



THE TAILWIND TIMES



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September 2011, Vol. 19, No. 9

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Message from Newsletter Editor Sheryl Keeme

Cycling continues to grow as a popular activity. More and more bike-friendly businesses are popping up or evolving, bicycle-centered edutainment is fast becoming more successful and a subculture of adults who adore bikes widens with each passing year.

PBS has gotten into the game as well. Pedal America is a new public television show that is now being produced for a launch nationwide in May 2012. Ira David Levy is the man behind the show and in October, Sedona will be the destination for its production. A little bit of mountain biking and a little bit of road biking will be featured in the segment that is planned around the topic of Women: breaking down the barriers. To check out the prospective show produced out of Chicago, visit its website www.pedalamerica.tv

End of summer...

Whew, every year, I think to myself...I am so glad that pizza oven heat is finally gone. And then the reality sets in that with the heat, gone also are the bright early sunny mornings and the long stretch of sun at the end of the day. If you are still in denial and are sneaking in your morning rides before heading into the office, be sure to be seen.

- Add a blinking light or two on your helmet and on your saddlebag
- Wear more reflective clothing at that dangerous dusky twilight time
- Expect that the cars can't or don't see you and ride accordingly
- Look for arm warmers and/or leg warmers with reflective prints
- Ride safe

Interbike vs. Grandbaby

I have had plans to attend Interbike, the international bicycle convention in Las Vegas, for several months. Imagining meandering among all things bike for three glorious days in one of my favorite cities just seemed like a bit of bike fantasy like I've never known. But, as luck would have it, my first grandbaby is OVERDUE and I am among the chosen few allowed to be present when my daughter delivers. And, even if I wasn't, let's face it—this is a milestone...Grandma's not missing this.

But here we are two days away and my grandson has hunkered down and has refused to be born on schedule as we all planned. Imagine that! If I make it there this week, I will be bringing back all that's new in bicycles for next month's newsletter. If not, well, you're all stuck with what I can glean from the web...
Until October....Ride Often, Ride Safe. --Sheryl Keeme

PMBC

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. (jenniir@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)

September 1	6:02 am	6:54 pm
October 1	6:23 am	6:13 pm

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—

9/18 – 7:00 AM – McKellips loop, 34, 39, or 50 flat miles. Breakfast at Pleasant 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

<http://kentsbike.blogspot.com/>

‘Just a spot to dump bicycle-related thoughts’

This blog chronicles Kent's charity rides, ramblings of his trips, pictures of the rides, thoughts that make you laugh and those that make you cry. There's an extensive list of blog links on his homepage and you can feel like Kent's your friend after you peruse some of his posts. The man truly loves his bicycle, the rides he does and writing about them all.

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.

September 24, 2011, Quarterly Breakfast! Hometown Buffet THIS WEEKEND!

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/ETTHome.html>

Jan. 8, 2012 PMBC Casa Grande Century

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

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

Finally, there was reasonably cool air (Phoenix-cool) greeting our 71 riders in the parking lot this morning. We rolled out to the east into a beautiful clear day, with just a bit of dodging needed to avoid the post-storm debris on the roads. We celebrated our first breakfast on the patio in less than 100 degree weather since the spring, though the crowd seemed a bit hesitant to fully embrace the whole pumpkin bagels and hot chocolate concept yet.

Coming up...

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

Saturday 9/24/11 7:00am Kiwanis Park Quarterly Breakfast

Time for our quarterly membership breakfast and meeting, which means FREE FOOD! Location is the Home Town Buffet in Scottsdale, which is on the northwest corner of Scottsdale Rd and Bellevue. We'll be headed there from Kiwanis Park on a tweaked version of the Mid-Summer Ride, with route options of 25 miles or 38 miles. Breakfast is free for all PMBC members, \$8 for non-members. If you're meeting us there, aim to arrive about 8:30am.

