



# Alaska Bike Trip

by Shawn DeKalb

Anchorage in a big loop fashion. Key places we stayed in along the way were Anchorage, Carlo Creek, Fairbanks, Delta Junction, Copper Center, and Valdez. Other than a first day of drizzle, temps averaged 65F and partly sunny.



*Along Richardson Highway*

Our terrific host, Greg Rowland, grew up in Alaska and loves showing off his state during the 4 months of the short summer season. He had a great knowledge of Alaska, the towns, flora and fauna, etc.

The tour was totally inclusive of indigenous food, lodging and the bikes (Salsa – hybrid road/gravel). See [Alaskabike.com](http://Alaskabike.com) for the various tours, prices, and dates offered if interested. Since this was an immersive time with over 1000 photos, I can only offer a few of our highlights.



*(L-R: Mt. Sanford, Zanetti, Wrangell, Blackburn)*

We saw Moose (huge and intimidating), black bears and eagles from the road. Hundreds of miles of beautiful paved roads with snowcapped mountains and forests that went on forever.



*Denali (Mt. McKinley)*

Glaciers, waterfalls, and with prayer we saw clear views of the Wrangell's (16,000ft plus) and Denali (20,000 +ft) mountains. Away from Anchorage and Fairbanks, the roads had minimal to NO traffic for much of our riding. The van stopped and set up a cold buffet lunch along the way each day with snacks at various stops as requested with breakfasts and dinners of choice at local restaurants. Under rated and off the beaten path, this was one of the most peaceful adventures of long rides we have ever taken averaging 70 miles/day.



Top of Thompson Pass, near Valdez

## Don't Forget to Thank Your Ride Leader!

*by Tana Brown*

One of the keys to Bike Prescott's success is its wide variety of weekly rides, made possible by our dedicated volunteer ride leaders. They plan routes, post rides, answer questions, monitor safety, and handle unexpected issues along the way.

Jim McCarver is our longest running ride leader, and he is also the only ride leader that leads two rides each week, the **Monday Road Ride** and the **Friday Hills Ride**. For **Trucking Tuesdays** we have four leaders that share duties including Dan Florian, Linda Amendola, Mike Schonfeld and Karen Schonfeld. Kris Parsons helps to coordinate the Tuesday rides, and she also leads the **Thursday Fun Ride**. This is another long-standing ride in the club with quite a following! Wayne Wright just celebrated the 10th anniversary of **Tour de Wednesdays** (formerly known as Tour de Tuesdays). He's just added a monthly burger stop after his rides. I'd like to thank Shirley Schoberg-Hebda for the excellent **Freewheelin' Fridays**. Shirley is currently taking

a break, but we're thankful for her contribution to our ride calendar. This year we changed things up a bit on Saturdays, and now we have two **Saturday Road Ride** offerings with Deborah Cox leading one ride and Shawn DeKalb providing a faster paced option. The turnout for the two rides has been terrific. David Price just stepped down from leading the **Saints and Sinners Sunday ride**. We're grateful for the many years that he served as a ride leader. (You may still see him as a sub from time to time). Occasionally Guy Pritchard offers a perennial favorite, the **Old Guys Ride** on a Wednesday. And for those who like to ride off road, Neil Tewes, Pam Bettis, Paul Bozzetta, and myself lead a **Thursday Mountain Bike ride**. Brian Lyons was a major help in getting this group going and providing skills training along with ride leadership before he moved to California. I also lead an adventurous **Monday Gravel Ride**.

In addition, we have several substitute ride leaders including Dave Hardy, Jim Sloan, Ed Hermelin, Joy DeKalb, Liane Stark, Alex Klintworth, Betsy Macy, Lisa Crujido, Linda Amendola and Ron Sampson. Forgive me if I have forgotten someone.

A special thank you goes to all who volunteer their time to lead rides and help make our club what it is today. If you are interested in leading a new ride or have an idea for a ride series please contact me at [catanabrown@gmail.com](mailto:catanabrown@gmail.com).

