

Officer Tim Johnson Safety Tips



By Catana Brown – President

At the next Bike Prescott membership meeting on March 15th, Officer Tim Johnson, City of Prescott Community Services and Sergeant Ben Scott, both part of the City's Bike Patrol squad, will be present to discuss bicycle safety. Officer Johnson is also a member of the Bicycle Pedestrian and Traffic Advisory Committee for the city of Prescott. We asked him to answer some questions regarding bicycle safety from the perspective of both cyclist and motorist. In this newsletter we are publishing responses most applicable to cyclists. The next newsletter will include questions and answers related to motorists. We plan to make this Q & A available to the larger public through our social media sites. Thank you, Officer Johnson and Sergeant Scott for your efforts to protect cyclists.

What practices would most help cyclists avoid being in a car-bicycle accident? Just like drivers learn to "drive defensively"; cyclists should adopt a similar mind set. Watch what other vehicles are doing and try to anticipate their movements. Have a plan in mind of what evasive actions you can take if a vehicle suddenly moves in a way that impedes your travel. Use bike lanes where they are available. Obey traffic control devices such as traffic signals and stop signs, and signal turning movements. Wear bright colored clothing and use lights, even during the day time, to improve visibility. Always wear proper safety equipment such as a helmet.

Prescott recently installed sharrows on Alarcon with plans to add more. What are sharrows? What is the difference between these and bicycle lanes?

Shared lane markings, commonly known as sharrows, are street markings that consist of 2 chevrons above a cyclist symbol. These markings are intended to;

- Assist bicyclists with lateral positioning in a shared lane with on-street parallel parking in order to reduce the chance of a bicyclist impacting the open door of a parked vehicle,
- Assist bicyclists with lateral positioning in lanes that are too narrow for a motor vehicle and a bicycle to travel side by side within the same traffic lane,
- Alert road users of the lateral location bicyclists are likely to occupy within the traveled way,
- Encourage safe passing of bicyclists by motorists, and Reduce the incidence of wrong-way bicycling. *(cont'd Pg. 2)*



GO GRAVEL

(OR ASPHALT IS FOR ASPHOLES)

By Pam Bettis

Cyclists have their own personal preferences as to their favorite style of riding. Dave Hardy may be most in sync with his surroundings while on his mountain bike, quietly navigating single track through the woods. It's well known that Gentleman Jim prefers roads. Although it's still new to me I've come to accept that it's gravel that I love. Where else can you let go in scenery like this?



And this?



(cont'd Pg. 2)

Officer Tim Johnson (Cont'd from Pg 1)

Unlike a bicycle lane, both vehicles and bikes may travel upon the portion of the traffic lane where the shared lane markings are placed but motorists should be aware that bicycles could be present. Bicycle lanes are separate lanes that are for bicycles to travel only. Motorists should not drive or park in any portion of a bicycle lane except when turning such as into a driveway, and then only when the lane is clear. Bicycle lanes should be marked be either bicycle symbols on the bicycle path lane or by signs. They are separated from the traffic lane by a solid white line. Motorists should also be aware that cyclists may move out of the bike lane into the traffic lane to avoid hazards or in preparation to turn left.

How can cyclists be better ambassadors to foster positive attitudes towards cycling in Prescott? Cyclists should make sure they know, and are obeying, the traffic laws in the same manner motorists are expected too. Do your part to be courteous to motorists, pedestrians, and other users of the roadway. If someone becomes upset with how you are riding it is not beneficial to engage in an argument. If you notice significant issues in a specific location report this to the police department for increased enforcement. Get involved with, or support organizations that work to improve cyclist/motorist relationships and increase education to all users of the roadway.

GO GRAVEL (continued from page 1)

Or lose yourself in thought in a place like this?



After enjoying a season of Tana's exemplary gravel rides with creative Fanelli embellishments, I wanted to add a second day of gravel rides in the weekly ride line-up to prepare for the upcoming Chino Grinder on May 4. The Go Gravel series is slowly but surely adding distance and climbing to some quite rideable routes. We're not dealing with difficult or rough terrain in this series. Everyone is welcome to join these rides on gravel bikes, mountain bikes or e-bikes. Come on, give it a try!

Membership Update

By Kris Parsons

We have 120 new members as of February 5!!! 2019 membership cards were mailed out at the beginning of February. *Editor Note: With our growing membership, Kris Parsons did an amazing job with all the new membership cards and emergency contact cards. It's a LOT of work! Thanks Kris!!*

Welcome to our new (and returning) members!

Please make them feel welcome.

Russell Carter	Judy Perkins
Wendel Croy	Michelle Regn
Al Jones	Jon Rosen
Bob Klosterman	Bob Trimble
James Kyllis	Lisa Trimble
Susan Lewis	Andy White
Joey Munoz	Blake Vollandt

BIRTHDAYS!