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 done a couple of years ago indicated the median age of our 400 or so members was about 54 years old. That is a lot of middle aged bodies cranking it out on Saturday mornings. We're all aging like fine wine (or, depending on the day, maybe stinky cheese). Everybody occasionally has a twinge in a knee, a sore shoulder, or what not... but some pains shouldn't be ignored. You've probably all seen this list, but just for kicks, let's review it again. The seven signs of a heart attack, for men or women are:

- Squeezing chest pain or pressure
- Shortness of breath
- Sweating (let's say sweating more than typical!)
- Tightness in chest
- Pain spreading to shoulders, neck, arm, or jaw
- Indigestion with or without nausea and vomiting
- Sudden dizziness or brief loss of consciousness

Yes, many of those read like the symptoms of finishing a sprint or reaching the top of a climb, but if they happen when there is no logical reason for them, it might be your body trying to tell you something. Riding a bike regularly will indeed keep you young, but not immortal.

Casa Grande Century Update – Julie Moore

www.active.com

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. Registration forms will be available on line at our club website 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!

Look for our new brochure in the Oct newsletter for many more details!

If you would like to be one of our wonderful volunteers for the biggest PMBC event please contact Armando Charvet at armando.charvet@gmail.com.

Energy Bar Recipe – Julie Moore

Prep Time: 30 minutes

Cooking Time: 5 minutes

Yield 12-18 squares

Ingredients

- 3 3/4 cups Rice, Puffed, Fortified
- 1 1/2 cups dried cranberries
- 1/2 cup Shelled Sunflower Seeds
- 1/2 cup Pumpkin Seeds, Roasted, Unsalted
- 1/4 cup Raw Wheat Germ
- 1/2 cup Tahini
- 1/2 cup Brown Sugar
- 1/2 cup Raw Honey
- 1 tsp Vanilla Extract

Directions

In large bowl combine cereal, cranberries sunflower seeds, pumpkin seeds and wheat germ. Combine tahini brown sugar and honey in a saucepan and cook over a medium heat until it bubbles stirring constantly to avoid burning. Pour tahini mixture over dry ingredients and stir until coated. Transfer to a 9X13 baking dish coated with cooking spray and press firmly down. Cool for one hour and cut into 12-18 bar,

Michigan Upper Peninsula Ride – Roseann Wagner



League of Michigan Bicyclists sponsored ride: Michigan's Upper Peninsula (MUP)

by Roseann Wagner

Each summer I escape some of the summer heat by heading back to the state of my roots and piggy-back onto a ride planned by friends from Ft. Atkinson, WI where I formerly worked. John does the pre-planning finding motels/rentals where our group stays. We are mostly retirees: teachers, a bank president, financial planner, a psychologist and an

entrepreneur. Last year John mapped out a hilly ride from Stillwater, MN to Galena, IL. This year we were flat landers on the Upper Peninsula of Michigan.

Beginning our tour at St. Ignace, we spent Sunday, July 17, touring Mackinac Island which we accessed by paying for ferry including a separate ticket for bikes. The Island has lots of shops and restaurants which we toured briefly. We biked the interior hills vying for roads with the horse-drawn carriages learning history of the fort, viewing the Grand Hotel, and the summer home of Michigan's governor. The perimeter ride is only about 8 mi. so we did it several times.

A highlight for me was visiting Java Joe's Cafe in St. Ignace. Having traveled on the Alaska Highway in a 1968 Dodge bubble-top van in my hippy days, the picture of the 60s vintage van brought back colorful memories. Here's my group of travelers, part of the 135 or so cyclists who traveled the MUP route.

Our ride commenced on Monday, July 18th taking us to De Tour Village with an island side trip. On to Sault Ste Marie where we took the lock tour. Continuing our trip we had refreshments at the Dancing Crane Coffee House on our way to Paradise. We visited Shipwreck Museum which has a chronological display of sunken ships including the Edmund Fitzgerald which met its demise in 1975 in 5000' water at the bottom of Lake Superior. Tahquamenon Falls State Park boasts not only beautiful falls, but a micro brewery where we lunched. Ending our ride 385 miles later on July 23rd in St. Ignace, we experienced a well-supported and organized ride with great weather and wonderful roads through some exceptional countryside.

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>