## Revolutionizing Safety?

*by Deborah Cox*

*Based on several articles published in Outside Network*

You don't have to follow professional cycling to know that high-caliber racers are all about aerodynamic performance. I'm pretty sure pros rigorously analyze every detail of their bike and clothing to ensure there is nothing that could prevent them from winning. But there is such a thing as a season-ending crash... How might the pros resolve the conflict between high-tech advancements in protective safety gear and speed?

A company called Aerobag has developed a crash-triggered airbag that fits on the cyclist's back. It relies on a CO<sub>2</sub> cartridge and a built-in brain to inflate near-instantaneously in the event of a crash. It provides a four-inch cushion and is reusable.



Van Rysel recently announced Project AIRBAG, a fully integrated airbag skinsuit designed specifically for WorldTour racers. Van Rysel claims the full garment weighs 700-gram – just over a pound and a half. The system has been engineered to deploy in as little as 60 milliseconds. When a crash is detected, it deploys to protect the thorax and rib cage, provide cervical stabilization, and cover the full spinal line. The skinsuit uses highly abrasion-resistant materials in areas where road rash is expected. Crash-detection algorithms were developed using “more than 450 million kilometres of data.” Up to 1,000

times per second, the system checks rider dynamics to distinguish actual crashes from normal race conditions.

Do airbags and skinsuits really work? It seems that claims regarding just how much protection airbags and skinsuits give you are primarily based on models and/or funded by the companies who sell them. There is little reporting on actual injury rates.

What will the price tag be?

Who knows but Van Rysel plans to make its airbag/skinsuit technology available to retail customers sometime within the next two years.

## ***Can cycling help ward off Dementia?***

By Jim McCrank

Dementia continues to stalk society. Diagnosis is on the rise globally. According to the World Health Organization 57 million people are living with some form of dementia. In 2019 the condition was estimated to cost the world's economies \$1.3 Trillion. Inactivity and its resulting effects- high blood pressure, obesity and diabetes, have long been seen to increase the risk of dementia. Several studies reveal the far-reaching effects of exercise on stalling and even preventing dementia in almost half of people diagnosed with it. According to the Alzheimer's Society people who exercise regularly may be up to 20% less likely to develop dementia.

In 2025 the University College of London published data they had collected on people who had been exercising for over 30 yrs and how it affected brain health and cognition at the age of 70. They discovered that these people had a better chance of avoiding dementia even if they

showed signs of Alzheimer's. This was especially true of women. Being active before the age of 50 is linked to a larger hippocampus- the area of the brain mainly responsible for memory and often the first part of the brain affected by Alzheimer's. In a large study of over 61,000 dementia free participants aged 39-70 observed for up to 12 years, people who exercised more vigorously than walking were found to have better cognition performance and lower long-term dementia risk. The study also looked at cardiorespiratory fitness in people who had variations in their genes that increase their risk of developing Alzheimer's. Researchers suggested that people in the "medium" risk group who were more fit might be able to decrease their risk by 35%.

Healthy lifestyles that involve regular exercise, not smoking, cognitive activity in midlife and avoiding excess alcohol can not only lower dementia risk but also push back dementia onset.



## Bike Trip Across America

By Jim Argyle

I have completed my bike trip across America via the Northern tier. This bike trip was with the Fuller Center for Housing. We left Seaside, Oregon on May 28th and arrived in Portland, Maine on August 8th. The trip included 56 ride days, 5 home build days, and most Sundays off. We crossed several mountain ranges including the Oregon coastal range, Cascades, Rockies, and the Appalachians. We spent a day in Glacier National Park and an afternoon at Niagara Falls.

We traveled, on the average, 72 miles a day, 4000+ miles for the entire trip, and traversed 14 states. There were so many takeaways on this trip which include the following:

- I learned that misery makes for memories. If you were to ask me which days I remember the most from the trip it would tend to be those that involved some discomfort like trying to circumvent the rain, cold, and a muddy trail in the mountains outside of Kellogg, Idaho.
- I was able to see and experience the goodness of people including the churches and schools that hosted us, those that provided showers, fellow riders that stepped in to assist a struggling rider, those that donated to the cause with minimal

resources, and many others. I now don't believe what the news media implies about America. Good people do abound in this country.

