



# Tour de Palm Springs

by Kathy Berman

We just got back from Tour de Palm Springs and 8 (Pat & Jim, Lee & I, Guy & June, and Mike & Karen) of us from Bike Prescott attended! It's an annual trip that most of us have been attending for years!



These are some of the pictures from the event. Some were taken by Jim McCarver and some by me and our friends from our Bike Club in Newport Beach! It's a really fun weekend and beautiful weather!!

We had a fun Pizza Party at our Hotel the Friday night and then a dinner at LG's Steakhouse to celebrate on Saturday night!





## Join us for a Mountain Bike Ride

Discover Adventure Every Week  
by *Tana Brown*

Even though Bike Prescott is primarily a road biking club, we offer a mountain bike ride every Thursday.

We are so fortunate to live in an area with many amazing single-track trails and riding them is one of the best ways to explore the area.

Mountain biking with Bike Prescott is a thrilling way to embrace nature and challenge yourself, all while connecting with fellow enthusiasts.

Every Thursday, the group gathers to explore the scenic trails around Prescott, offering rides that cater to both beginners and seasoned cyclists.

The Thursday Mountain Bike Rides are led by Brian Lyons (1<sup>st</sup> week of the month), Pam Bettis (2<sup>nd</sup> week of the month), Tana Brown (3<sup>rd</sup> week of the month) and Neil Tewes (4<sup>th</sup> week of the month).

The easiest option is typically Pam's ride and the most challenging is Brian's, but sometimes Brian offers a skills class on his week where he accommodates all levels.

If you've haven't tried mountain biking, it's never too late. Initially I thought mountain biking was too difficult for someone of my age with limited motor skills to learn, but it just took persistence and practice.

Now mountain biking is my favorite form of cycling. It's much more playful than road cycling, and even when riding a very familiar trail there is always some new rock feature to conquer!

These weekly outings are more than just exercise; they're a chance to enjoy the fresh mountain air, experience new terrain, and enjoy time with other Bike Prescott members. And don't forget, with Bean Peaks, Prescott has the only gravity flow trail in the state of Arizona.

Riders can expect a supportive atmosphere, helpful tips, and an unforgettable adventure with each trip. If you're looking to add excitement to your Thursdays, the mountain bike series is the perfect way to start.

## Bike Prescott - Southern Az

Winter 3 Day Tour  
March 11-14, 2026 (Wed – Sat)

by *Shawn*

In March 2026 Bike Prescott will head south in search of early spring flowers and warmer weather. We will stay in Tubac, AZ which is known for its vibrant art scene and rich history.

Each day, we will get on our bikes and take advantage of the great low traffic roads. After riding, we'll be free to check out the area's wealth of other interesting things to see and do.

Tubac and the vicinity is a popular vacation destination for the cooler month of March, so please don't wait to make your reservations! Hope you can join us on this new adventure.

You should plan to arrive on Wednesday to get checked in and establish your bearings. As some may get in late, we will be having a pizza get together for riders and non-riders on Thursday night, after the first morning of riding (37-mile and 44-mile options).

Thursday afternoon we have setup a 2pm docent-led tour of the Tubac Center of the Arts and an avenue for questions and answers about the local area. There are many other activities to choose from on your own as found in the detailed itinerary posted on the Bike Prescott website.

Friday will have 46 and 51+ mile options riding on a pristine road to the oldest Stagecoach stop in the State, Arivaca; an out and back ride.

We check out on Saturday morning and travel North to Sahuarita/ Green Valley and ride an out and back to beautiful Madera Canyon, with a max distance of 27. The goal Saturday is to have a farewell brunch/coffee/lunch at the start of ride at the Posada Java, after you finish.

Even though the weather has been crazy this year we are still anticipating some of the cactus plants to be in blossom and various desert plants as well. We hope you can join us. Please be sure to find a place soon, as many of the places to stay book up at this time of the year.

**All trip details are available on the Bike Prescott website. These include:**

- A more detailed trip overview and itinerary
- Route maps and links with elevation profiles
- Dining options

- Lodging and RV Park options
- Nearby bike shops
- Other things to do in the area with website links
- Go to [Bike Prescott website Forum](#) for details

## ***A Bicycle Tour In Germany***

By Shirley Schoberg-Hebda

Imagine a place where there are more people out on bikes than in vehicles. Imagine a place where mostly paved paths seem to be everywhere. Imagine a place where there are bridges and even city streets only for pedestrians and bicyclists. Imagine a place where when the infrequent vehicle comes along it creeps almost apologetically along the road among the literal throngs of people on bikes. These places do exist and one of them is where I was fortunate to take part in a supported bike tour in August of 2025. This was a tour around Lake Constance or the Bodensee as it is called in that part of the world. Lake Constance is fed by the Rhine River and is bordered by Germany, Austria, and Switzerland. There is a marked bicycle route around the entire lake and on our tour we logged 165 miles (266 km).



