

# The Science of Deconditioning

by Jim McCarver

We've all been there. You get sick, or have an accident, or take a long vacation and are off the bike for a period of time. There goes my fitness. Like the time that Geno was on his Zwift trainer hammering away and his rear wheel came off the cassette and he crashed forward into his monitor. Nasty! Also not true, I just made that up. But you get the picture. Anyway, here's the science of deconditioning explained.

So, how quickly do I lose fitness? And how fast can I get it back?

## Stage 1: 1-14 days.

During the first 14 days off the bike, deconditioning is quite minimal and easily reversible. The cause is largely from a drop in the blood volume. This drop reduces the capacity of the blood to carry oxygen to working muscles. Also less blood fills the heart effectively between beats causing less blood to be pumped per beat. The maximum rate at which the body can take on and process oxygen is reduced.

After 6-10 days off the bike, muscles are also affected. Because of physiologic changes the muscles cannot move fuel into the cells as effectively to generate energy. For very well-trained cyclists (like me?) use of oxygen to generate energy can drop 50%. You may notice that your heart rate is 5-10% higher for a given effort, and you cannot push as hard. You might need to eat a little more on long rides because the muscles store less glycogen.

## Stage 2: 2-4 weeks

More significant detraining sets in. There are structural changes in the body - decrease in size of the left ventricle, and a decline in capillary

density. These can cause a decline in your time to exhaustion by 5-10%. Your punchiness, endurance and threshold power all take a hit. It takes longer for your heart rate to come down after a hard effort.

## Stage 3: Over 4 weeks

Oxygen consumption will drop, muscular strength will decrease. There will also be changes in muscle fiber composition. All these things will significantly impair cycling ability.

What can be done?

Sadly, retraining always takes longer than detraining. Fitness that you lose in 2 weeks will take more than 2 weeks to build back.

Retraining also depends a lot on training history - riders who have trained five or more years build fitness back faster. So, if you need to cut back on riding, how best to minimize the loss of fitness.

One way is to reduce the length of your training sessions. For example, rather than riding five days a week for two hours, ride five days for one hour. Or reduce frequency, going out only three days a week.

If you can't ride due to injury, cross-training can help. Opt for an aerobic activity that elevates your heart rate in a similar way to cycling. Examples would be aqua jogging, rowing or using a cross trainer.

So there you have it. Cycling is such a wonderful sport, so try hard to maintain fitness if you're off the bike for whatever reason.

This information was taken from an article in one of my favorite cycling magazines, Cycling Plus.

# El Tour de Zona

by Dan Florian

I decided to go to Sierra Vista for an organized 3-day ride, March 20-23, 2025. The ride was awesome in ways hard to explain. 3 days in an unfamiliar area for me.



The first day was 28 miles around Sierra Vista up to Ramsey Canyon Reserve. It was very cool under the trees for pie and coffee. A great ride with roughly 350 riders.



The second day was the hardest day of the event, with 65 miles and 3000 ft of climbing in a loop going to Bisbee and back. Bisbee is a pretty cool town like Jerome only a little bigger.



Day 3 was a great day of 36 miles, easy after the Day 2 ride. Five miles in they close the road off for only cyclists all the way to Tombstone. Another very cool old west town.



The 3-day event was well directed. There was lots of support from the towns we visited with great volunteers and food trucks. Back at base camp there were lots of places to eat outside of the park and plenty of lodging.

I hope we can get some interest for next year. Feel free to look up El Tour de Zona ([eltourdezona.org](http://eltourdezona.org)).

There were lots of people with the same goals as us: Fun Safe Riding.



# Moab & Durango

Fall Club Trip Sept 19<sup>th</sup> – 25<sup>th</sup>  
by Wayne Wright

Bike Prescott is planning a road trip in September to two locations: Moab, Utah and Durango, Colorado. Both locations are famous for their incredible cycling and breathtaking geographical splendor. When we first posted this exciting adventure back in November it generated immediate interest. At this point our September cycling trip is just a few months away, so make your plans now! **This trip is available only to dues-paying Bike Prescott club members and their guests.**



## Trip Itinerary:

### **The Rendezvous: September 19**

Once you arrive in Moab, get settled in and connect with the Bike Prescott gang. There are plenty of options for dinner and drinks in Moab.

