

Them Cyclemates

Travel Sun City's highways any morning of the week
 Witness that group of stalwarts riding by,
 So early in the morning while the city is asleep
 Their mood is cheerful and their spirits high.

Who are those hearty olsters on their bikes?
 Sun City natives or from out of state?
 Can they be old enough to own a home?
 Why don't they act their age and be sedate?

They call themselves the CYCLEMATES, tell you what
 Some are in fifties, others eighty-fives.
 Their treasurer ninety-one and knows alot
 'Bout beans and carrots, cabbages and chives.

At seven A.M. in summer and in wintertime at eight
 They pedal gleefully on Sun City streets.
 One minute after starting time—your late
 You slept too long between the sheets.

One wonders why they push themselves that way.
 They're all retired, why don't they lounge and rest?
 Is it because they're health nuts so to say
 Or are they doing what they just like best?

I rode with Harry yesterday, today with Ruth or John
 Last week with Ferd and Bill, Fay, Jackie, Fred and Tom.
 And best of all for fourteen years our friendships have survived.
 We're buddies, pals, fellas and gals, from intimacy derived.

As for our lives, they're beautiful and healthy and sublime,
 Our friendships last from year to year, right to the end of time.
 A coffee hour tops it all and starts the day allright.
 And gives our lives a brilliant glow from morning until night.

No, there's much more to cycling than just to breathe fresh air.
 They talk and gossip, help and cheer because they really care.
 A different subject is discussed on every turn they make
 So here we are on Thunderbird, returning to Viewpoint Lake.

Millard R. Kreinheder
Sun City

Strong support keeps Sun City Bike club ... 3-9-01 Pedaling way into 5th decade

By Kristin Koch
The Arizona Republic

The Sun City Pedal Pushers are about to enter a fifth decade of promoting fitness, exercise and social activities.

The late Rose Butler started the Pedal Pushers 40 years ago. Today, the group boasts about 100 members.

"I like the loving care of one another and the social life," club President Marie Klecker said. "There just isn't anything like it."

The club rides six miles every morning, which takes about an hour. Usually eight to 10 members turn out for the ride.

It's not just the exercise that attracts club members, Klecker said. A large number enjoy the social part of the club. These are the members who no longer can or have chosen not to ride but instead attend meetings and the group's social gatherings.

The group goes on several out-of-town social gatherings a year and has been to such places as Hawaii, San Diego, Los Angeles and Monument Valley. The group meets every Saturday at the Royal Café, 10793 W. Grand Ave., for breakfast and has a meeting every second Tuesday of the month.

On April 17, the group will celebrate its 40th anniversary at the Lakeview Recreation Center. For more information about the club, call Klecker at (623) 974-5755.

Reach the reporter at
kristin.koch@arizonarepublic.com or at (602)
444-6929.



Michael Ging/The Arizona Republic

The Sun City Pedal Pushers leave the Sun Bowl at 8 a.m. on one of their daily six-mile bike rides. The group was founded 40 years ago by the late Rose Butler and now boasts about 100 members.

Cycling for fun, fitness, fellowship

Pedal-pushing Sun Citians seek members

By TINA SCHADE
Staff writer

When Karl von Drais invented the wooden bicycle nearly two centuries ago, he was merely looking for a quicker way to scurry through the royal gardens.

Little did Baron von Drais realize that amended versions of his humble invention would later play a role in women's emancipation and provide transportation to almost a billion people in the late 20th century.

While the bicycle hasn't wielded

that same type of power and influence in the Sun Cities, it certainly is an appreciated commodity.

On weekday mornings, nearly a dozen people collectively straddle their two- and three-wheelers to pedal their way along a route stretching eight miles.

The Sun City Pedal Pushers gather for breakfast every Saturday morning and get together at monthly meetings, said Carolyn Pitt, publicity chairman for the club.

Norman Woolary of Sun City hooked up with the club in 1986.

"I joined for exercise and fellowship. You meet a lot of nice people," he said.

Jerry Letterly, owner of the Bicycle Corral in Youngtown, said the majority of his customers are like Woolary and fall into the bike club category.

There are two other categories of riders though, Letterly is quick to point out.

"There are those who like to pedal around on their own ... and then there are the fanatics, or the ones who are half killing themselves to ride their bikes 40 miles a day," he said.

The fanatics may be on to something. Cycling is an ideal sport for seniors because it is less jarring on the joints than jogging. Cyclists can burn between 350 and 400 calories an hour, depending on the speed, terrain and type of bike.