The trip was organized by WomanTours, a US bicycle company owned by and run for women. Since this was an overseas tour they contracted with the European bicycle touring company Iron Donkey (who drove their support van all the way over from Ireland to do this tour with us). While there were 20 participants in our group a special aspect of this tour was that my daughter Andrea was one of them. She was a Rotary exchange student in her junior high school year in a town near Cologne, Germany. When she came back from that year she said I'm going to take you to Germany someday. And this was that 'Some Day'.



Now she is a busy mother of three and this was a great break for her that I was happy to facilitate. In fact, I think I survived this tour successfully because of her ability to speak German. Many people sort of speak English in that part of the world but it is limited.



We flew into Zurich, Switzerland and spent a few touristy days there. Zurich is a wonderful city to visit. Its public transportation system is tremendous, easy to navigate, and readily available for wherever you want to go. There almost seems to be an honor system for buying tickets. In all our use of it only one time was our ticket checked. We bought the Zurich Card, which allowed us to use the transportation system, including from and to the airport, and gave us free access to many museums and other places. And there are many many interesting places to visit in Zurich.

We were provided with Ride with GPS routes but it was not so easy to use. I thought I was a whiz at using it. Instead there were several obstacles. The screen size on my Garmin Edge 840 is small and so the detail was hard to see which was not good in an unfamiliar place. I should have used the RWGPS app on my phone which would have provided a much bigger screen. Also the names of German streets and towns and places seem to be a mile long. No sooner had you been on this "Strasse" or passed through this "...hausen" or that "...hofen" than you were looking for another one and the names all seemed to congeal together in one big mass in my brain. But Andrea could keep it all straight so I depended on her for much of the navigation.



We rented bikes from the tour company and I was riding a Trek Domane which was ok but I wish I had my Norco with me. Nevertheless it got me up all but one hill and over every path and trail and road surface.

The tour started and ended in Konstanz, Germany, and we saw beautiful scenery everywhere we went. While there were a lot of people and numerous towns around the lake it didn't seem overly crowded. We enjoyed bicycling through many agricultural areas and up and down a lot of scenic hills. The weather started out quite hot and one day it rained but overall the weather was comfortable.



There were so many beautiful and interesting places we visited and I'll name a few. There was the town of Stein am Rhein, a picturesque touristy village; St Gallen, Switzerland, with its historic abbey and library; Bregenz, Austria, where we took a cable car up Pfander mountain; Friedrichshafen, Germany, home of the Zeppelin airship factories and museum; Lindau, Germany, an island city; and Mainau, the flower island, no vehicles or bicycles, you have to walk onto it and it is completely devoted to acres of beautiful flowers.

While it is comforting to have the support of a tour company, this is a trip that one could manage on your own. Google translate helps and most people do speak enough English to get along – just don't ask for washcloths in Germany because they don't seem to know what they are! As American citizens we felt safe and accepted everywhere. Just be prepared to spend those US dollars and you'll have a great time.

## My Bike Ride Across America

By Jim Argyle

I recently signed up to ride my bike from Seaside, Oregon to Portland, Maine, which is about 4000 miles. I start on May 28, 2026 and arrive on August 9, 2026. We'll average about 71 miles a day with 2000 feet of climbing per day.

This ride is for the Fuller Center for Housing, which is an amazing organization that builds and repairs homes for those who need a helping hand. In fact, six days of our ride, our group will be involved in building or repairing these homes.

I will be sending out weekly email updates with photos. If any Bike Prescott group members would like to be included on the distribution, please provide me with your email address at [jargyle6@gmail.com](mailto:jargyle6@gmail.com).

If anyone would like to contribute to Fuller Center for Housing, you can access my profile web page at <https://2026.fullercenterbikeadventure.org/JimBikeUSA>.