We will have a group birthday cake at the 3/15/19 membership meeting to celebrate birthdays.

1/4 John Hebda	3/16 Art Brasher
1/7 Mark Armstrong	3/23 Andy White
1/7 Jim McCarver	3/26 David Harris
1/8 David Lurye	3/28 Tana Brown
1/8 Chuck Walker	3/29 Allan Jones
1/14 Jake Jackson	4/2 Lee Berman
1/18 Jeff Williams	4/2 Jimmy Hart
1/21 Gene Lee	4/8 Selina Bliss
1/21 Marvin Makus	4/10 Judy Perkins
1/22 Steven Pollack	4/12 Wayne Wright
1/28 Bruce Wignall	4/13 Robert Kec
1/31 James Kyllis	4/13 Mike Liversidge
2/5 Randy Goodman	4/17 Claire Evans
2/9 Kevin Haywood	4/26 Steven Monez
2/10 Dan Fallon	4/28 Dave Hardy
2/14 Cindy D'Angelo	5/1 Stephen Brown
2/14 Heather McCafferty	5/4 Elizabeth Dillon
2/14 Vladimir Troche	5/7 Bob Klosterman
2/16 Charles Miller	5/7 Shirley Schoberg-Hebda
2/25 Richard Amendola	5/8 Bill Fanelli
3/6 Richard Graubard	5/15 John Rosen
3/9 Bill Moore	5/21 John Petrocic
3/11 Katie Johnson	5/21 Teri Taylor
3/11 Charlie Tesch	5/25 Jeanine Dix
3/12 Lisa Huddleston	

SAFETY COMMITTEE TIPS

Rear View Mirrors – An Added Safety Feature

By Leslie Clauson

As cyclists, we're responsible to ride safely so that motorists can predict our intentions and actions while overtaking us on the road. By moving just our eyes, a rear-view mirror displays a useful part of the road behind us (try it!), allowing us to assess the situation and act proactively. A head turn takes our focus off what is front of us and is far more distracting than a peek in the rear-view mirror, which can prevent an accidental swerve into traffic. Using a rear-view mirror, we can look more quickly behind and in front ensuring our actions on the road are safe and our communication is consistent for motorists.

Greater Self Sufficiency Required for Remote Routes

By Pam Bettis

Staying safe while gravel riding requires thought and preparation. Gravel bikes can cover more distance than mountain bikes and the rides are typically longer. It's not unusual to be riding for four hours or more. These rides are often in areas with no service facilities and no cell phone reception. The first necessity, beyond sound maintenance of your bike and properly inflated tires, is adequate water and food for the planned trip in quantities beyond the amounts that you would usually carry on a road ride. Carry a hydration pack with a large enough reservoir for your trip.

Prior to the ride itself, research your route and let others know where you plan to travel, ideally, avoid riding alone on less-traveled roads and trails. Bring your tools and a spare inner tube, as well as a fully-charged cell phone. If an emergency occurs, one of your group can move to a location where there's a signal. Most hydration packs have an extra pocket or places to attach gear which allows you to pack additional items, such as a small first aid kit or some extra clothing items, depending on the season. Plan thoroughly and stay safe.



Upcycle

By Dave Hardy

Just after the New Year, Neil Tewes and I went over to Paul Katan's house to pick-up the remaining bikes from the initial batch that started the Upcycle program. Those twelve bikes have been distributed to volunteers for repair. Five have already been returned. The inventory of repaired bikes on my front porch now totals eight. When the remaining bikes start flowing-in, I will distribute them to The Community Health Services (aka Women's Shelter and The Coalition For Compassion and Justice).

We are trying to open up supply channels to increase the number of bikes coming in for repair. There is a tremendous need for commuter-type bikes in the Prescott area. Bike Prescott has a large number of volunteers ready to get to work. Our organization has also stepped-up to supply the needed parts for repair. Now all we need are more bikes. Anyone with input as to how we can increase that supply is encouraged to give me a call.

We are always looking for individuals willing to get involved in this program. What better way to learn about the mechanics of a bike than to work on →

→ one that is not yours. If confronted with a problem beyond your expertise, there are others that can help out. Keep in mind we have a "no questions asked" return policy. If you get a bike and don't have the time or inclination to complete the work, I'll simply come get it.

A big thank you to all those involved in this program and a big invitation to those who'd like to get involved.

SPONSORSHIP

Our 2019 Sponsorship drive is almost a wrap. Welcome to our newest sponsor, **ESI Grips**. We are grateful that the following businesses have either renewed, or committed to renew for 2019:

Please Support Our Sponsors!!

Iron Clad Bicycles
 Prescott Animal Hospital and Equine Center
 Walker Estate Attorneys
 Performance Fallon, Inc.
 High Gear Bike Shop
 Bikesmith Cyclery
 ESI Grips
 Wild Iris Coffee House & Bakery
 Soul Ride

WE HAVE ANOTHER WINNER!!