- A step up in helping others get into or stay in their home can make all the difference. I saw what it meant to the recipients of our home builds/repairs. Replacing roofs, building wheelchair accessible ramps, repairing and staining fences, replacing doors/windows/molding, and yard cleanups allowed people to be able to stay in their homes.
- Viewing the world from the seat of my bike allowed me to take in with all my senses the magnitude, breadth and depth of this country from the majesty of the mountains to the vastness of the great lakes, the serenity of dense forests, the beauty of wildflowers in all their variety, the stillness of mountain lakes, and the wildness of roaring rivers, and the joy of surprise when coming across wildlife. Many times these views were surreal and took my breath away.
- Living a simple life without TV, a bed, air conditioning at times, or other amenities allows one to be able to begin to differentiate between needs and wants. The simplicity is enhanced by the interdependence between riders as we prepare meals, do laundry, load/unload the trailer, grocery shop, get snacks together for rest stops, and clean up the facilities. These daily chores require the whole group to be involved and willing to help.
- Riding a bike for many hours each day allows one to have ample time to think, ponder, and pray which can be difficult in our busy world and lives. In connection with this process unimportant things seem to

fade away and what one is left with is the stuff life is really made of.

- The physical part of cycling can be a hard thing when faced with mountains or a headwind or rain or cold or a rough road/trail or an injured/uncooperative body. Discovering that you are not alone in doing hard things is a life changing insight and understanding.

An 8-minute video summarizes our experience quite well. Please feel free to view it at

[https://youtu.be/uk7f0VfyGj4?si=dAr\\_RoalZT-eyUYM](https://youtu.be/uk7f0VfyGj4?si=dAr_RoalZT-eyUYM).

Thank you Bike Prescott group for helping me prepare for this experience and for your support during the trip.

## Win a Specialized E-Bike & Celebrate Max Davenport's 97th Birthday!

By Tana Brown

Bike Prescott members, you have a special opportunity to take home an incredible ride while supporting our club and honoring a local cycling legend.

Our oldest and most beloved member, **Max Davenport**, is donating his personal e-bike for a special club raffle! Max has made the tough

decision to hang up his helmet and transition away from two wheels, and at the same time he has decided to give back to the community that has ridden alongside him for years.

**The Prize: 2020 Specialized Turbo Vado SL 4.0 (Size Medium)**

This is not just any bicycle. The [Specialized Vado SL \(Super Light\)](#) is a game-changing electric bike designed for fitness and fun!

- **Super Light Weight:** It is 40% lighter than the average e-bike, making it easy to carry upstairs or load onto a bike rack.
- **Smooth Assist:** The Specialized SL 1.1 motor doubles your riding effort up to 28 mph with a completely natural feel.
- **Premium Geometry:** A comfortable fitness geometry paired with a clean, lightweight aluminum frame.

Whether you want to flatten Prescott's steepest hills or keep up with faster group rides, this bike is the perfect partner.



**Ticket Pricing & How to Enter**

Every dollar raised from this raffle goes directly toward supporting Bike Prescott.

- **1 Ticket: \$10      3 Tickets: \$25**

**How to Buy:** Scan the QR codes included below to purchase your tickets instantly online. You can also purchase tickets with cash or check. Tana will be collecting money in person at the "Float into Fall" event on September 5, the Bike Prescott Social, on September 12, Oktoberfest on October 17 and at the Membership Event on November 7.

**Save the Date: The Grand Finale on November 7<sup>th</sup>.**



We will wrap up ticket sales and Max will draw the winning ticket at our upcoming **Membership Ride and Birthday Celebration for Max on Saturday, November 7, 2026**. Join us as we log some miles together, eat lunch, share cake, and toast Max's incredible milestone birthday.

Do not miss out on your chance to own a fantastic e-bike with an inspiring history. Even if this bike is not for you, imagine winning and being able to gift the bike to a friend! Scan the QR code, buy your tickets today, and let's make Max's 97th birthday celebration unforgettable!



PayPal



Zelle

## Membership Update

By Andrea Tesch

As of the end of August we have 175 active members. We appreciate everyone who has renewed their membership recently. For those of you whose membership expires in the coming months you should be getting a reminder email to renew your membership close to your expiration date.