This web page also has information on how your donation will help those in need obtain or keep their home. I have included a few facts below that

will give you further understanding of the ride in connection with this cause:

- I am paying for 100% of this ride. The cost of the ride is kept low by our group staying in churches along the way with many of these churches providing us with evening meals.
- 92% of these contributions go directly to the builds/repairs themselves. Recipients assist with the builds/repairs and they receive a no-profit, no-interest loan that gets repaid to help more families.
- I'll be riding and working with fellow Christians. The Fuller Center for Housing is a Christian based organization. We'll support one another and promote this effort via presentations to local church congregations, local news channel interviews and newspaper articles, and just talking with those that we meet.
- My goal is to raise \$5,600 in relation to this ride. My wife and I will continue to contribute ourselves up to the time of the ride.

I'm excited to share my experience with members of the Bike Prescott group who share my passion for cycling. Thank you all!

## Exercise Induced Hypoglycemia

By Alex Klintworth

Since publishing my admittedly very in-depth article in the Fall 2025 newsletter, a [100+ page scientific review](#) on the same topic was released by a team led by Professor Emeritus and ultramarathoner Tim Noakes. The paper helps clarify what actually limits performance and sharpens our understanding of how athletes should think about fueling. Before getting into the

new insights, it helps to revisit some core ideas in simple terms.

### The Recap:

First, eating large amounts of carbohydrates to fuel endurance performance is absolutely not physiologically required. You don't need to 'carb load' the day before, during, or after a long workout or race. Highly trained athletes have been measured burning over 1,000 calories per hour *from fat alone* at intensities that professional Ironmen struggle to maintain. Even lean athletes carry tens to hundreds of thousands of calories of stored body fat. The belief that we must constantly consume high amounts of carbohydrate to avoid collapse is more cultural than biological.

Second, performance does not automatically decline when carb intake drops. In studies from Noakes' group, athletes consumed a ketogenic diet (under 50 grams of carbs per day - for reference, a slice of sourdough bread in my fridge has 25g of carbs) while training for four weeks, allowing them to become fat-adapted. They were then tested in events ranging from 100-meter sprints to Ironman-distance racing. As a group, performance did not decrease and in some cases it even slightly *improved*. There's a transition period as your body learns how to metabolize fat, but once the body becomes efficient at burning fat, performance returns to normal.

Third, why should you care? A significant percentage of endurance athletes - including professional athletes - show markers of pre-diabetes, an indicator of metabolic dysfunction. It doesn't matter that they're burning through thousands of calories daily. It doesn't matter that they're fit, lean, and look healthy. Their fasted blood sugar reveals they're suffering from a chronic disease that is strongly associated with high rates of most other 'lifestyle diseases.' The culprit is shoveling in more carbs day in and day out than the human body is designed to deal with.

Further, a few weeks ago [a study published by the American Heart Association](#) observed a stunning

phenomenon. They recruited 222 men in their 50's that maintained a regular exercise routine and grouped them into 4 equal groups based on the number of hours they exercised per week. The group that exercised the most - more than 9.2 hours per week - had **almost 6 times the rate of visible arterial plaque** compared to the quarter of men that exercised the least. Read that sentence again, because it's mind boggling.

How is it possible that exercising more than 10 hours/week is associated with *astronomically* higher rates of cardiovascular disease? The researchers didn't explore diet in this publication, but I suspect the athletes falsely believed, like most athletes do, they required substantially more carbs to perform. And their health suffered because of it. Diabetes is a strong predictor of plaque progression.

#### **Main Takeaways:**

1. Prioritizing fat as fuel does not impair performance – after ~4 weeks of adaptation.
2. High carb intake, even for high level athletes, is strongly correlated with negative health outcomes. These outcomes worsen as athletes age.

#### **The New Research:**

The new research by Noakes requires some important historical context. In the 1960s, the advent of muscle biopsies allowed scientists to measure sugar stored in muscle tissue, called glycogen. They noticed that athletes often fatigued when muscle glycogen was low, and the assumption followed that muscle glycogen depletion was the primary cause of fatigue. Cue the burgeoning culture of carb loading (which sports supplement companies were happy to encourage!) What was overlooked was that a vast majority of research *also* showed that performance plummeted when blood sugar dropped.

The emerging theory from Noakes' review suggests that the primary driver of fatigue may not be empty muscle glycogen, but falling blood glucose or hypoglycemia. When the brain perceives a threat to its fuel supply it reduces motor output to protect itself, shutting down muscle function. What athletes experience as "bonking" is the brain enforcing a shutdown in response to hypoglycemia (low blood sugar) rather than muscles running out of fuel.