Men older than 60 receive an additional benefit. One study shows that healthy, but sedentary men showed a 19 percent increase in bone density after beginning a program of cycling three times a week an hour at a time.

Another 15-year study of 17,719 men cites a decreased likelihood of developing prostate cancer.

Theories suggest that food moves through the system of a fit person faster and as a result, carcinogens remain in the system for less time. Cycling is also believed to increase the levels of interferons, which inhibit viral infections.

The benefits of cycling aren't limited to modern men, however. Susan B. Anthony, a women's rights activist, said the bicycle "had done more for the emancipation of women than anything else in the world."

Anthony made the statement after women were allowed to toss off their corsets and bustles in exchange for more common-sense garb that allowed women to operate their bicycles with ease.

OVER



Mollie J. Hoppes/Daily News-Sun

Members of the Sun City Pedal Pushers wheel their way around the Sun Bowl parking lot before taking off on an early morning ride.

HARDY BIKERS

hit the streets 5 times a week

By Julie Newberg
Staff writer

Warning: Comparing your exercise habits with those of the Sun City Cycle Mates may cause guilt pangs.

These bicyclists gather to ride not once or twice a week, but five times.

Dressed in bright orange jackets advertising their club, the mates tool around Sun City for about an hour weekday mornings on a typical ride.

"They're easy rides," group President Shirley Converse said.

Bicyclists cover about seven or eight miles, then get together for a cup of coffee at the Lakeview Senior Center.

"That's an integral part of the ride," Converse said. "We settle all the world's problems there."

Riding a bike is a skill that people don't forget, even when they're 90 years old.

Harry Thiemecke of Sun City has put over 40,000 miles on his bike since he started riding with the club 23 years ago. He's still going strong at 90.

If that isn't convincing enough, Ed Deklotz tells the story of Charles Walker, who rode for 13 years until he retired from the club at age 90. He kept up a regular exercise routine at a retirement home and lived to 101.

The group's current age range is 59 to 90.

"Most of us are in our 70s," Converse said.

They ride as much for companionship as exercise.

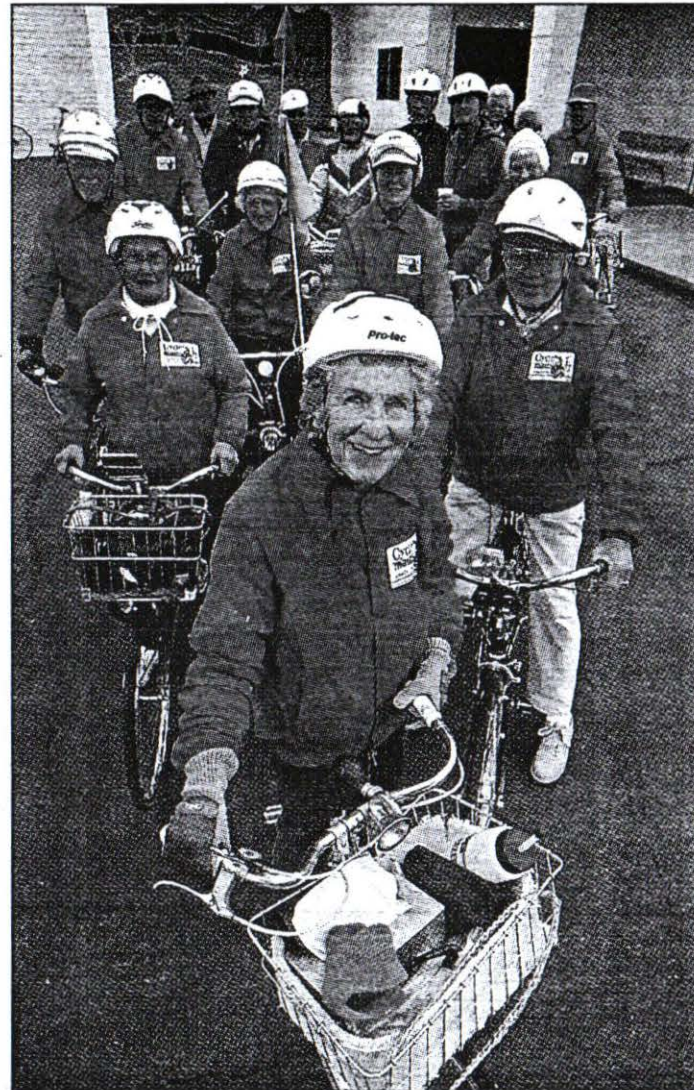
"There's a great feeling of camaraderie among bikers. When we see other bikers going by, we wave," Converse said.