### **Moab Rides: September 20, 21 and 22**

Many of us will ride the brand new [2025 Moab Skinny Tire Fall Festival](#). Check out the link for all ride details and to officially register for the event. You can register for the full 3-day Fall Festival or the Weekend Pass, which is the first two days. Registration is limited to 400 and cyclists from all over the country will be there.

NOTE: For those who don't want to participate in the Skinny Tire Festival, there are lots of other

cycling options available in Moab. Routes for other rides of various distances will be posted on the Bike Prescott website.

### **Travel Day: September 22**

If you participate in the third day of the Fall Festival, you can drive to Durango after your ride. If you are not riding that third day in Moab simply drive to Durango and enjoy a rest day.

### **Durango Rides: September 23, 24 and 25**

Bike Prescott has been to Durango before so we can vouch for the excellent riding options. Specific routes will be detailed on the Bike Prescott website. There will be something for everyone.

### **About lodging:**

**You are responsible for making your own lodging arrangements.**

In Moab, all rides start at the Archway Inn so many cyclists stay there. However, there are many other options close by, including places for RV camping.

In Durango, you might check out HRT Campground and Cabins or Antlers on the Creek Bed and Breakfast. We have not seen these places but have heard they are worth considering. Note that Moab and Durango are both very popular vacation destinations so don't wait to make your reservations!

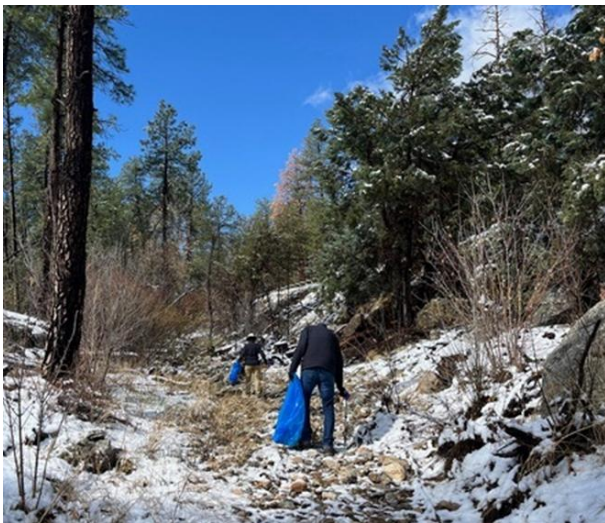
[RSVP on Meetup](#) if you can join us for all or part of this incredible week. You don't have to tell us your specific plans, we'll just be happy to see you.

# Special Events

By Andrea Tesch

Thanks to the many volunteers who have stepped up to help organize our Special Events we have a full calendar of fun events scheduled for 2025.

By the time most of you read this newsletter we will have already enjoyed riding, pizza, and poker at the Thumb Butte Pavilion May 17, honored bicycle riders lost or injured in vehicle accidents at the 11<sup>th</sup> Annual Ride of Silence May 21, completed one cleanup of our assigned mile of highway on Outer Loop Road, and participated in the Granite Creek Cleanup on April 19 (where there wasn't any water flowing on our assigned section of the creek near the White Spar Campground).



On the horizon is the challenging End of the Road Ride on June 7, which Tana is generously organizing and hosting again this year. July 19 will feature a combination of bicycle riding, consuming strawberry shortcake, and enjoying music provided by the Bike Prescott Band. This event will be at the Mountain Club this year.

August will be a busy month for us. The multi day Flagstaff rides will be on August 15 – 17 and

include a test of local and cycling knowledge as we play Bike Prescott Jeopardy in teams. Also in August we will enjoy pie and ice cream at Memory Park after various rides around the Chino Valley area.



This year we will not be going to the North Rim of the Grand Canyon, but instead many of you are already signed up for the week of riding in Moab (organized by the Skinny Tire Festival) and around the Durango area. This will be September 19 – 25 (see separate article in this newsletter and Meetup for details).