Welcome to our new members:

- Steven Pringle
- Pat Gray
- Alec Bernsten
- Amy Regan
- Tim Morehead
- Lillian Mo
- Laura Quiroga
- Robert Williams
- Brian Bucholtz
- Michele Logan
- Amber Dennis

- Spencer Wolf
- Paul Lindley
- Mark Shriner
- Duane DeGeer
- Karen Sampaon
- Lisa Cirelli
- Linda Nick
- Oscar Jan
- Amy Lindley

## WomanTours New Mexico

Article by Shirley Schoberg-Hebda

It seems to me that if you live in Prescott or the surrounding area and ride your bike regularly you can be prepared for bicycle riding anywhere. We have the altitude, the elevation ups and downs, the wind, and lately even the heat and humidity to get yourself acclimated to most any condition. With that in mind I signed up to do a supported tour in New Mexico in May of 2026 with my favorite bicycle touring company – WomanTours (<https://www.womantours.com/>).



This tour started in Santa Fe, which is at an even higher elevation than Prescott, but I presumed similar terrain and weather. So to help get ready I bicycled regularly in the Crossroads Ranch area,

no matter the weather, in the months leading up to the tour. And it paid off.



WomanTours is open to women of any age older than 13, but mainly attracts women in their 50s and up. Most of their domestic tours are limited to the number they can transport at one time in their van so on this tour there were 13 riders and 2 tour guides. Even though you take a chance when you bring 15 strangers together, fortunately it was a great group of women and we all became good friends quickly.

So where did we go? The tour started in Santa Fe, followed part of the Old Spanish Trail out of town and went to Chimayo (an important Catholic pilgrimage center), then Taos via the High Rd, with a layover day in Taos, then on to Ojo Caliente Hot Springs (absolutely wonderful), and Abiquiu, a home of Georgia O'Keefe and a fascinating and artsy place. On the last day we didn't ride bicycles but we visited the Bandolier National Monument (a very interesting and well done place to visit). All the days of riding were 30 to 35 miles with about 2500 feet elevation gain per day, except for the High Rd to Taos. That day was supposed to be 47 miles with about 4900 feet of climbing, of which I did 33 miles with 4500 feet of climbing because a huge storm happened just as I reached

the summit and it didn't seem advisable to barrel downhill in a rain/lightning storm.



Of the 13 riders, 9 women rented ebikes so only 4 of us had regular road (or gravel in my case) bikes. My personal bragging right is that even though I am older than the average ages of the women in the group, I was invariably the first one to finish the route each day (without trying too hard to do that) and the first one to make the 4500 foot climb up the road to Taos.

Never having been to that part of New Mexico before, I found the history and cultural aspects of the tour very interesting. That's partly why I go on bike tours – to see what life is like in different parts of the country and the world. So what's next for me? You know, we don't get any younger each year, so each year at my age is becoming more and more precious in terms of the fitness it takes to do a bicycle tour. I've signed up for another WomanTours in 2027, which takes place in Tucson and surrounding area, which believe it or not is a place I've never been to.



I've heard rumors that Bike Prescott may organize several days of riding in the Santa Fe area this coming year. If that happens, and based on my experience this year, I highly recommend taking part.

## Across the Pond

by Lisa Crujido

Once again, I made my way to the UK for my summer holiday.



**Week 1:**

Saddle Skedaddle's Kirkpatrick Coast to Coast (west to east) from Stranraer to Eyemouth, Scotland. 4 days of cycling, 2 days of shuttling.

**Stats:**

- total miles = 260
- total elevation gain = 14,597 ft.

**Highlights:**

- Excellent weather with spectacular views
- Kind-hearted Scots, always offering to help
- Wigtown: in Galloway region and known as Scotland's National Book Town. Hosts an annual book festival in Sept/Oct that attracts over 20,000 enthusiasts and authors world-wide.
- Fields of foxglove, thistle and sheep!
- Punchy hill climbs. Day 1 had a climb that hit 22% (according to someone's computer). Hills are often short and steep, go straight up with few switchbacks. Roads are narrow and a single lane with "passing places" (quickly learn how to navigate). In the UK, you ride on the left with traffic and proceed clockwise on roundabouts.
- Saddle Skedaddle provides great support, lovely accommodations in guest houses and good food and picnic lunches along the way. Hire bikes are well kept and geared for climbing.