Taking a bicycle out for a spin early in the morning also starts the day in an active way for these seniors.

"It gets you out and gets you up," Converse said. "It's a way of starting the day in a good way."

"After you get through, you feel so much better," said Vivian Schroeder of Sun City.

The Cycle Mates make sure their rides are safe by staying off busy streets when possible



Tom Tingle/Staff photographer



Tom Tingle/Staff photographer

Why stroll? Roll! Ralph LeDrew, left, and Harry Thiemecke lead their Cycle Mates on a ride in Sun City. Thiemecke, 90, is the oldest member of the group.

Sun City cyclers 'need recycling'

— SUN CITY, from page NW4

and encouraging riders to wear helmets.

"Some have fallen off," Deklotz said.

The group's numbers also have dropped off in recent years.

When Deklotz first joined in 1984, about 160 people were members. Now that number is down to about 80.

Those now moving to Sun City apparently aren't into biking as much

as new residents of years past.

"We need recycling," W.S. Gray of Sun City said.

Sun City Cycle Mates meet mornings at 8 a.m. at Lakeview Recreation Center in the east parking lot.

Riding hours vary according to season. During the summer, they beat the heat and start riding at 7 a.m. Rides begin at 7:30 during the spring and fall. They start at 8 a.m. in the winter.

For information, call Shirley Converse at 972-6905.



Leader of the pack. Shirley Converse, secretary of Sun City Cycle Mates, stands ready as club members have helmets on, jackets buttoned and wheels ready. Now, it's time to pump those pedals.

— See SUN CITY, page NW7

Bike clubs popular in the Sun Cities

Biking is a major pastime in the retirement communities with enough devotees for several cycle clubs to thrive year-round in the Sun Cities.

■ The Sundial Club has "fun and friendship rides" at 7 a.m. Monday, Tuesday, Thursday and Friday and 7:30 a.m. Wednesdays, May 1-Oct. 1, at Sundial Center.

Club members have breakfast meetings at 8 a.m. Wednesdays, at JB's Restaurant, on Bell Road. Club president is Louise Gust.

For information on Sundial Cycle Club, call 972-6205.

■ In Sun City West, the Crestview Riders Club excursions begin at 7:30 a.m. Monday through Friday, at Echo Mesa Golf Course parking lot.

Group 1 rides 10-12 miles; Group 2, eight to 10 miles and Group 3, six to eight miles. Riding hours change with the seasons; during July, August and September, rides will begin at 7 a.m.

There's a monthly breakfast meeting for the Crestview group, third Saturdays of the month, between 7:30 and 8 a.m. at different area restaurants. Monthly business meetings are scheduled at the R.H. Johnson lecture hall but go dark for the summer.

Transit system transports bikes

You'd like to ride your bicycle all the way from the Sun Bowl in Sun City to Mayo Clinic in Scottsdale? Too far?

Then catch a piggy-back ride on the transit company's Route 106 buses, which are equipped with bicycle racks and are available to Sun City folks.

Two bicycles can be transported at a time on No. 106 buses, with scheduled departures every 45 minutes from 107th Avenue and Clair Drive in Sun City.

These buses with easy-to-use bike racks offer transportation to the Metrocenter, Sunnyslope and Paradise Valley Mall areas, and continue their run all the way to Mayo Clinic in Scottsdale.

They interconnect with other Regional Public Transit Authority bus lines, as well.

For information, call 584-2754.