Our final events of 2025 will be the Octoberfest rides and brats on October 11 at Thumb Butte, the Membership Recognition / Max's 96<sup>th</sup> Birthday Celebration at the Watson Lake Ramada on November 1, and finally our annual party on December 7. The annual party will once again be held upstairs at the Elks Theatre. This year catering will feature Mexican cuisine.

These events are an opportunity to enjoy the company of our fellow riders who you might not normally ride with, as two or three different rides are included at each event of varying distances, paces, and difficulty. Bike Prescott Special Events are only open to Bike Prescott members, but all are welcome to join Bike Prescott. We look forward to seeing everyone at some of these events this year!

# 165 Day Bike Trip

By Margaret Starnes

Tuktoyaktuk, NT (Canada) to Panama City, Panama - the North American Epic by TDA Global Cycling, length about 14,000K. Sounded like fun, so I signed up!



## Steps to prepare for trip:

Pay for trip: check or wire transfer (wire transfer as Canada Post was on strike).

Pay for required travel insurance, if 70 or older, good luck! (I only found one company)

Bicycle needs to handle dirt, gravel, and other nasty road surfaces with up to 50mm tires. That meant a new bike. Bikesmith Cyclery helped with that.

Bike Fit recommended to avoid injuries while biking an average of 80 miles/day. Got the Bike Fit at Canyon Physical Therapy. They did a great job!

Get in condition! But wait, there's more!!

Vaccinations: typhoid, yellow fever, hep. A&B, rabies, acquire malaria pills.

**Luggage limits:** 2 90L bags weighing no more than 23Kg each.

**What to bring:** tent, sleeping bag, liner and mat, pillow. 5 pair bike shorts, 4 bike shirts, bike shoes, camp shoes, walking shoes. Camp shirt and long pants sprayed with Permethrin for insects like mosquitos and ticks. Rain gear, both pants and jacket. Puffy jacket for cold weather. Cell phone with Ride With GPS, battery packs for recharge in remote locations. Holder for cell phone on bike to see and hear directions. Bike lights, headlamp, money.

**Plane ticket** to Inuvik, NT, Canada, hotel for first night in Inuvik, plane ticket home (don't have that yet).

Bear spray required, purchase in Inuvik. Will need to be carried on our person while in bear country, like while we're camping for the first half of the tour!

Some spaces left if you are interested!!

<https://tdaglobalcycling.com/north-american-epic>

## Elections

For Bike Prescott's Board of Directors

Deborah Cox

It takes a small army of volunteers to run Bike Prescott. For 2025 we have 10 Committee Coordinators and seven members of the Board of Directors.

Committee Coordinators are often club members who approach us saying they are interested in becoming more involved. Committee Coordinators do not have to be voted in for their positions so when people step up, believe me, we try to find them a good fit.



The Board of Directors is different. Our bylaws require us to both notify the club's membership of openings and hold a vote. Each board position is held for a term of two years and every year some of these terms expire. This year, we are in the unusual situation of being able to notify you far in advance regarding the positions we need to fill.

If you saw the email I sent on May 5, you know four Board positions expire at the end of 2025:

Vice President - currently held by Jim McCarver  
Rides Coordinator - currently held by Tana Brown  
Both Jim and Tana have expressed their willingness to take on another term.

President - currently held by me  
Events Coordinator - currently held by Andrea Tesch

Both Andrea and I have decided that it is time for us to step down from our positions. Andrea will fill the remaining year of Kris Parsons' Membership Coordinator position and after ten years on Bike Prescott's Board of Directors, I've decided to take a break.

We have strong candidates who have expressed interest in both the position of President and Events Coordinator. But we want to give each of you the opportunity to throw your hat in the ring for any of the four positions mentioned above.

Please let me know by Friday, June 6 if you would like to be considered.

Bike Prescott runs on volunteer talent and it's our strong belief that new leadership brings the potential for fresh perspectives, ideas and growth.

