

End of the Road Ride

By Catana Brown – President



You know how sometimes you're riding along and all of a sudden, the pavement ends? Well that's what "The End of the Road Ride" is all about except that when you get to dirt, you will be rewarded for your efforts. This annual Bike Prescott road ride is always a popular one. Although the full ride of around 45 miles and 4500' of climbing is challenging, each rider can create their own ride by deciding how many hills to climb.

There are a few changes this year. First the route. Instead of Senator Highway which tends to have a lot of camper traffic this time of year, we will ride out to the end of the pavement in Ponderosa Park. Consequently, the five roads are Skyline, Thumb Butte (which is the only one where we stop at White Rock instead of where the pavement ends), Copper Basin, Ponderosa Park and the bonus short but steep City Lights. A route sheet will be provided at the start of the ride.

Next, there are changes for the lunch that follows the ride. **To attend (eat) lunch you need to make a reservation on meetup no later than a week before the event.** The lunch is limited to 40 people, and though that will likely accommodate everyone, you should reserve early to ensure a spot. The lunch is limited to Bike Prescott members plus one guest. The ride has no limit to number of participants.

We always need two SAG drivers to help with the treats, so if you are willing to help, please let Tana know by emailing catanabrown@gmail.com. See you at the end of the road!

Date: Saturday, June 22nd at 7:30am

Where: Park Plaza (or you can start at 7:15am at Tana's house)

NEW PLATINUM SPONSOR



We're proud to announce that we have a new Platinum Sponsor with the addition of Mountain Valley Regional Rehabilitation Hospital (MVRRH)! Many of us first met these great folks at their last two Bike Rodeos, which were coordinated by Karen Russell. Not only did Karen do a fantastic job of organizing the best Bike Rodeos we've attended, but Karen orchestrated MVRRH's sponsorship. This is a great partnership for BP and we look forward to participating in future Rodeos where young children, and parents by osmosis, learn important bike safety skills.

If Mountain Valley Regional Rehabilitation Hospital sounds familiar, you might know that Tana's husband, Dr. Alan Berman has been on staff since they have lived in Prescott. ♦

WOMEN'S GOLD!

We Can Work it Out ~The Beatles, 1965

By Deborah Cox



Crossing the Finish Line!

The best team ever assembled just might be The Beatles. Seriously! The music created individually by John Lennon, Paul McCartney, George Harrison and Ringo Starr can't be overstated, but the music created by their team, is immortal.

Sports franchises and effective businesses have also produced some great teams. And, a google search yields hundreds of models for teambuilding. But last year, with virtually none of that in mind, and no impressive degrees or pedigrees to brag about, a group from Bike Prescott decided to form the first-ever Women's Gold Team. The inspiration was Kelly Macauley and the quest was achieving the gold time cut-off at the 2019 el Tour de Mesa.

Initially, the only things teammates had in common were a love of cycling, and the willingness to train hard, learn new skills and commit to the team. Women of varied strength and experience were teaming up and the work had to be shared! Honing a safe rotating peline requires skill and mutual trust, and you don't get either for free! They have to be earned and even then, results cannot be guaranteed!

What happened? The details could fill a book and we'll be sure to let you know if we land a huge movie contract. Until then, we'll divulge that everyone participated fully while the team tapped into and took advantage of each individual's strengths.

Teammates encouraged each other and forged strong connections not likely to be broken. And we had fun! (cont'd Pg. 2)

WOMEN'S GOLD! (cont'd from page 1)

So, while the first-ever BP Women's Gold Team might not have achieved the status of say, The Beatles (who practiced and played together for years, thank you very much), let's hear what the team says about their one-year experiment:

Kelly Macauley – “We can be heroes, just for one day,” The Wallflowers.

Eileen Macauley – “Congratulations, ladies!”

Deborah Cox – “I'd ride anywhere, anytime with these Rockstars!”

Pat McCarver – “The Gold Team experience was one that I won't soon forget. Training and racing with the women on the team was a highlight of my cycling career. Go Team!”

Pat David – “To quote another band, 'I'm A Believer'...in rotating right and the power of we versus me.”

Leslie Clauson – “No one achieves their goals without the help of others. I could not have done it without the help of my team! 'It is great to do what you love but greater with the great team.' By Lailah Gifty Akita, *Think Great: Be Great!*”

Andrea Tesch – “It was so much fun making new friends and learning new cycling skills while taking on a challenging team goal, a goal I likely wouldn't have taken on alone.”

Lisa Crujido - “Team building at its best! Common goals and way to bring home the gold! What next???” ♦

SAFETY TIP#1 – Bike Maintenance

By Geno Lee

When was the last time you gave your bike a thorough going over? If you're like most of us, it's been a while, maybe even months. It's easy to fall into the habit of neglect. We get home from a ride, we're tired, and we put the bike in the garage. It then sits there out of mind until the next time we're rushing to a ride.

But bike maintenance is just as important as riding safely once we're on the road.

Bikes don't heal themselves, and poorly maintained bikes only get worse. Small problems can grow and pose just as much potential danger as any other hazard on the road. The last thing you want is to be screaming down a hill and have your bike collapse out from under you!