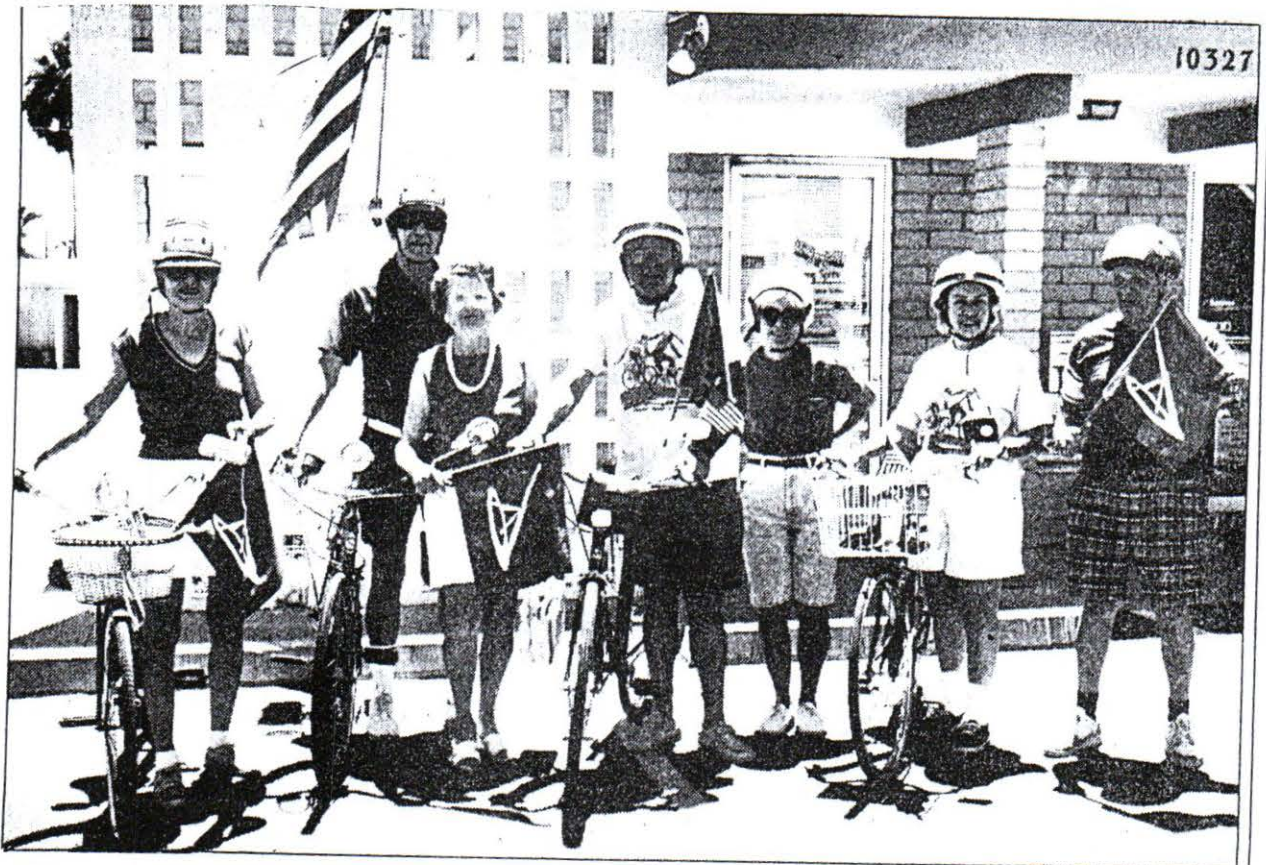
■ In Sun City, the Pedal Pushers meet for six-and eight-mile rides at 7 a.m. Monday through Friday, starting from the Sun Bowl.

The group meets Saturdays at Mercer's Restaurant for breakfast and has a monthly buffet, the first Tuesday of each month, at Tom Tate's.

A club rule requires members to ride 25 times a year with the group.

For information on the Pedal Pushers club, call 977-6392.

■ Other clubs include the Cyclemates Club, which meets at Lakeview Recreation Center, and the Riverview meet twice a month, second and fourth Wednesdays; and the Roadrunners start from Marinette Center.



Sundial Cycle Club members take a breather during a recent early morning ride. From left, Dorotheleen Nix, John Nix, Anne Shaw, Loo Loobey, Laura Niemlc, Marge Loobey and Andy Anderson.

SPORTS

Sun Cities Silver Cyclists Hit the Road in Red

By Mildred Baker

Something new has been added to the M.S. Best Dam Bike Get Together. This year the Sun Cities Silver Cyclists will streak down the highway in red shirts imprinted with their logo in blue and white, for the cause of Multiple Sclerosis.

The "dam" in the title comes from the destination, Parker Dam on the Colorado River. This is a distance of 165 miles from the kick-off at Bell and Dysart Roads.

The Del Webb Corp., sponsors of the ride for these three years, contributes \$150 for each rider for a total of \$900 this year for the six participants. Traditionally each entrant guarantees \$150 toward the multiple sclerosis fund.

This will be the third year Doyle Woods has participated, the first year for Oscar Sjoberg and Ron Wilson, the second for Jim House, all Sun City West residents. It is the first year for Conrad Eroen, Scottsdale, and second for Cliff Logan, Happy Trails.