# 86,000 Miles In a Single Year!

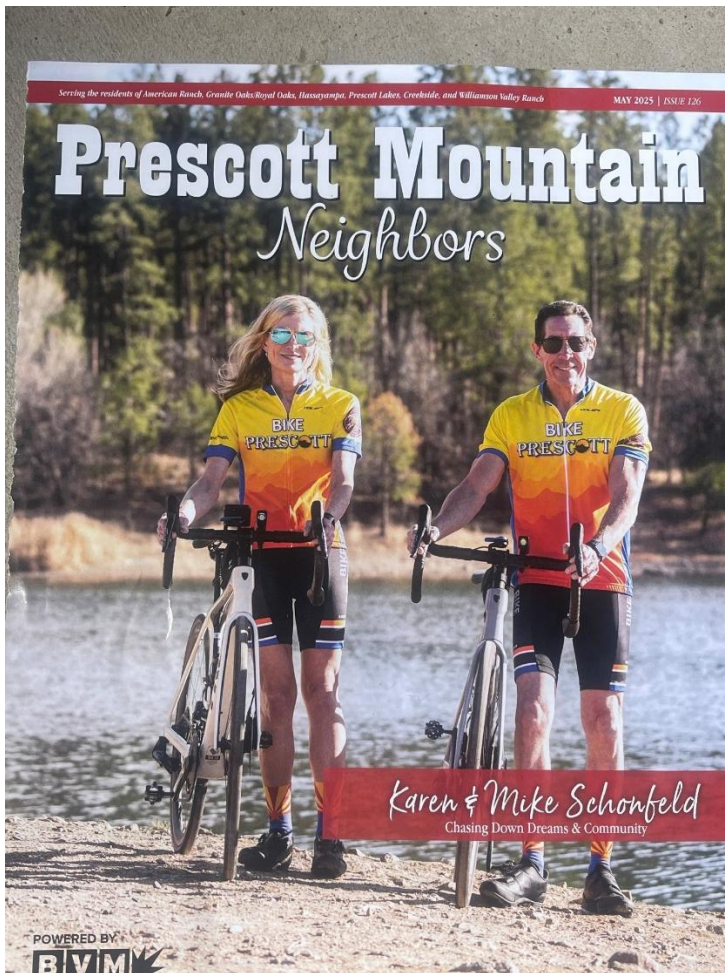
by Deborah Cox

Amanda Coker is an endurance cyclist who currently holds the record for the greatest distance cycled in a single year by either a woman or a man. She covered 86,573.2 miles between May 15, 2016 and May 14, 2017, averaging 237.19 miles each day. She largely achieved the record by cycling through the same 7-mile stretch of paved trails in Flatwoods Conservation Park near Tampa, Florida, where Coker usually spent more than 12 hours a day pedaling away. She continued on until July 11, 2017, in an effort to become the fastest person to complete 100,000 miles. Coker finally accomplished the feat after 421 days, shattering legendary cyclist Tommy Godwin's 500-day record set back in 1940. On October 23, 2021, Coker also became the first recorded female cyclist to break 500 miles in 24 hours, riding a whopping 512.5 miles in the brief time frame.

Interesting Facts, written by Bennett Kleinman and edited by Brooke Robinson.

Notes: Amanda was 24 years old. She eats a massive amount of Nutella. Her tolerance for riding the same 7-mile stretch of trail somewhere around 35-40 times a day for a year is dumbfounding. She set the goal and pedaled all the miles to help recover from getting hit by a car.

**It's not the Cover of the Rolling Stone...  
But still....**



Mike and Karen Schonfeld showing off their Bike Prescott duds.

# How to Guard Your Privacy in Fitness Apps and Devices

by Neil Tewes

Are you working on a new year's resolution to be healthier? Know that two of the biggest brands in the fitness app and device market are facing questions about their ability to protect users'

privacy and identity. Here are the main privacy concerns, plus tips on how to stay safe.

## Getting in shape shouldn't mean giving away sensitive information:

If you're starting this year with a vow for better health, you're not alone. According to a 2023 survey from Forbes Health, 48% of people said improving fitness is a top priority—making it the number one new year's resolution. And if you're planning to use fitness apps or devices to help achieve your goal, you've really got company. Last year, fitness apps had 368 million users and more than 850 million downloads.

While fitness-tracking apps and devices can make workouts more fun and productive, they can also carry risks to your privacy and identity. Many of these apps allow outside entities to collect your personal information for business purposes, including data broker sites that sell people's information to marketers and other parties. Through location-sharing features and public profile settings, these apps can even give stalkers or other malicious actors an opportunity to track and target you in the real world.

