27-28 (Sat-Sun) – Sonoita-Bisbee Overnight (GABA)

Apr 10 (Sat) - El Tour de Phoenix (PBAA) *Note: this is a revised date!* – www.perimeterbicycling.com

April 17-18 (Sat-Sun) – Triangle “L” Ranch Ride (GABA) --
http://www.bikegaba.org/index.php?option=com_dtregister&eventId=383&Itemid=&task=event_register&type=reg_individual

April 25 (Sun) - 13th Annual Ride for the Children - Ride for the Children is a charity bicycle ride benefiting homeless children who attend schools in Maricopa County. Registration starts at 7 a.m. and the Ride begins at 8 a.m. from Horizon High School at 56th Street and Greenway Road in Scottsdale. Three distances will be available: Metric Century (65 miles), 25 miles, or 10 miles. For complete ride and registration information visit [Ride for the Children](#).

April 25 (Sun) – Tour of the Tucson Mountains (PBAA)

May 1-2 (Sat-Sun) – Salt River Canyon Overnight (GABA)

May 7 (Fri) – Mount Lemmon Hill Climb (GABA)

May 22 (Sat) – PMBC Board Meeting

May 29-31 (Sat-Sun) – Luna Lake Memorial Day Weekend Ride (GABA)

June 12 (Sat) – PMBC Club Breakfast

June 26 (Sat) – PMBC Board Meeting

We ALL love to ride... But have you tried volunteering? If not, you should!

Volunteer for the Mining Country Challenge on March 20, 2010...

Email Charlie Davis charliedavis@cox.net or Jack Graham JGraham782@aol.com to see how you can help.



Mining Country Challenge



AN APPROVED HELMET IS REQUIRED:

18th Annual Mining Country Challenge - 66 and 96 Mile Options

Saturday, March 20, 2010

Sponsored by Phoenix Metro Bicycle Club

Volunteers are still needed to help out with this ride. We are always looking for SAG support, helpers, food servers, tire changers or whatever you can donate of your time. Please contact Charlie Davis (charliedavis@cox.net) or Jack Graham (JGraham782@aol.com) if you would like to help your club put on this ride.

Climb. Climb. Then climb some more... That's the Mining Country Challenge. It's not for everyone, but if you have aspirations to really put your climbing abilities to the test, this is the ride for you. By the end of the 96 mile ride you'll have climbed 7000 feet.

The ride starts in Old Town Superior in the heart of Arizona's mining country. From Superior, you'll go through the Queen Creek tunnel on US 60 (bring your blinking red tail light) and head on toward Miami on the climb nicknamed "Top of the Hill." The road has a narrow shoulder or no shoulder in some spots and it is a two-lane road – Please ride single file. The route passes the Inspiration Mine near Globe and then leads southeast out of Globe. Then you tackle a long, 8% grade into the Pinal Mountains to the top of "El Capitan." This is a great place for a rest stop. The downhill into Winkelman is your reward...and the lunch stop after you turn the corner toward Superior (or the Circle K if you prefer).

Out of Winkelman, you'll head north toward Kearny, passing the Ray Mine. The climb culminates in a "hill" called "The End of the World," a 1.5 mile climb that averages 11%. After you make it up that hill, you will think it is the end of the world! From the top it is downhill into Superior.

Again this year we will have the addition of a metric century option (actual distance 66 miles). The route will go from Superior to Winkelman and return. This will be a great route for those who want to test their climbing abilities, but are not certain they can (or want to) ride the full 96 mile route. But don't feel left out - The cyclists who will be riding the metric century will also have the challenge of surviving the 11% climb up "The End of the World" on their way back to Superior.

WHEN

- Saturday, March 20, 2010
- 7-8:30 a.m. Registration/Check-in
- 8 a.m. Full Century Start time; 8:30 a.m. Metric Century Start time
- Registration and starting times not yet available.

WHERE

- Ride starts in Superior, Arizona
- Registration and the Start will take place near the intersection of Main Street and Magma Ave. Look for the signs and the registration table.
- From the Phoenix Metro area take Hwy 60 (Superstition Highway) east to Superior. Exit at the 177 Winkelman exit and head north. Main Street is less than a mile from the exit and where the start will be.
- From Tucson take 77 north to 79 and continue until you get to Hwy 60. Turn east on 60 and exit at the 177 Winkelman exit and head north one mile.
- Parking: Main Street and the courthouse on the east end have parking spaces. Or park along a side street.