Local bikers are fortunate that



Sun Cities Silver Cyclists (l. to r.) Conrad Eroen, Ron Watson, Jim House, Doyle Woods and Oscar Sjoberg. Cliff Logan was not present for picture.
Photo, Mildred Baker

their work-out area is close at hand. They frequent Sun Valley Parkway, extension of Bell Road that meets I-10. Cycling five days a week year 'round, they cover 8,000-10,000 miles annually. They will be ready for the Nov. 4 and 5 event.

After take-off at Dysart and Bell, they ride to Salome to overnight either in tents or the school gym. Their noon meal Sunday will be in La Paz Park, Parker, where wives and friends will meet them and give both bikers

and bikes a lift back home.

All the Silver Cyclists are members of the Greater Arizona Bike Association, West Valley Chapter. House and Woods yearly enter the Phoenix 100-mile Tour de Phoenix and have been medal winners in Senior Olympics. Sjoberg, SCW resident for only a year, participated in the Tucson "Run for the Border" which all states enter. Eroen enters the Colorado Rockies Ride with its 2,300 participants.



RIDING THE ROAD of happiness, the pioneer members of the Sun City Pedal Pushers were the first to enjoy the fun and friendships found in belonging to a club. Eugene and Rose Butler created the bike

club after receiving requests by neighbors to join in on the couple's rides.

Bicyclist recalls club's first beginnings

By LAURIE HURD

It started with one couple, two bikes and an appetite for fun.

The dawn and dusk bike rides of Sun City Pioneers Eugene and Rose Butler developed into one of the first Sun City clubs, the Pedal Pushers.

The Butlers literally had to grab the coattail of a Del Webb

saleman to purchase their home back on Jan. 8, 1960.

"We left Toledo, Ohio in a terrible snowstorm," recalls Mrs. Butler. We thought we would never get up in the plane. When we landed here the sun was shining, the roses were in full bloom and I said this is for me."

After settling in, Rose decided to take advantage of their neighborhood's graceful curves and hill-free streets. "You can see Sun City better on a bike than anything else."

Soon the Butlers and other neighbors took to the streets for fresh air and exercise.

"When we started riding, peo-

ple would stop us and invite us in to have coffee and donuts. When Sun City was small, everyone knew each other, there was more camaraderie then," says Butler.

"Now if you see someone you know it's almost a miracle. But that's progress, you can't stop it."

Club members were not

hindered by meetings or dues in the early days. When they were not pedaling around Sun City, they could be found meeting at the Hiway House (now the King's Inn) for breakfast.

Today they are still known as the Pedal Pushers but only one of the original couples is still in-

involved. Since Mr. Butler passed away, Rose has been riding less often.

"One thing that makes me sad is that all of the people we used to know are now gone. There's not too many of the original members left, we're thinning out."

Sun City Cyclemates a fan club for 257

By THELMA HEATWOLE

SUN CITY — The bicycle bunch came down the wide avenue, their metal steeds glistening in the early sunshine.

They call themselves the Cyclemates. And they were having fun.

The retirees on a recent chilly morning were snugged in mufflers, stocking caps, scarfs and jackets. Overall, there was the mantle of gay camaraderie.

They meet five mornings a week at 9 a.m. at Lakeview Center. They meet earlier, of course, in the summer time.

They pedal for 30 minutes, take a five minute breather, then hit the trail for another spin.

The finale of the hour is at the coffee shop, the bowling alley or golf club for coffee, a donut, and much talk.

At the start, the cyclers divide into two groups — the fast set that rides 10 to 12 miles. The regular set, the "crawlers," bike six to eight miles a day.

"But," said one, "we have more fun talking as we ride than the fast ones."

Cyclemates, with membership of 257 — not all cycle every day — have monthly meetings and sometimes make chartered bus trips to Flagstaff, Page or along the Apache Trail. They have gone as far as Las Vegas.

At intervals they pick a new leader to chart the course.

"We don't cross Grand Avenue but about twice a month," said the current leader, Jack Kimsey. "It is sort of dangerous. But we do plan to cross the avenue for pancakes."

"We have doctors and a geologist in our group," Kimsey said. "Gosh, they are all experts at something. We have a lot of brains in this town."

Asked what the conversation was usually about at coffee, Ted Dziubek quipped, "Women."

Music, however, is high in interest to him. He's a violinist with the Sun City Symphony.

"The Cyclemate Club," explained Mil Kreinheder, "is a quick way to get acquainted."

