



THE TAILWIND TIMES

January 2012, Vol. 20, No. 1

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Message from the *NEW* president: By Ken St. John

Greetings Cyclists! And thanks for reading my first monthly 'message from the president'.



Just to recap the recent news: after a grueling campaign season, you elected me, Ken St. John, as your new President, Kevin Peffley to replace me in the vacated Vice President spot, Wendell Hollinshead as your new Treasurer and reelected Jenn Siart as your exceptional Secretary.

In accordance with the Bylaws, the elected board has the option of appointing up to 6 additional board members. So we did. Tina Miller will be continuing on as our most excellent Social Director. The immediate past president, Ron Waller, and immediate past Treasurer, Mike Kirk, have each agreed to continue to serve as ad-hoc board members. Glenn Fletcher and Charlie Davis have also agreed to continue on with the board for another year, and our sixth

member is a new victim, Armando Charvet.

Welcome Armando and Kevin as the two new board members this year, and thank you to Sue McFadden for her who-knows-how-many years of service on the board, as she chose to step down. No surprise it took two new board members to fill the void.

That is your 10 member board of directors for 2012. We have scheduled our first meeting for mid January where we plan to firm up each board members individual role, and begin scheduling this year's membership meetings, board meetings, social events and major rides.

I'm sure you're wondering: what has Ken St. John resolved to accomplished for PMBC in 2012? These are my top priorities from right off the top of my head:

1. Ride more! If I could keep up with all of you, I'd get to know more members.
2. Continue our tradition of financial stability.
3. Continue to ensure that PMBC is welcoming and inclusive towards new and existing members.

My last comment is to thank the good people at Performance Bicycle for hosting their second PMBC members event last month. Besides the price discount on everything in the store, they treated us to a nice buffet which included chicken wings and chips from their friendly neighbor Jersey's Tavern and Grill. Plus, with the help of several equipment suppliers, gave away generous raffle prizes and product-sample goodie bags for all.

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.

Casa Grande Century – A Success!

Nearly 400 cyclists put their holiday decorations away and dusted off their bikes to ride in the popular Casa Grande Century on Jan. 8, 2012. Ride director Julie Moore reported a super day and offered these remarks from a rider from Tucson who was aiming for her first century:

Hi,

I just wanted to thank your club for putting on a very enjoyable event. I rode with a group from Tucson, including several of us who were attempting our first century ride. Everything was wonderful.

The SAG stops were manned by a wonderful group of people. They were truly concerned for each rider's well-being. They made sure we got plenty of food, water, and snacks. They also pointed out unzipped seat packs and other things some of the more weary riders may have overlooked.

The lunch stop was wonderful! The BBQ and other food made for the perfect meal. Thank you for having coffee there as well. I know the caffeine helped many of us get up the next long stretch of hill.

I just wanted to let you know that your event was very well run and that we are looking forward to riding again next year.

Please share this with others of your group that helped put on such a great event.

Mary Adkisson

Here are some photos shared by members of the day...



PMBC Events/Meetings

These include PMBC-sponsored events and meetings,

March 10, Mining Country Challenge, PMBC

March 17, Quarterly Membership Meeting, Free breakfast for PMBC Members

28th Annual Answer to the Challenge

Friday, Saturday & Sunday April 29, 30 & May 1, 2011 [Answer to the Challenge Flyer and Registration Form](#)

Community Events and Charity Rides

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

Feb. 18, Fourth Annual Girls Gone Riding All-Women's Ride, Gilbert, AZ

March 24, 2012 Diabetes Tour de Cure, American Diabetes Association

March 24, 2012 Chandler Centennial Ride

April 14, Tour de Mesa

April 14-15, 2012, Bike MS Round-Up, National MS Society, Arizona Chapter

http://bikeaza.nationalmssociety.org/site/PageServer?pagename=BIKE_AZA_homepage



Bike Touring

By Tom Adams

Photos by Tom Adams and Paul Nichols

Getting Started

Are you interested in bike touring, but hesitant to try it? Unsure if you have the right equipment for bike camping? Getting started on your first tour isn't as difficult as you might think. You don't need lots specialized equipment, months of planning, or a long vacation. There are several County and State campgrounds within a day's bike ride of Phoenix, and you can make the round trip in as little as two or three days. These short trips let you find out if bike touring is for you and practice using your touring equipment. If you run into problems, you are close enough to home for an easy rescue.

If you need a little more push to get started, the [Arizona Bike Club's](#) Not Your Mom Tour chapter has organized 3- or 4-day bike tours every month from October to May. They have camping and motel tours, self-contained and supported tours. Try a few of these close-to-home trips, and meet other cyclists who can share their touring advice with you. Build confidence and experience by riding short tours and you'll be ready for week-long organized tours like [RAGBRAI](#). Before long, you'll be planning your own cycling adventures.

Picacho Peak State Park

Ten of us rode our bikes down to camp at [Picacho Peak State Park](#) over MLK Day weekend. The campground is 90+ miles from our start point in Scottsdale, about twice the distance of most of our campsites, and too far away to ride fully loaded in one day. We shared driving my RV as a SAG vehicle and loaded it with our food and gear. Two more RVs were pre-positioned at the campground, so no one had to sleep outside unless it was their preference, as it was for hardcore Julie. That turned out to be fortunate, as we had rain showers both Saturday and Sunday nights.



segment while Dan drove.