**Week 2:**

Outer Hebrides: Isle of South Uist (pronounced "Yoo-ist")  
 Van (1.5 hrs) - Train (5 hrs) - Ferry (3.5 hrs) - car (20 min.)

Train ride from Carlisle through Glasgow to Mallaig in the Highlands, passing by Loch Lomond, Arrochar and the Cobbler in Argyll, Fort William. Stunning views - met a great cycling couple from the Netherlands and arrived in Mallaig just before midnight. Hotel bed for the night, boarded the ferry in the morn and arrived in Lochboisdale in early afternoon.



Cottage in Daliburgh and bike hire for the week. The cottage was just a turn off the main road that is known as the Hebridean Way that connects the 10 islands of the Outer Hebrides through causeways and coastal roads. Main road is mostly 2 lanes, all other roads are single, winding roads. The Hebridean Way is popular for hiking (mostly wild camping with some hostels) and cycling (hybrid/gravel works best), beginning from Barra in the south to the Butt of Lewis in the north, for a total of 185 miles. I completed about 1/3 of the Way, as far south as Eriskay (Bonnie Prince Charlie beach) and north to Benbecula. I alternated cycling and hiking - depending on the weather. I didn't mind a stray raincloud dumping on me when I was on the bike but when it "rains", take cover. I stayed on the western coast of the beautifully harsh island of South Uist that was full

of discovery - fields of machair ("mack-er" rhymes with cracker), white sand beaches, fields of heather and yellow loosestrife that blankets the machair. The native language is Gaelic and children are taught English as a second language when in school. At cafes and markets, the elders are speaking Gaelic, while younger families and youth are speaking impeccable English without taking their eyes off their mobile screens (universal language). So much to write about - I kept a diary and enjoy revisiting my time in Daliburgh. So much history, from the Neolithic era to the Vikings arrival and on to the Scottish expansion.

Return trip: taxi - ferry - train - 3 airplanes (Glasgow - Dublin - Chicago) and a shuttle. Whew! What a ride!

**2027:** destination Edinburgh for the Tour de France opening day and The Open in St. Andrews. This time a self-guided bike tour with Saddle Skedaddle - I need another person to make it happen - lemme know if interested....

Slainte mhath ("Good Health")

## Safety Article

by Bike Prescott Club President

If you only read one article in this newsletter, please make it this one and share your thoughts and feedback with '[contactbikeprescott@gmail.com](mailto:contactbikeprescott@gmail.com).'

Bike safety is **both an individual and a shared responsibility**. Unfortunately, over the past year, we have experienced at

least four major cycling accidents, and only one involved another rider.

To help improve safety, Bike Prescott is beginning a **recurring series of articles** in our newsletter, with each article covering three important safety topics.

The first three topics—**Watch for Road Hazards, Ride Predictably, and Communicate with Other Cyclists**—were factors in the most recent accidents.

Understanding and practicing these basic safety principles can help reduce the risk of accidents and make our rides safer for everyone.

### Safe Riding: Three Habits That Help Prevent Crashes

Safe cycling isn't just about watching for cars. Many crashes can be prevented by paying attention to the road, riding predictably, and communicating with the cyclists around you.

#### Watch for Road Hazards

Road conditions can change quickly. Keep your eyes ahead and watch for hazards such as:

- **Speed bumps**
- Potholes and cracks
- Gravel, sand, **rocks, glass**, and loose debris
- Wet or slippery pavement
- Railroad tracks
- Drainage grates/**cattle guards**
- Uneven pavement
- Construction and road work
- Parked cars and opening doors

This is important. **Don't wait until you're on top of a hazard to react.** Scan the road ahead and give yourself enough time and space to avoid it safely. Plus, communicate the hazard to those behind you giving them **seconds, NOT tenths of a second to respond.**

#### Communicate With Other Cyclists

Good communication is especially important when riding in a group. The riders behind you may not be able to see an approaching hazard or know that you're slowing down. As stated above **give plenty of time for the person behind you to react.**

Use hand signals and verbal warnings to communicate:

- "Passing left"
- "Car back" or "car up"
- "Hole" or "debris"
- "Stopping"
- "Slowing"
- "Turning"
- "Clear"

When you call out a hazard, give the riders behind you enough warning to react. If appropriate, point toward the hazard without making an abrupt movement.