This shifts our focus from muscle glycogen to liver glycogen. Muscle glycogen serves local muscular needs, but liver glycogen regulates the system. The liver stores glycogen in order to release glucose into the bloodstream to maintain stable blood sugar levels. If liver glycogen is sufficient and blood glucose remains stable, the brain does not initiate that protective shutdown. And if you're fat-adapted, you're able to spare muscle glycogen by burning through your fat stores. So how do you support liver glycogen levels?

Supporting liver glycogen in a safe way begins with developing metabolic flexibility, the fat adaptation I've been talking about. This typically requires about one month of consistently lowering carbohydrate intake, often below 50 to 75 grams per day depending on the individual. There are lots of specific considerations to transition safely and efficiently so working with an experienced coach may be prudent.

Once adapted, all you need to keep energy flowing to your brain during multi-hour rides is small, strategic amounts of carbs – around 10 grams per hour (roughly half a banana or half a GU packet). The goal is not to flood the muscles with sugar, but to maintain steady blood glucose so the brain never initiates that protective shutdown. Counterintuitively, too many carbs can spike blood sugar, drive up insulin, suppress fat burning, and increase the likelihood of bonking.

But this advice comes with a caveat. What you eat off the bike matters just as much as what you eat when you're on the bike. If your insulin remains chronically elevated from frequent high-carb

meals or constant snacking, the liver's ability to regulate blood sugar is impaired. But when insulin levels are low throughout the day between meals, the liver is excellent at its job of regulating blood sugar levels.

The goal isn't to eliminate carbohydrates forever, but to regain control over your blood sugar. Once you achieve metabolic flexibility, you'll be protecting both your athletic performance and your long-term health. You don't have to choose between fast and healthy. *You can have them both!*

P.S. I recently had the honor of interviewing one of the researchers central to the research paper I referenced. If you're interested in more nuance on the topic, you can hear our full conversation

here: <https://open.spotify.com/episode/4ZdlDrfymI6cB7fnYlrapM?nd=1&dlsi=ace528d81a214186>

### About Me:

My wife Karli and I are independent nutrition science researchers and professional certified nutrition coaches. I am passionate about nutrition for athletic performance, but first and foremost we are dedicated to overall wellness and longevity. If there's interest, we would love to give a seminar about this article or any other nutrition-related topic for Bike Prescott or any other organizations you're involved with. If any questions come to mind, track me down on a Bike Prescott ride! While I would love to coach everybody for free, it is how we make a living. If you would like structured guidance on becoming a fat-adapted athlete, help with weight loss, or improving your health with nutrition, reach out via email to schedule a complimentary consultation: [learn@hienergylife.com](mailto:learn@hienergylife.com)

# The Brain Health and Leg Power Connection

By Susan Madura

I recently came across an article about the association between lower-body strength and a reduced risk of dementia. While it's common knowledge that physical activity slows cognitive decline, a direct link to leg strength is much more specific. Since that initial article didn't mention cycling, I went down several rabbit holes and found that cycling is targeted in research because it requires a higher aerobic demand and includes balance, coordination, and navigation.

## The Twin Study: Leg Power as a Predictor

The foundation of this research comes from a decade-long study of 324 identical twins at King's College London. By studying identical twins, researchers isolated lifestyle as the primary variable in brain aging. They discovered that **'Leg Explosive Power'** — the ability to generate force — was the single strongest predictor of how much brain volume a person would lose over ten years.

MRI scans showed that the twin with more leg power had significantly more 'Gray Matter' (our brain's processing CPU). Essentially, pushing against resistance signals the body to preserve our cognitive hardware, creating a 'cognitive reserve' that acts as a buffer against decline.

## The Buffer Effect: The Rush MAP Study

The ongoing Rush Memory and Aging Project (MAP) has found that physical muscle strength, particularly in the legs, directly protects the brain. They followed older adults who agreed to donate their organs after death.

They found that some participants died with high levels of Alzheimer’s plaque in their brains but never showed symptoms of dementia. Their high levels of physical activity acted as a biological buffer, allowing the brain to function normally despite the damage.

## Putting Leg Power to Work in the Hills of Prescott

It turns out the hills we love and dread directly target these markers. Climbing requires the 'explosive force' mentioned in the London Twin Study. When our quads and glutes contract under load, they secrete proteins called myokines. These cross the blood-brain barrier and act like 'Miracle-Gro' (technically BDNF), repairing neurons and growing new ones.