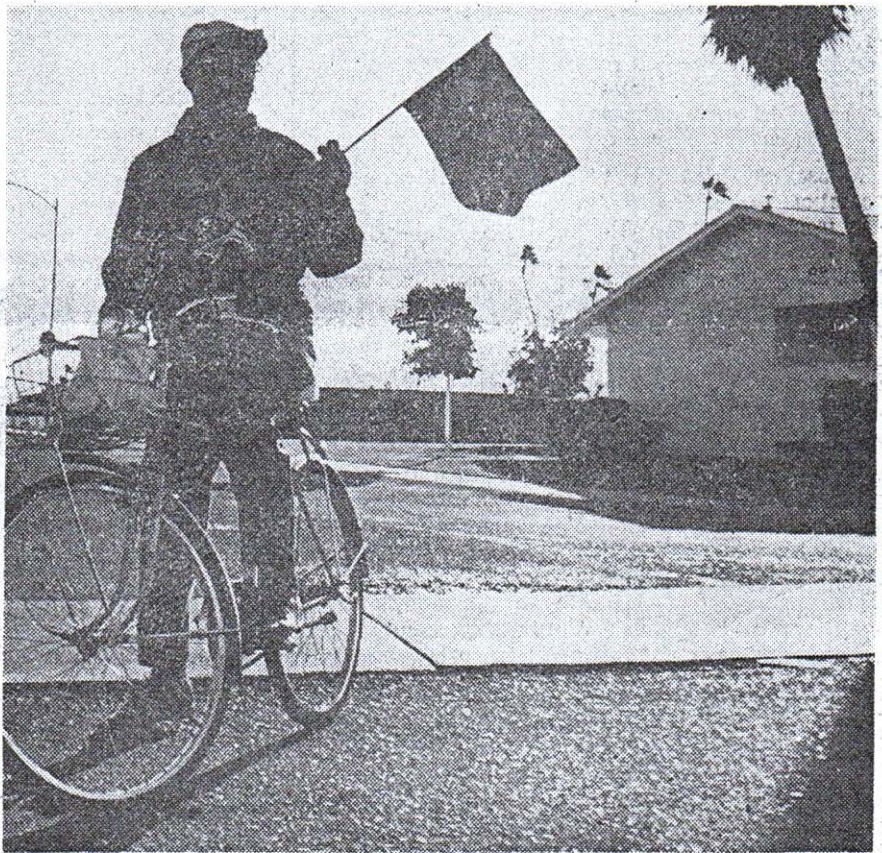
Edith Henry said that "the best part is when you climb off your bikes and

have a cup of coffee. Usually we just collapse."

J. Charles Walker, a professor of plant pathology and a young-looking 79, was the oldest on the bike trip.

Rules call for the Cyclemates to ride with flagmen before and after as a safety measure.

As far as anyone recalled, the nearest casualty was when a feminine cyclist ran into a detour sign.



Republic photos by Earl McCartney

John Kutner is the safety flagman at intersections

OVER



Ready to roll, the Sun City Cyclemates meet in early morning then cruise retirement city streets for exercise and fellowship



READY TO ROLL—One segment of Sun City-Youngtown pedal pushers lineup for take off on daily cruise in the retirement

communities. The 68 members cycle for exercise and have fun at the same time. Once a month they bunch for lunch.

On a Bicycle Built for Two

Sun City-Youngtown Group Is Free-Wheeling Outfit

Republic
Photo-Feature
By
Thelma Heatwole

SUN CITY—The bicycle bunch here is a free-wheeling outfit.

Every weekday morning, weather permitting, they congregate on their bicycles—plain ones, twin bikes, three-wheelers and some built just for two.

The car coat crew, their heads bundled in kerchiefs, hats and stocking caps, meets at the United Church parking lot to get directions from John De Moss, the cyclemaster.

LIKE A TRUE wagonmaster, DeMoss details the trial for the day. Sometimes the cyclers tour Sun City's broad streets, head into neighboring Youngtown or veer into far recesses of the community.

The Sun City-Youngtown Bicycle Club, organized in 1961, has traffic safety rules and points with pride to its no-traffic-accident record.

"We cycle for fellowship, fresh air and healthy exercise," DeMoss said. "I gave up golfing for bicycling to get exercise without having the weight on my feet."

THE CYCLERS ride an average of 6 miles a day.

"It's surprising how far you go when you are not going anywhere," DeMoss said, somewhat cryptically.

The 68 members range up to 83 years in age, DeMoss said, adding, "I'm a kid of 71."