COMMON SAFETY ISSUES

Loose Cleats: Walking in cleated shoes wears the cleat and can loosen the screws that hold them (and you) on the bike.

Skewers: Make sure the wheel skewers haven't loosened. A wheel departing the bike isn't going to end well.

Spokes: Pull on each spoke to see if any have loosened. If they have, at best your wheel will be out of true and rub. At worst, the loose spoke could detach, tangle in your wheel, and throw you off the bike.

Brake pads: Brake pads don't last forever, especially on our hilly roads. Front brakes wear faster than rear brakes, and they provide 80% of your stopping power. Don't let yourself get caught on a curvy mountain descent only to find you can't slow down.

Worn tires: Tires don't last forever either. Small cuts or areas worn to the cord can easily go unnoticed. It's bad enough getting caught in the →

→ middle of nowhere with a flat, but a blowout at high speed can be disastrous!

Keep it Clean: You'll look better on a nicely detailed bike, and it's much easier to spot potential issues while you're doing the cleaning.

Frame cracks / Rim Cracks: While cleaning your bike, look for cracks, especially at the joints. Pay attention to the bike's underside (bottom bracket, down tube, chain stays) as cracks in these areas can easily go unnoticed.

When in doubt, occasionally have your bike tuned up by your local shop. Spending a little money to have it serviced could save you from a bad day.

SAFETY TIP#2 -

Safe Signaling

By Kris Parsons

Most of us enjoy riding with a group, which is a great reason to have joined Bike Prescott. One of the keys to an enjoyable group ride is communication. We can't always ride side by side chatting, so cyclists have developed hand signals. We all know the basic left and right turn signals, which communicate to the riders following us that there is a turn ahead. Then there's the “slowing” or “stopping” signal (arm down), which is often accompanied by a verbal warning to make sure no one runs into another rider or rides into a possibly unsafe situation. I have also seen the non-verbal variation of hand down with open palm facing back for “slowing” and hand down with fist closed for “stopping”.

Other useful signals include pointing to a single road hazard like a pothole or stick, and shaking an open hand to indicate gravel, sand, or debris. Then there is the “need to move over” sign, usually made by sweeping the arm and hand behind the back indicating the direction riders need to move to avoid a large hazard (temporary road sign, trash can, etc.). I've ridden with groups that were very specific with their verbal warnings, for example “Debris right” and the occasional “Roadkill left” which works with a group that is riding fairly closely together.

As far as verbal-only signals go, we regularly call out “Car back!” and “Car up!” to indicate an approaching vehicle from the rear or opposing direction. This is an important notification to get into a single file line for safety and courtesy to the vehicle.

And don't forget a friendly wave to drivers, especially to acknowledge their courtesy to us! ♦

Membership Update

By Kris Parsons

The next Membership Meeting is **Friday, August 16th at 6pm** at Guacamaya's Mexican Grill, located at 1317 E Gurley (by the Best Western). Please watch meetup and RSVP – *PLEASE*. We'll have birthday cake!

We have 136 members as of May 21. Welcome to our newest members!

Charleen Erhart	Preston Norbury
Stephen Giles	Charles Ratliff
Bobby Morgan	Mark Ricker
Paula Olson	Brian Roberts

BIRTHDAYS!

6/9 Max Boyer	7/26 Linda Amendola
6/11 Duncan Ketcher	7/26 Ian Dunn
6/16 Lee Goetz	7/30 Andrea Deskin
6/20 David Price	7/30 Pat McCarver
6/21 Jerry Frank	8/11 Mike Ryan
6/21 Pete Lang	8/13 Bobby Morgan
6/23 Steve Wiens	8/15 Scott Bliss
6/24 John Richardson	8/23 Kathy Berman
6/25 Karen Rahne	8/29 Pam Bettis
6/26 Lisa Crujido	8/30 Nan Williams
6/28 Vicki Young	9/8 Pat David
7/2 Blake Vollandt	9/10 Terri Marcus
7/3 Paul Tyler	9/13 Russell Carter
7/12 Karen Fanelli	9/16 Deborah Cox
7/18 Jeff Witwer	9/19 Brian Roberts
7/19 Barbara Pollack	9/19 Craig Swetel
7/19 Guy Pritchard	9/21 Rick Burd
7/21 Chris David	9/24 Andrea Tesch
7/25 Brian Busby	9/29 Frank McWilliams

Bike Prescott Rides Chino Grinder (& Mountain Mayhem)

By David Price

Seventeen members of Bike Prescott participated in solid fashion in each of the distance events that comprised the 2019 Chino Grinder, held on Saturday, May 4. The Grinder,



which is organized by Craig and Minnie Swetel of AZ Gravel Rides and attracts cyclists from all over the country, starts in Chino Valley and provides challenging races of four distances on Perkinsville Road. Conditions this year were almost perfect - great weather and a recently graded road.

The longest race, which is a challenging 115 miles out and back and includes a substantial amount of climbing, runs to White Horse Lake near Williams on mostly gravel roads. Eighty-seven men (including seven on →

→ single-speed bikes) and eight women finished the event. Our club's own Bob Kec completed this ride once again this year in an impressive display of fortitude.