Simultaneously, cycling lowers systemic inflammation markers like C-Reactive Protein (CRP). By keeping our arteries elastic and our CRP low, we allow our 'glymphatic system' to flush out metabolic waste while we ride. Even the high elevation of Prescott offers a 'metabolic advantage,' as lower oxygen levels stimulate the growth of new blood vessels in the brain.

## Are E-Bike Riders Still Benefiting?

As an e-bike and conventional bike rider, I wanted to know if the assist 'cheated' the brain. The Cycle BOOM Project (targeting ages 50–83) found that e-bikes are actually a strategic advantage.

Quoting a friend, e-bikes ‘take the suck out’ and prevent the physical exhaustion that causes people to cut rides short. E-bikers in the study showed significant improvements in brain processing speed, likely because they felt more confident and rode more often.

Critically, e-bikes help riders maintain the 'Gold Standard' Zone 2 effort (60-70% exertion). This is the optimal window for increasing cerebral blood

flow and clearing plaques without the 'red-line' stress of unassisted climbing.

## Genetic Overrides: The APOE 4 Factor

For those with at least one APOE 4 gene variant, which can make waste clearance more difficult, lifestyle is the most powerful override. Research shows cycling reduces dementia risk by 12% for carriers, specifically helping to regulate the blood-sugar and inflammatory markers that the gene tends to disrupt.

## The Optimal Dose

The 2025 JAMA Network Open study found that while just 35 minutes of moderate cycling per week offers a 41% reduction in dementia risk, the benefit jumps to approximately 70% once you hit the 140-minute mark.

Combining group rides, indoor cycling, and cross-training create a powerful formula for brain health. This variety protects our minds by blending social connection and strength building with high-intensity intervals found in spin classes and rides with Zwift.

## The Multi-Sport Brain Benefit Chart

Activity	Risk Reduction	The Mechanism	Weekly Target
Cycling	70% Reduction	Long duration clears metabolic waste.	140+ Mins
Running	41% Reduction	Impact triggers BDNF repair signal.	45–60 Mins
Hiking	Cognitive Buffer	Technical terrain exercises memory.	1.5–2 Hours
Strength	Structural Density	Maintains Gray Matter (CPU) density.	20–30 Mins

## Resources

- [King's College London: Leg Power and Brain Ageing Study](#)
- [JAMA Network Open \(2025\): Dose-Response Association for Cycling](#)
- [The Cycle BOOM Project: E-Bikes and Wellbeing](#)
- [The Lancet Commission \(2024\): 2024 Dementia Report](#)

# The Exercise at Least Four Times More Efficient than Walking

Article by TrailNet  
submitted by David Price

This link will take you to an extremely interesting article about the mechanics of cycling, written by Anthony Blazevich, Professor of Biomechanics, Edith Cowan University.

The article was taken from a publication called The Independent (a British online newspaper), where it had been republished from an independent nonprofit news source called "The Conversation."

I came across it in a newsletter from Trailnet, a major cycling advocacy group in St. Louis.

[Click here to read the article](#)

# Membership Update

By Andrea Tesch

## New Member Bonanza!

The following members have joined Bike Prescott since our last newsletter:

- Douglas Joseph
- Scott Weiss
- Marc Trucano
- Veronique Piercy

As of early February we have 165 active members. Most of you whose membership expired in December and January have renewed your membership recently.

There has been an intermittent problem with the renewal reminder emails going out to members when membership is close to expiring. Some have not received the reminder email, while others received multiple emails. This issue is being worked on by our webmaster and will hopefully be corrected soon. We appreciate everyone's patience with this process.