Two of the biggest names in the fitness tech industry are currently facing scrutiny over their alleged shortcomings in protecting user privacy. Here's a breakdown of those privacy concerns, along with advice on how to keep your personal data protected.

## The risks of Strava location sharing:

We've written before about the potential privacy and security vulnerabilities of Strava, a leading fitness-tracking app. Researchers have found that Strava users, especially those who live in less-populated areas, could have their exact location pinpointed by stalkers or other bad actors through the app's "heatmap" feature, which reveals popular routes taken by Strava runners and cyclists in the area.

Now the issue has gone international. The French newspaper Le Monde has reported that the

movements and locations of world leaders can be potentially exposed due to the fact that some of their bodyguards have publicly visible Strava accounts. As part of the investigation, the newspaper observed the “heatmap” routes of various bodyguards, particularly those near meeting venues and other private locations. Reviewing the patterns of these movements, Le Monde was able to determine the whereabouts of political leaders at specific times—information that could pose a security threat. The report is yet another demonstration of the risks involved in allowing a fitness app to reveal your movements to other users.

### **Peloton security and privacy risks:**

Meanwhile, for anyone planning to use Peloton fitness equipment as part of their health journey this year, be aware that the parent company, Peloton Interactive Inc., faces some questions about device security and user privacy. According to Security Week, an analysis has found that Peloton fitness equipment “is plagued with numerous security issues that could allow attackers to obtain device information or deploy malware.” The issue stems mainly from the fact that the Internet-connected Peloton treadmill uses an outdated version of the Android operating system, which has not been updated to fix critical security flaws. Additionally, attackers who have physical access to the treadmill could exploit the system’s vulnerabilities for malicious purposes like stealing personal data or launching a ransomware attack.

Peloton also faces a class-action lawsuit over claims it violated the anti-wiretapping California Invasion of Privacy Act (CIPA). Peloton is accused of recording online chat conversations between users and Peloton representatives on the company’s website, and turning over this data to a third party—an AI-focused marketing firm—without seeking user permission.

### **Tips for staying safe while getting fit:**

Here are some practical ways you can improve your privacy while limiting the personal information you provide to fitness apps and devices.

- Always read the fine print in the privacy policy of any app or connected device. Look particularly for information on data sharing with third parties. If you’re not comfortable with how freely the company gives away your data, opt out of data sharing.
- Install a virtual private network (VPN), such as SafeWiFi from IDX, on your Internet router. This encrypts the connection on devices like your phone and Wi-Fi-enabled fitness equipment, preventing bad actors from discovering your identity, online activity, or location.
- Stay semi-anonymous. Don’t assist bad actors in their search for your location or identity. Avoid doing things like revealing your full name in your account username, listing your hometown in your profile, or uploading personal photos.
- Don’t put off software updates. Your devices should be kept current with the latest available software updates, as these usually contain critical patches for the latest security issues. Make things easy by turning on automatic updates.
- Get strict with the settings. Go into the privacy settings of your fitness app or device. Opt out of any “aggregated data usage” feature, limit location-sharing permissions, and make sure your full profile is visible only to your trusted circle.

Regardless of your new year’s resolutions, your privacy and identity deserve maximum protection. Consider a comprehensive coverage plan like IDX Complete, which offers a wide selection of protective tools and services including the SafeWiFi VPN, 24/7 credit monitoring, automatic personal data removal, and a blocker that



prevents your data from being tracked across the web.

# Annual Prescott Creeks Cleanup

by Deborah Cox

On Saturday, April 19, Bike Prescott continued its history of participating in Prescott Creeks' annual cleanup. Twelve club members volunteered, and I think it's safe to say, everyone had a fun morning.

Bike Prescott was assigned to clean up the creek corridor between White Spar Campground and Ponderosa Park Road. As luck would have it, snow fell the day before the cleanup so when we arrived the next morning, it was difficult to see just what was beneath the snow. However, it wasn't long before bottles, cans and bags seemed to pop up everywhere.