#### Ride Predictably

Other cyclists and motorists need to know what you're going to do. Sudden movements make it difficult for others to react.

- **Do not overlap wheels!**
- Maintain a steady line.
- Avoid sudden swerving.
- Signal before turning or changing position.
- Slow down gradually when possible.
- Follow traffic signs and signals.
- Don't make unexpected moves simply to avoid a minor obstacle.

**Being predictable is one of the most important things you can do to protect yourself and the people riding around you.**

Remember  
**See it. Signal it. Say it.**

A few seconds of awareness and communication can make a significant difference in keeping a group ride safe and enjoyable.

## Moab Trip

by Jim Argyle

With the help of two of my children, I have completed the editing of the videos of our Bike Prescott group 2025 Moab, UT trip. I'm sorry that I'm so tardy in getting these to you all. Here is the link to the youtube channel playlist: <https://www.youtube.com/@ArgyleBikeAdventures/playlists>.

Within the next two to three weeks, I'll be adding another youtube channel playlist of our 2025 Durango CO trip (same URL). I will then be adding the videos from my bike trip across America. Prior to that trip, I upgraded to a GoPro camera.

Consequently, the quality of the bike trip across America videos are much better than the footage from the Moab and Durango trips and are limited to 1 minute segments. I hope you enjoy the videos. In the future, I will try to be more prompt in editing and publishing my bike adventure videos and I will let you know when I have videos published of any of our Bike Prescott group rides.

## Oregon Bike Trip

By Mark German

My brother has been the instigator of some of the most interesting adventures of my life, so I didn't have to think about it too long when he suggested that we bike the Oregon coast in the summer of this year. I had never done a serious bike tour, so I was excited and maybe a little apprehensive in the beginning. My brother is very good with planning and logistics, so I left most of that to him. The trip was planned from May 16 – 30, which is the beginning of the dry (drier?) season in Oregon.



From our home base at his friend's house in Santa Barbara, we took Amtrak up to Portland, then a bus from Portland to Astoria, the starting point of our tour. The train ride was very long (~27 hours), but the view was well worth it. Amtrak will transport your bike for a very nominal fee (\$40), so that wasn't an issue. Bike transport on the buses was easy as well, with some putting the bikes in the luggage compartment at the bottom, and some having a bike rack on front. On one bus, the bike rack on front was defective, and we almost lost a bike under the bus, so be advised to double-check that they are secure. Neither Amtrak nor the bus

required any disassembly of the bikes. One more note with regard to Amtrak – their labor contract apparently requires a union baggage handler to load and unload bikes, and not all stations are so equipped. For us, that meant travelling Santa Barbara to Portland on the way up and Klamath Falls to Santa Barbara on the way back.



Our goal was not to cover the most ground, but to enjoy the journey and be able to take side trips to various points of interest along the way. As such, we had planned it out as 8 riding days and 4 rest days, with the riding days generally being 40-60 miles. As this is a popular route, we were able to download pre-existing Ride with GPS routes for each riding day. We were entirely self-supported and planned to stay mainly in state campgrounds, of which Oregon has a great number. This trip took us through the Memorial Day weekend, so all the campgrounds were completely booked for normal drive-in campers. Luckily, the state campgrounds each have a hiker/biker area

that generally accommodates about 6 parties, and none that we used had more than 1 other party simultaneously.



Oregon very much emphasizes tourism, so in addition to the abundance of state campgrounds, they have a lot of online resources, including a really nice map that has about all the information you would want when planning a bike trip there. Online, search for “Oregon Coast Bicycle Route Map”.