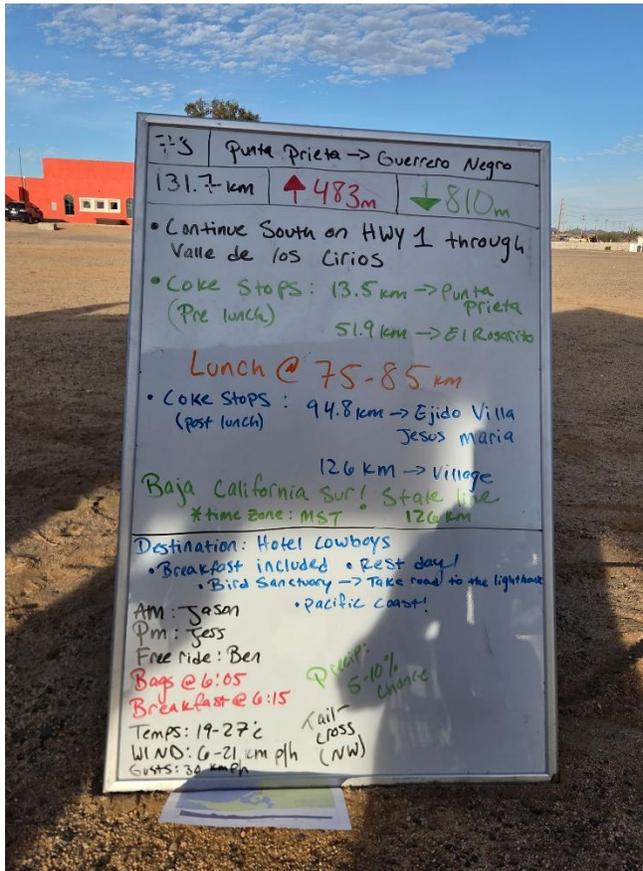
We're looking forward to meeting you!  
Apologies if I have missed anyone.

# North American Epic Bike Tour With TDA Global Cycling 2025

by Margaret Starnes

My trip began on August 31, 2025 in Helena, Montana and ended on December 21, 2025 in Panama City, Panama. Total distance was 7,592 km with 71,152 m of elevation gain. Here are some highlights.

1. A typical daily briefing



2. Where table and industrial salt comes from: dried sea water



3. Day of the Dead celebrates the life of ancestors.



4. Pyramids abound in Mexico.



5. This is the fast food here in Guatemala



6. The crew at the end.



# Let's Keep Our Club Rolling Strong

by Karen Schonfeld

Welcome to 2026 Bike Prescott Members. We are looking forward to getting together both on bike rides and at social gatherings throughout the year. Bike Prescott thrives because of the energy, time, and dedication of its members. Every ride we enjoy, every event we host, and every new member we welcome happens because someone stepped up to help.

Here is a list of what we currently have planned and/or are trying to organize. Details for events will be available on Meet-up throughout the year. Some events still need volunteers and we always need ride leaders. Please reach out to me at [kschonfeld02@gmail.com](mailto:kschonfeld02@gmail.com) if you would like to get involved. Let's keep the wheels turning together.

Saturday, March 7th-Spring 2026 Membership Meeting at The Mountain Club. This will be a Potluck lunch. Bike Prescott will provide beverages.

Tour de Scottsdale-March 28

Saturday, April 18th-Granite Creek Clean-up and Spring Brunch

Wednesday, May 20-Ride of Silence in Downtown Prescott

Saturday, May 23rd-Annual Poker Ride and Pizza After Party.

Saturday, June 6-End of Road Ride plus Lunch.

Saturday, July 18-Strawberry Shortcake Ride and Refreshments.

August Date TBD-Pie and Ice Cream Ride-  
**Volunteers Needed to Host Event**

August 28-30-Annual Trip to Flagstaff to include various Rides and some social gatherings

September Date **TBD**-Root Beer Float Ride-**Details still to be finalized**

Saturday, October 17-Oktoberfest Rides and Lunch

Saturday, October 24-Lunch after monthly Skull Valley Loop Ride for all Riders

Saturday, November 7-Max's Birthday Celebration and Fall Membership Meeting

Tour de Tucson-Sat. Nov. 21

Sunday, December 6-Bike Prescott Holiday Party

# T-Shirt or Bust

by Randy Stockton

I read an article in Bicycling about a 5-day ride on the Blue Ridge Parkway in 2007. 485 miles and 48,000 feet of climbing. Being a South Florida flatlander and knowing nothing about climbing, I decided to give it a try.

My Trek carbon 53-39 and 9 speed 13-27 was up for it. I would train 40 miles 5 times a week and never use less than 53 x 16. So, it should be easy, right? We would head south from Virginia to Cherokee, NC. The first day started with a 1500-foot 10 mile climb as a warmup. I was quickly shifting gears and into the 27 looking for more. Heart in the red zone, eyes bulging out, lungs bursting. What was I thinking? On the third day I cracked and had to sag. Rode some more but that was it. You had to finish all 5 days to earn the T shirt. Rats!

I came back in 2009 determined to get that shirt. Switched to a 50-34 compact crank.