The Creek Cleanup is always scheduled for the same Saturday that Prescott celebrates Earth Day. And, as he does every year, Jim McCarver took his Saturday road ride on a turn through Prescott's Earth Day exhibits around the Courthouse. After Jim's ride and the trash pickup, Bike Prescott's two groups joined up for a picnic at White Spar Campground. Thanks to Linda and Richard Amendola for getting the fixings for sandwiches, plus chips, cookies and beverages. They did an awesome job organizing and it was much appreciated.



After the cleanup, the trash was weighed by the City of Prescott Solid Waste Division. The final count was that 470 volunteers (our friends and neighbors) collected 1.63 Tons of trash! That's a decrease of 19% from last year's collection total. Trash collected has now decreased two years in a row which suggests that there is less trash out there to collect!

I hope that is the case, but what do you suppose this means? Wayne Wright found a total of 13 full-sized plastic vodka bottles, all the same brand, along a short stretch of the southbound side of Highway 89. And all empty. Yikes!

Thanks to everyone. We're already looking forward to next year.

# Bike Prescott Mountain Bike Skills Practice

by Brian Lyons

According to the Forest Service website, "Prescott National Forest is guardian of 950 miles of scenic trails and more than 100,00 acres of wilderness." And Nearly 450 miles of scenic trails are open to hikers and bikers. Considering the availability and variety of trails here, it's no wonder why mountain biking is so popular. With that in mind, I would like to recognize and thank the Prescott trail system groups, local sponsors and bike shops, and Prescott Mountain Bike Alliance (PMBA) for their strident support of Prescott's biking culture.

Naturally, there are lots of Bike Prescott members that ride mountain bikes. But until recently, rides were not posted on Meetup, nor was there a uniform method to inform riders of future rides. With that in mind, Tana asked Pam, Neil, and I to meet over coffee to discuss ways to help more Bike Prescott members participate in mountain biking. As a result, we thought it was worth exploring a couple of approaches.

First, let's offer different types of rides on a weekly basis. These rides should all be "cross-country" rides, not white-knuckle downhill and lung-busting uphill. Depending on the ride leader, the rides would generally be considered green to blue level rides, not black. Second, let's develop a mountain bike skills introduction, development and practice program. This program should help inform experienced and novice riders to specific mountain biking techniques, for safer and more efficient riding.

To the latter, we held our first mountain bike skills practice on May 22. Ten riders attended the event at Kuebler Park, adjacent to the Prescott Circle Trail. We spent about an hour introducing and practicing different techniques. We worked on

trail riding position and fundamentals, braking, cornering, wheels lifts, track stands, downhill and climbing techniques. Then we rode a small portion of the Prescott Circle Trail (with options to shorten or lengthen the ride).

Everyone who attended the event did well and I hope they come back next month. There was positive feedback from both novice and experienced riders regarding what skills they learned and how they were able to apply immediately them.

To the former, we rode a section of the Whiskey Off Road 25 Proof racecourse on May 29. The ride was ten miles and about 1,000 feet elevation gain, starting and ending at the White Rock parking lot on Thumb Butte. Most of the riders had also attended the practice session a week earlier. Again, everyone did great, and I hope they will ride another section of the racecourse with me in July. In the meantime, look for mountain bike rides to be posted by Pam, Neil, and Tana.

Special thanks to Neil who was the sweeper for both events.

## 11<sup>th</sup> Annual Ride of Silence

by Brian Lyons

According to the National Highway Traffic Safety Administration (NHTSA), there were almost 1400 preventable deaths in 2023 from bicycle transportation incidents in the United States, a 53% increase in the past ten years. Also, over 130,000 bicycles are injured in crashes on roadways every year.

On May 21, Bike Prescott hosted its 11<sup>th</sup> annual Ride of Silence, a silent procession to honor and memorialize cyclist killed and injured while riding on public roads. On this day, 40 states, 16 countries and three continents will participate worldwide. The first Ride of Silence was held in Dallas in 2003, it has been repeated every year since.

Our ride was about six miles long, starting and ending at the Courthouse Plaza. Members of the Prescott Police – Bike Patrol and motor teams led/escorted the ride, while mountain bike search and rescue teams from Yavapai County and Verde brought up the rear.