In case you haven't been there, the scenery down the Oregon coast is just as beautiful as you may have heard. That includes awesome beaches, beautiful rain forests,

and historic lighthouses. In the end, we covered about 425 miles in going from Astoria to Brookings with a few side trips included. We thoroughly enjoyed the full experience and would recommend it to anyone considering such a trip.

## Bike Prescott Accident Insurance

From time-to-time questions come up about Bike Prescott's ride insurance. This article provides a brief summary of the salient details. Email '[contactbikeprescott@gmail.com](mailto:contactbikeprescott@gmail.com)' if you need further information.

### Bike Prescott Accident Insurance

Bike Prescott's accident insurance provides **up to \$25,000** in accident medical expense benefits, subject to the terms of the policy. The policy is secondary/excess insurance — **other available insurance must pay first.**

For a bicycle accident to qualify for coverage, **all of the following requirements must be met:**

- **Registered participant:** The rider must be a registered Bike Prescott member (dues have been paid and not expired) and covered under the policy when the accident occurs.
- **Official Bike Prescott activity:** The accident must occur while participating in an **officially scheduled Bike Prescott activity**. That means the rider **must have signed up for the ride through [Bike Prescott Meetup](#)** (go to [meetup.com](https://www.meetup.com), search on Bike

Prescott). The sign up can occur right up until the ride begins.

- **Authorized supervision:** The activity must be supervised by a person **authorized by Bike Prescott**, aka Ride Leader
- **Accidental injury:** The injury must result directly from an accident occurring during the covered activity. The accident must be a **sudden, unexpected, unforeseen, identifiable event** that causes an injury.
- **Qualifying medical treatment:** The injury must require treatment by a **licensed physician or surgeon**, and the treatment must meet the policy's requirements.
- **Eligible expenses:** Only medical expenses that qualify under the terms and limitations of the policy are eligible for benefits.
- **Deductible:** A **\$250 deductible, per incident**, applies before accident medical benefits are paid.

**Important:** An accident occurring during a Bike Prescott activity does not automatically guarantee payment. The accident, injury, treatment, and expenses must meet the specific requirements of the insurance policy.

# Bike Prescott 2026 Remaining Social Events-Sign up on Meet-up

By Karen Schonfeld

Sat. October 17-Oktoberfest Rides and Social-  
Thumb Butte Rec Area

Sat. October 24-Lunch at Flinn Park for Skull Valley  
Loop Riders

Sat. November 7-Max's Birthday Rides and  
Social/Fall Membership Meeting-Watson Lake  
Sun. December 6-Holiday Party at Elks Theater-3rd  
Floor

# Camerata Chamber singers

By Jim McCarver

Pat and Jim McCrank are singers, free admission  
although donations appreciated. Great concert!

Sunday | November 15, 2026 | 3 PM  
Sunday | April 4, 2027 | 3 PM  
Trinity Presbyterian Church  
630 Park Ave.  
Prescott, AZ 86303

# Craft and Fashion Show

By Kris Parsons

Please join Kris Parsons at the annual Yavapai Hills Craft Show, November 13-14, 9am-3pm, at the Yavapai Hills Clubhouse. I will be selling bowl cozies, wine bottle totes, potholders, zippered pouches, aprons, and more, along with 15-20 other art and craft vendors. Contact Kris for more information at [krisalope@yahoo.com](mailto:krisalope@yahoo.com)

The "Sew Artfully Fashioned" fashion show and luncheon will be presented by the Northern Arizona Chapter of the American Sewing Guild on October 10 at 10 am. The show will include beautifully crafted garments, accessories, bags, quilts, a Handcraft Boutique, raffle prizes, and live music. Contact Kris Parsons for more information and reservation form (cost \$35 for non-ASG members) at [krisalope@yahoo.com](mailto:krisalope@yahoo.com)

Reservations are due by October 1.

- Dignity Health



- EdO Website Design
- Canyon Physical Therapy & Bike Fitting



- Extreme Steering (ESI Grips)



- High Gear Bike Shop



# 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.

- Findlay Subaru Prescott



- Mark's Beergarden



- Paul Johnson Drywall



- Walker Estate Attorneys



- Performance Fallon, Inc



- Bikesmith Cyclery



- Prescott Animal Hospital (PAH)



## *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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