Have you met Jimmy Hart? He's a relatively new member and new to Prescott. Jimmy is taking full advantage of our altitude by incorporating it into his regular training routine which includes: Threshold Ladders, Power Intervals, and SteadyState workouts, combined with core work, upper body strength training and a few other secret weapons. Jimmy recently won 1st Place in Men's 60+ at the McDowell Meltdown, Estrella Hedgehog Hustle, and Havasu Havoc (pictured below)! Congratulations Jimmy !!





POKER RIDE

By Tana Brown

Join us for the annual Poker ride - on **April 20th at 9am** at the Thumb Butte Pavilion. During the 25 mile ride you will acquire a card at each stop. Top three poker hands will receive prizes! Lunch and beverages will be provided by Bike Prescott. Please RSVP on meetup.

MARK YOUR CALENDARS!!

Membership Meeting: March 15 - 6pm @ Guacamaya's

We'll welcome our guests from the City of Prescott Police Department Bike Patrol, Sergeant Ben Scott and Officer Tim Johnson. Please RSVP on Meetup to help the restaurant prepare and staff for our growing group.

Adopt a Highway: Saturday, March 2 - 2pm

Join Bike Prescott will hit the road-side again next month. We need 6-10 people to commit approximately 2 hours. Watch for the details to be posted on Meetup and look forward to food and refreshments afterward. If you would like to volunteer, please email Kathy Burman fuzysmom@gmail.com.

Bike Rodeo MVRH: – Saturday, March 23 - 10am – 1pm

We need volunteers to help at the Mountain Valley Regional Rehabilitation Hospital's 2019 Bike Rodeo at 3700 N Windsong Drive in Prescott Valley. Last year we participated in this well-run event and we hope we get more help this year. This is an important opportunity for us to help children establish critical safety skills at an early age as well as their parents, with whom we share our roads. Please email patd@wyattassociates.com if you will volunteer to help or RSVP on Meetup as the date nears.

Poker Ride: April 20 – 9am @ Thumb Butte Pavilion

See above article.

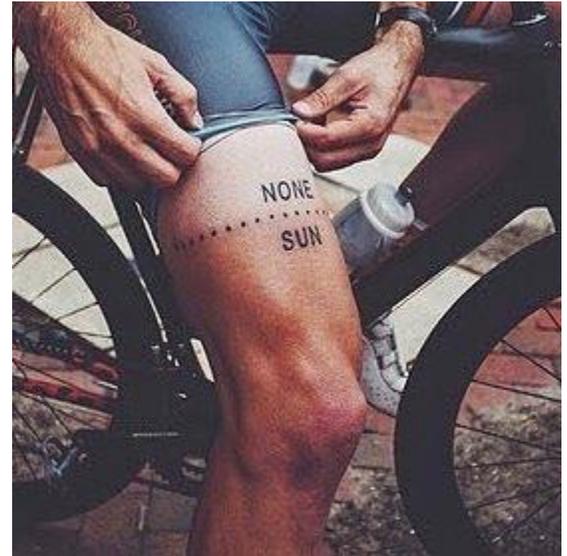
Chino Grinder: May 4 in Chino Valley

Register at <http://chinogrinder.azgravelrides.com>

Ride of Silence™: May 15 – 5:30pm Courthouse Square



This worldwide event occurs every third Wednesday in May. In 2018, thousands of cyclists rode in 373 locations worldwide, in 47 U.S. States, 20 countries, and 7 continents to honor those killed or injured while riding bikes on public roadways. Bike Prescott, along with Prescott Mountain Bike Alliance coordinates this event which is supported by many local businesses and the City of Prescott, Bike Patrol. We look forward to growing our numbers and visibility this year so please plan to ride with us. Please contact patd@wyattassociates.com if you would like to volunteer or help coordinate this event.



Velominati
KEEPERS OF THE COG

Here is this edition's installment of the Rules:

- **Rule #6: Free Your Mind and Your Legs will Follow.** Your mind is your worst enemy. Do all your thinking before you start your ride.
- **Rule #7: Tan Lines Should be Cultivated and Razor Sharp** (See above. Tattoos are optional).
- **Rule #8: Saddles, Bars, and Tires Should be Carefully Matched.**
- **Rule #9: If you are out riding in bad weather, it means you are badass – period.** Bike Prescott has some real badass folks braving this winter's weather!
- **Rule #10: It never gets easier. You just go faster.**

If you can't wait until the next issue for more Rules:

<http://www.velominati.com/the-rules/>

Contact Us:

bikeprescott2015@gmail.com

www.bikeprescott.org



Follow us on our FB Group Page
and **Meetup.com**