Appetites generated by the exercise almost defeated one of the club objectives. The cruisers abandoned the dough-

nuts from their coffee breaks when they found they were adding avoidupois. Once a month, however, they do bunch for lunch.

THE CURTIS Kampmans ride tandem. Mrs. K never learned to ride a bicycle, and their duo-bike keeps her in on the fun.

"I've been riding since I was 10," said Mrs. Edna Hanna, wearing a stocking cap to brave the breeze.

For Frank Ostrowski, the situation was in reverse. He had not been on a bicycle since he was 10 until he moved to Youngtown.

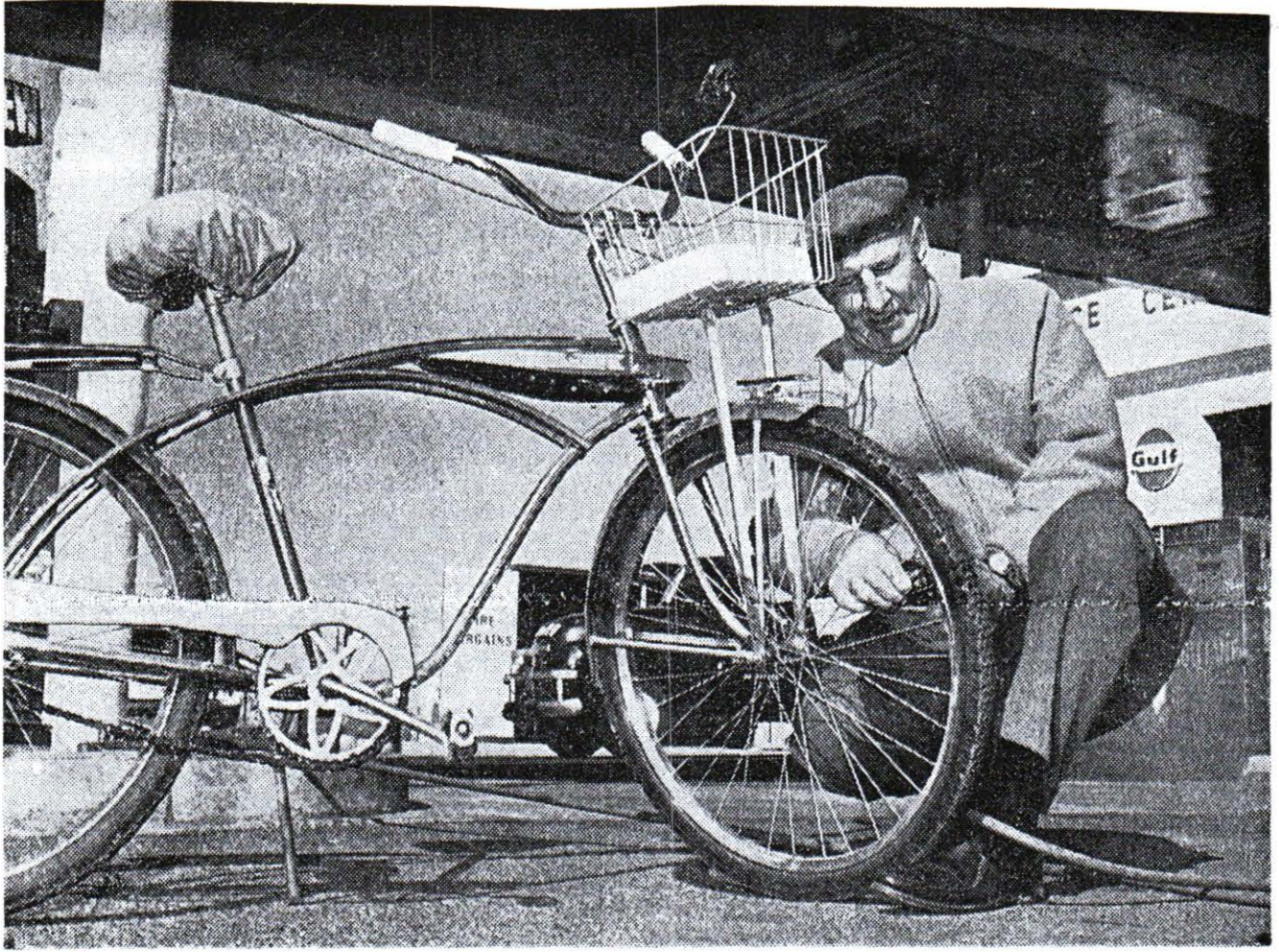
Pedalpusher Mrs. Earl Ayers cycled 27 miles one day last week. She and her husband are somewhat champs. Dividing their time between Sun City and New York City, they report logging 115,000 miles on their bikes in the last 10 years.