- The ride finishes at the same location.

REGISTRATION FEE

Pre-registration for PMBC/GABA/ABC members before 03/16/2010: \$30 **NOTE: MUST BE RECEIVED BY MARCH 16, 2010**

Pre-registration for Non-members before 03/16/2010: \$35 **NOTE: MUST BE RECEIVED BY MARCH 16, 2010**

Day-of registration for PMBC/GABA/ABC members: \$40

Day-of registration for nonmembers: \$45

REGISTER HERE:

<http://www.active.com/cycling/phoenix-az/mining-country-challenge-2010>

ADDITIONAL INFORMATION • For more information contact email Charlie Davis or Jack Graham.

Phoenix Metro Bicycle Club

RELEASE AND WAIVER OF LIABILITY. ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Date _____

I agree to sign the RELEASE AND WAIVER OF LIABILITY. ASSUMPTION OF RISK AND INDEMNITY AGREEMENT If I decide not to sign the agreement, I will not register.

Riders must obey all Arizona traffic laws and must wear ANSI, ASTM or Snell approved helmets.

LEAGUE OF AMERICAN WHEELMEN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB")

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT") IN CONSIDERATION of being permitted to participate in any way in Phoenix Metro Bicycle Club, a.k.a. Phoenix Metro GABA, ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or any cost which may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF

PARTICIPANT: _____ **PHONE:** _____

EMAIL _____

ADDRESS: _____

City: _____ **State:** _____ **ZIP:** _____

PARTICIPANT'S

SIGNATURE: _____

DATE: _____

Emergency contact information: Name _____

Phone: _____

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST WHICH MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: _____

PHONE: _____

ADDRESS: _____ CITY: _____

STATE _____ ZIP _____

PARENT/GUARDIAN

SIGNATURE: _____

DATE: _____

(Only if participant is under the age of 18)

Coalition of AZ Bicyclists Update

--Bob Beane, CAzB President

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

What does the Coalition do?

- Promotes bicycle usage (transportation, recreation, fitness)
- Promotes bicycle safety (safe riding practices/techniques, "environment")

How does the Coalition pursue its objectives?

- Education (bicycling classes for adults, school programs, law enforcement agencies, bike rodeos, etc.)
- Planning participation (transportation planning)
- Advocacy (local, county, state, federal)
- Outreach (support of injured cyclists and families in severe injury/fatality)
- Coordination of bicycle organizations throughout the state.

How can bicyclists participate?

- Individual/family membership (www.cazbike.org): \$25/\$30
- Club/team/business memberships: \$75 to \$150 (Is your club, team, bike shop or business a member? PMBC is...)

- Participate in Memorial Ride for Safety in October (other events?)
- Stay informed (www.cazbike.org and member newsletters)
- Respond to calls for volunteers throughout 2010

Riding Tips

Adapted from Teamestrogen.com

RIDING IN THE RAIN--We don't have much rain here, but January is one of those times that rain can show up in the desert. Team Estrogen gives some tips hailing from Portland, OR to help cyclists navigate the rain.

1. Brake Early

Your stopping distance while riding in wet weather will be greatly increased (unless you have a bike with disc brakes). If you are in a situation where you might need to come to a sudden stop, lightly pulse your brakes to "squeegee" off the water on the rims in advance of actually needing to brake hard.

2. Light It Up

Even during the daytime, a [flashing red taillight](#) and a [front headlight](#) can help other road users see you better. You should also wear brightly colored clothing with plenty of reflectivity to enhance your visibility.

3. Avoid Puddles, Paint, Plates and Plant Debris

Puddles can be surprisingly deep and can hide potholes, rocks and even roadside curbs. The white fog line and other painted features on the road can be slippery when wet and should be avoided. Use caution when rolling over manhole covers and metal plates in the roadway. And a final word of warning: leave the leaves alone! Wet leaves and other debris on the side of the road can cause you to lose control, especially when turning or going around curves.

4. Stay Alert

You aren't the only one who can't see as well when it is dark and rainy. Assume that motorists do not see you and exercise even more caution than usual while playing in traffic.