Representing Bike Prescott in the 62-mile course were six sturdy gravel riders: Tom Kirkpatrick, Neil Hammond, Kelly MacCauley, Neil Tewes, Liz Dillon, and Charles Ratliff. A total of 107 men and sixteen women finished this distance.

The 44-mile course, which was completed by forty-six men and twenty-three women, provided the greatest representation by Bike Prescott members: Dave Hardy, David Price, Bill Fanelli, Pam Bettis, Tana Brown, Andrea Tesch, Pat David, Eileen MacCauley, and Kevin Haywood. The formidable Mr. Hardy took fourth place overall and first place in his age category for this distance, earning the Arizona State Champion title for the second year in a row.

Finally, Joanne Rudolph completed the 25-mile race, which sixteen men and eight women attempted and finished.

Two weeks later, Lisa Huddleston placed third among the female competitors in the 10-mile Mountain Mayhem mountain bike race. This event took place in Groom Creek and included both a 10-mile and 20-mile course on trails and a forest service road in the pines south of Prescott.

Congrats to all our champions! We're proud of you!

Perhaps you too will consider participating in these and other events in the Prescott area. While road riding is obviously the mainstay of Bike Prescott, gravel riding is gaining in popularity (with mountain biking already supremely popular). Both gravel riding and mountain biking, while not replacing road riding, provide a welcome break from cycling on our local roads and competing with automobile traffic. ♦

OTHER GRAVEL NEWS

By Pam Bettis

Rumor has it that Craig Swetel may possibly bring back the relay for the 2020 Chino Grinder 115-mile course. It would be an approximate 58-mile leg out, and a 58-mile leg return. Now's the time to begin planning for this event.

The solo 115-mile challenge requires a 10 mile per hour pace to meet minimum time cutoffs. The only Bike Prescott member who has ever completed this demanding event is Bob Kec, who has now conquered it twice! There are other distances to choose from including the 62-mile course, the 44-mile course, and the 25-mile course. This is a great local event, brought to you by a Bike Prescott member. ♦

Bike Prescott Apparel Update

By Pam Bettis

Since you've been asking, Bike Prescott kits will soon be available to order. In addition to the items in the last order (sleeveless, short sleeve and long sleeve jerseys, jackets, vests, shorts, and bibs), there will also be cycling caps, arm warmers, and gloves. The logo of our new platinum sponsor, Mountain Valley Regional Rehabilitation Hospital, will be easy to locate on the tops. All of the jerseys, vests, and jackets will look like this, pictured on our model, Mike Ryan, pictured on the right. Shorts and bibs are shown below.

If you have the reverse color combination from items in the last order, they are now collector's items, to be worn with pride.

Watch your email inboxes for the new order link.



Mike Ryan in his BP jersey.

MARK YOUR CALENDARS!!

End of the Road Ride: JUN 2 @ 7:30am
 North Rim: JUL 19 - 21
 Membership Meeting: AUG 16 - 6pm
 Colorado Trip: AUG 23 - SEP 1
 Skull Valley Loop Challenge: SEP 15

THANK YOU!



Thank you to all the riders and support team members who participated in Prescott's 5th Annual Ride of Silence™. With approximately 70 total riders, we almost doubled last year's event!

The official safety teams were led by Sgt. Ben Scott – City of Prescott Bike Patrol,

Jacob Jackson – Yavapai College Police Department, Todd Fletcher – Yavapai Prescott Indian Tribe, and Todd Attenberger – City of Prescott Motor Officer. All these professionals partnered to provide escorts for the event and make this year's ride even more visible and safe. A&E Reprographics donated poster printing again to help us increase visibility around town. Thank you also to our wonderful volunteers: Karen Russell, Kris Parsons, Tana Brown, Pam Bettis, and Bill Fanelli. Each of you helped make this event a success. Special thanks to Mayor Greg Mengarelli for making the time to attend and for his support of The City's donation of bike lights.

Together we raised awareness and honored those killed or injured while riding bikes on public roadways. Please let us know if you would like to help with this event next year, which will occur on the 3rd Wednesday in May.



Upcycle

By Dave Hardy

Year to date, we have repaired and distributed nineteen bikes to the Veterans Resource Center and Yavapai Community Health Services. There are three small bikes that have been repaired and will be delivered to Big Brothers Big Sisters before the end of May. There are still a few bikes in the system that are being repaired and should be distributed shortly. When additional bikes become available, known volunteers will be contacted for their help.

If you're not familiar with the Upcycle program, here's how the system works. The Upcycle Coordinator picks up bikes from various locations due to confiscation, donation or abandonment. The condition of the bikes are evaluated then a list of needed repairs is matched to each bike and repair parts are provided. The bikes are delivered to volunteer mechanics and picked up when repairs are complete.

To help out in this program, all you need are a few simple tools and a desire to help others.

Thanks to all that have volunteered in the past and we look forward the continued success of this important program. ♦

Contact Us:

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 and [Meetup.com](https://www.meetup.com)