**Day 1** - the heartbreaking 1500 ft warmup was just as bad as before. I wondered at the logic in this. Hubris? Bad Karma? After lunch, we climbed Apple Orchard Mountain - 13 miles and 4000 ft . No flat spots - just keep climbing. Stayed at Peaks of Otter. Beautiful resort high in the mountains. 86 miles, 8500 ft.

**Day 2** - up and down. 90 miles and 8200 ft.

**Day3** - breakfast at 5:30 and ride at 6:30 dawn. The longest day 123 miles and 10000+ I was so exhausted, Paul the

owner had to help me off the bike and made me drink some protein glop. I wanted a Bud. Had a meatball sub and 2 Buds for dinner - felt better.

**Day 4** - the Queen stage. Blowing Rock to Asheville. 100 miles and 11500 ft. Had to exit the parkway and ride into Asheville to the hotel. The parkway maxes at 8% but the off roads will easily be 12%. Another kick in the butt.

**Day 5** - Asheville to the finish. 87 miles and 9000+. I almost cracked on the climb to lunch but made it. One more 8-mile 3000 ft climb to Waterrock Knob then the glorious max speed descent down the mountain. At the bottom a bearded Harley rider with his mama came next to me and said "Damn boy, I never seen a bike go down a mountain that fast". One more short climb then a race to the finish. I was like a horse that smelled the barn.

So, after 5 days of a love/hate relationship in the mountains it came to an end. An unforgettable experience. I earned my shirt. Paul Wood still runs Black Bear Adventures.

## Choral Events

By Jim McCrank

Here are a couple of Choral events that I think members would enjoy:

Mar 8, 3 PM at United Methodist Church 505 W Gurley. Prescott Camerata Chamber Singers. Both Pat and I sing in the group, we have concerts in fall and spring. Music is

some contemporary and some sacred, but all very enjoyable. No charge for admission, but donations gladly accepted.

Apr 6 at 7 PM at St Lukes Episcopal Church, 2000 Shepherds Ln, Pct (off Hwy 89 just past airport). Again both Pat and I sing in group called Master Chorale. We do bigger master chorale works, very enjoyable. We will be joined by 2nd choir touring. Free Admission.

Would love to see all of our bike club members there, you will enjoy the music!

## Bradshaw Mountain Sunset Jazz Concert

- Musicians are:
- Evan Mezeske - Guitar
- Skip Edwards - Bass
- Leah Morales- Vocals
- Noble C. Hathaway - Guitar
- Ron Sampson – Sax
  - **Ron is a member of Bike Prescott!**

*Join us Saturday, May 2nd*  
**The Bradshaw Mountain Sunset Jazz Concert**  
*A Classic Supper Club Show with fine food, great jazz, and dancing!*

**With Special Guest : The Prescott Jazz and Swing Ensemble**  
 Where: The Historic Rock Springs Cafe Outdoor Pavilion  
 35900 Old Black Canyon Highway, Black Canyon City

*Program: 5pm seating - First Show 5:30pm - 6:15pm, Dining Intermission,  
 Second Show 7:00pm - 8:00pm (includes mocktail or cocktail for a Sunset Toast at 7:14pm)*

*Tickets: Advance Reservation Only. Pricing: Individual Guests \$60, Tables of 6 or 8 available.  
 Reservations: contact event Maitre d' at tamarahome5@aol.com or call 602-684-0706  
 Show Information Only: contact noblehathaway@gmail.com*



## Bike Prescott Sponsors

By Liz Dillon

Our bike club is very fortunate to receive support from our community. Should you visit any of our sponsors, please make a point to mention that you are a Bike Prescott member.

- Dignity Health



YAVAPAI REGIONAL  
MEDICAL CENTER

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- EdO Website Design
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- Extreme Steering (ESI Grips)

**ESIGrips.com**

- High Gear Bike Shop



- Findlay Subaru Prescott



- Mark's Beergarden



- Walker Estate Attorneys



- Performance Fallon, Inc



- Bikesmith Cyclery



- Prescott Animal Hospital (PAH)



- Paul Johnson Drywall



## Newsletter Article Submissions

We'd just like to make sure that *everyone* in the club is aware that they can participate in the newsletter too.

Simply contact the Editor to arrange for submitting your article for the next publication.

Newsletter Editor  
GeneLee333@gmail.com

**Contact Us:**

[contactbikeprescott@gmail.com](mailto:contactbikeprescott@gmail.com)



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