This year, over sixty riders of all types participated. We really appreciate and recognize the significant participation of Bike Prescott and non-Bike Prescott riders.

Special thanks to Ed H. for creating a Ride of Silence brain book. It made organizing this event easy. For more information, please visit [www.rideofsilence.org](http://www.rideofsilence.org)

## Membership Update

By Kris Parsons

Please welcome our newest members:

- Julie Allison
- Michael Berntsen
- Paul Bozzetto
- Dan Ford
- Nancy Ford
- Mikhail Kushnir
- Joshua Saenz
- Ron Sampson
- Leonard Sarten

- Rebekah Taylor
- Bob Walker
- Frederick Wechsler
- Shannon Whitlock

We're looking forward to meeting you!

Apologies if I have missed anyone.

## 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



- EdO Website Design
- Canyon Physical Therapy & Bike Fitting





- 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)



## Moab Skinny Tire March 2025

by Shawn and Joy DeKalb

A few of Bike Prescott Members attended the March 2025 Skinny Tire event held in Moab, Utah from Saturday March 8<sup>th</sup> through Tuesday March 11<sup>th</sup>, 2025. Each day started from the same location, the Archway Inn Hotel less than one mile from the Colorado River. The weather was brisk at the start most days at around 28°F, but would warm about 25- 30 degrees as the day progressed. Even though each day had an official start time, the time you started was requested to be no later than 30 to 60 minutes after the official start time. All routes were well marked and easy to follow with Aid stations placed about every 10-15 miles. We picked up our welcome packets the day before, Friday afternoon.

Day 1 was the longest ride of 64 miles and about 3700 feet of elevation gain. It was gorgeous even with a stiff wind in the middle of the ride overseeing Dead Horse State Park. The first climb was on a paved two-lane bike trail winding from Moab near the river to the first plateau. The following road to Dead Horse was all paved and very few cars. It was worth the climb to catch the breathtaking view with snowcapped mountains as your backdrop and the emerald green Colorado River winding below. The post ride lunch was a hot BBQ meal with various fixings. We all know that pictures don't do the scenery justice, but here are a few showing our excitement.



Day 2 was a ride of 51 miles and about 2000 feet of climbing. This route went North along the Colorado River and was absolutely stunning to have the river on one side with cliffs on the opposite. Some good climbs a great day. We ran into Liz at a rest stop and we joined her and some of her friends for lunch after the ride. Much less wind than day one and a few degrees warmer. Even though this was along a road, an early start allowed cyclists to "rule" the road most of the time. If you wanted to make time, it was easy to draft or pull a bike train as you wished. Otherwise, stopping often to enjoy the beautiful scenery or to take photos seemed to be a common option. The post ride lunch was a hot BBQ meal again with different fixings.





Day 3 was a ride of 43 miles and about 3700 feet of climbing. “The Arches” were beckoning us today and was the most coveted ride of the event. This route had three long climbs on the way in and two on the way out. Lunch was provided at the turn around point. Again, the views were amazing. I had a microscopic cactus pin which gave me a slow leak, but was fixed at the first rest stop as I coasted in at about 30 psi. For some reason, my tire picked up another one at mile 20 and I was instantly taken care of the by a passing sag van with a new tube and time to view the surrounding beauty as they fixed my tire. The arches and cliffs we saw from the road were stunning. We loved the climbs, but Joy liked the downhills better 😊







Day 4 was a ride of 32 miles and about 400 feet of climbing and followed the Colorado River South. This day was the warmest and the most peaceful with less than 10 cars seen during the entire ride. We took our time and hooked up with a Tri-athlete group from Colorado. After about the first 5 miles, the road has the river on one side and cliffs on your immediate opposite. We enjoyed the calm water and stopped to take in the Petroglyphs (These Indians appeared to be holding wheels are maybe the original thinkers of the Bicycle?.) “The [petroglyphs] are thought to have been created by Paleo-Indian, ancestral Puebloan, and Ute artists as far back as 3500 BC” (Ref: Google AI)



## *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*



Enjoy the amazing created world by cycling it.  
Be safe!

### **Contact Us:**

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



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