Alex, Dan, Greg, Bill and Dana started at 8am from Alex's house, picking up Jane, Paul and me at J&P's place. I took first turn driving SAG, and Paul took over driving when the route crossed Chandler Blvd. Julie and Dan's son Josh joined us at our traditional lunch stop at the McDonalds in the Safeway shopping center on Alma School & Chandler Heights Rd - the start/end of the Casa Grande Century. Hardcore Julie rode fully loaded, refusing the offer to stow her gear in the SAG RV. Our next stop was at the corner of SR-87 and SR-187, where the CGC rest stop had been only a week before. Greg's knees were hurting, so he rode in the SAG RV for the next



We had decided to vary [the route](#) a little, so instead of turning South on SR-187, we continued straight on SR-87. The nice wide shoulder ran out after 1/2 mile, so we had 5-1/2 miles riding too close for comfort to the fast traffic on SR-87. There is a Ghost Bike memorial on this section of the road. We were supposed to turn South on Signal Peak Rd, as Google Maps had it name, but it was actually called Sandia Road. Thinking I'd find Signal Peak Rd a little further on, I missed the turn and Julie followed me. Alex and Dan had driven the route the day before, so they led the group on the correct route down to the Circle-K in Eloy at the corner Rd and Frontier St/Jimmie Kerr Blvd. Greg felt better, and there. Bill and Dana, riding their tandem and concerned about were moving quickly and far ahead of us. Dan got ready to the Circle-K for the rest of the riders. Alex took over driving decided to SAG to the campground from there.



of 11-Mile Corner resumed riding from arriving before dark, ride as he waited at duties, and Jane

Julie and I ended up staying on SR-87, through Coolidge, and Picacho, where we rejoined the route. By then it was after a ride in the SAG RV. I didn't have a headlight and was still an campground. Julie, well prepared for night riding, went on ahead. Paul, Dan and Josh passed by as I was loading my bike on the RV. Running so late, we even skipped our usual stop for ice cream at the Picacho Dairy Queen. Even with an 8am start, several riders didn't arrive at the campground until just after dark - but they were prepared to ride at night, with head-lights, tail-lights and [reflecting safety triangles](#).

all the way to 5pm, and I called for hour away from the

After a long day and so many miles to get to the campground, we were all glad to have the warmth, lights, bunks and galleys of the RVs and not have to put up tents or fix dinner on our camp cookers in the dark. We all felt better after hot showers and a change of clothes. Everyone was tired, so most hit the sack right after dinner. We were again glad to be in the "tin tent" when we heard rain on the roof during the night.

Sunday we took it easy. Dan took half the group down to Tucson, hoping to visit Ajo Bikes, but they were closed. Paul & Jane, Bill & Dana and I walked a 2-mile loop to the Sunset Vista Trailhead. < Returning from Tucson, Julie and Josh climbed to the top of Picacho Peak. We all got together at 5pm for pasta dinner, s'mores around the campfire, and a movie.



Passing showers pattered on the roof several times during the night, and there were puddles all round when we awoke Monday morning, MLK holiday. Greg, Alex, Dan and Josh took off riding early. While just as far, it's a gentle downhill

route home, and seems to go faster and easier. Paul and Jane and I decided to bag the bike ride and drive home, as did Bill and Dana. Julie decided to ride, but by the time she caught up with us at the Dairy Queen where we were having breakfast, she had two flats and it wasn't hard to convince her to put her bike in the RV and let us drive her home.



Next Month: J&P Tucson Tour

February's tour is PMBC's J&P Tucson Tour, a 4-day, "credit card" bike tour down to Tucson and back over President's day weekend. We would be glad to have you join us. Learn about the tour at our website at <https://sites.google.com/site/tucsonstour/2009-Home>. Make your motel reservations, and then fill out the registration form at <https://docs.google.com/spreadsheet/viewform?formkey=dFIDRFhQdURISEJsWkpYN3VqM0iITUE6MQ>

Summer 2012: Randy's TransAm Tour

Contact Randy Garmon randallgarmon@gmail.com if you are interested in a self-contained cross-country tour this summer, starting in Astoria, OR approximately June 1, 2012 and reaching the Atlantic Ocean approximately September 1, 2012. The route will follow the Adventure Cycling TransAm map: <http://www.adventurecycling.org/routes/transamerica.cfm> through Yellowstone National Park, with a goal of reaching Iowa in time to partake in RAGBRAI in the last week in July. After crossing the Mississippi River ... we have not discussed routes or finish points. Lodging will be a blend of camping and hoteling. Daily distance approximate average of 55 miles per day (some days longer as needed to reach the next town or less to rest the body)."

Coalition launches discount program

Not a member of the Coalition of Arizona Bicyclists? There's never been a better time. Chris Mosley, Executive



Director, is working hard to build relationships with municipalities, legislators and other safety entities to advocate for safer riding. But now, the coalition has established a discount program where local bike shops offer members discounts. This new benefit, exclusively for our members, offers you discounts. Simply show your current CAzB membership card and receive special discounts. Not a member? Join/Renew the Coalition now.

Thanks to Domenic's, Adventure Bicycle Company, Round Trip Bike Shop, Bicycle Vibe, Two-Wheel Jones, Junction Bicycle, Paragon Cycling, Ajo Bike, Global Bikes and Fairwheel Bikes for being on board with the initial rollout, and supporting the Coalition in its goal of improving conditions for cyclists across Arizona.

Is your favorite shop not listed? Have them contact Chris at cazbike@cazbike.org and get on board! All Arizona shops are eligible, and signup is easy and FREE.

We're adding shops all the time, so check back often.

Bike Blogs Abound

Here are a few more great blogs for cyclists.

You've probably heard of the Fatcyclist or seen jerseys, but he has a pretty interesting blog and gets a lot of readers...take a look:

<http://www.fatcyclist.com>

This blog is all over the place, but the writer just published a book about Hollywood types riding bikes. There's one post displaying the hippest cities for bike riding, Sadly, Phoenix is pretty low on the list, but at least it's there!

<http://www.cyclelicio.us/>

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>