5. Take Your Time

Riding slower gives you more time to detect and safely react to roadway hazards.

(Adapted from www.teamestrogen.com)

HAPPY ENDINGS--Want to have a good-feeling behind? Want to abandon that certain gait that suggests too many miles this past weekend?

1. Pick Your Seat

Padding looks like a good solution but it can actually make matters worse. Go for the lightly cushioned seats.

2. Set For Success

Level your saddle. Center the rails in the seat post clamp. Position your seat post so that there's only a slight bend in your knees at the bottom of the pedal stroke. Place your bike on a trainer if you rock your hips when you pedal (ask a friend to watch), lower your seat. Stop your cranks at 3 and 9 o'clock and have your friend hold a plumb line against the indentation in your kneecap—the free end of the plumb line should bisect the pedal axle. If it doesn't, move your seat forward or back until it lines up.

3. The Dirty Truth

Friction is bad. Forget about cysts, sores etc. and use chamois cream or Vaseline if it's all you have. Don't ignore the problem which indicates that your hips are rocking and your thighs are rubbing the nose of the saddle. Find the cause of the chafing.

Undoubtedly you know Sue Fassett, 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 February weekly ride schedule, some ride recaps and of course, Tidbits...

No Bike Left Behind...

By Sue Fassett

Sometimes the only thing cyclists and courtesy share is the letter 'C'

Tidbits: "I hate cyclists." Intense words to be uttering. Who spoke them? A housewife who lives in the Ahwatukee Foothills. She's lived there for many years, in the heart of the hills where we cyclists love to romp hither and yon. **Why does she feel that way?** Because we go out in public in skin tight Lycra? No, that's not it. Because she's jealous of our fine physiques? No, that really wasn't it either. She doesn't like cyclists, because we don't obey the rules. She is weary of trying to safely negotiate the four-way stop sign marked intersection near her home, while cyclists flow thru without even a nod to slowing down, let alone stopping and allowing her right of way. There has been much discussion of how to properly deal with a stop sign marked intersection when you are on a bike.

Foot down stop? Rolling "stop"? But all of that is a moot point if there is a car already at the intersection ahead of you; they trump all if you are still on your approach to the intersection. As you roll up, if you have eye contact, give them a courtesy hand motion to let them know you expect them to proceed before you. If they are waiting for you, try making an obvious motion of unclipping and sticking a foot out, letting them know you plan to stop. If they don't go, stop. Take caution with proceeding ahead of them, even if they appear to be waving you through. We share the road with cars. Share nicely.

Coming up...

NOTE THE FEBRUARY TIME CHANGE!

Saturday 2/6/10 8:00 am Kiwanis Park

We swing into spring with a romp to the northeast, the Tour de Mesa. Route options of 29 miles or 39 miles, no climbing. Breakfast at Einsteins, northwest corner Guadalupe & McClintock.

Saturday 2/13/10 8:00 am Kiwanis Park

Our Valentine's Day Eve ride takes us on the AhwaFooty route, with options of 24 miles with one gentle climb or 35 miles with moderate climbing. Breakfast at AZ Bread, southeast corner of Elliot & Kyrene.

Saturday 2/20/10 8:00 am Kiwanis Park

Breakfast road ride in Tempe, AZ area.

February 20 (Sat) Traffic Skills 101

This one-day class is our Nation's premiere street bicycling program taught by instructors certified by the League of American Bicyclists. Learn the basics of bicycle and helmet fit. Learn state bicycle laws. Learn how to predict and prevent crashes, and how to bail out as a last resort! Learn how to operate your bicycle in a skillful and confident manner, in any traffic -- any time! This class is designed to be of value to new and veteran cyclists. Classes begin at 7am and finish at 5pm. Location: AmeriSchools Academy, 1333 W Camelback Rd, Phoenix, AZ 85013. Classes are free, but require registration. Visit Coalition of Arizona Bicyclists for information.

Saturday 2/27/10 8:00 am Kiwanis Park

Breakfast road ride in Tempe, AZ area.

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>
- ☺ **PAT'S CYCLERY: (*NOTE NEW ADDRESS!)** 5052 S Power Rd #104 (480) 964 3330 (San Tan freeway and Power in the Target Center) Trek, Diamondback, Schwinn, Sun (recumbents). <http://patscyclery.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.**

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