"WE USE lighter bicycles with handlebars turned down for long trips on bicycle paths on Long Island," Ayers said. Members watched appreciatively as he made a stunt driving pass on the parking lot.

The cyclers, familiar sights on streets here, are often hailed by residents. The other day one hollered, "There they go—the Sun City Hell's Angels."

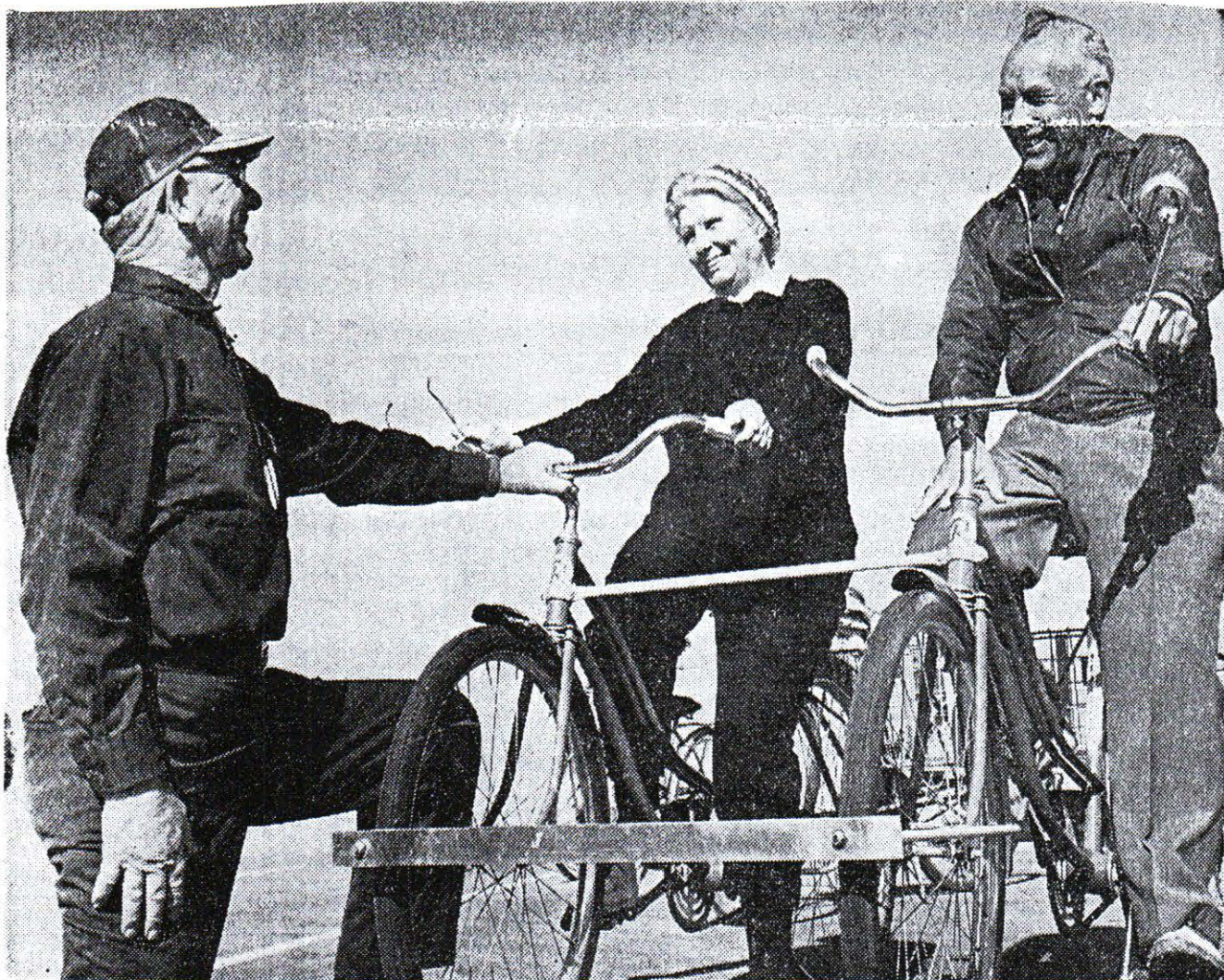
The bicycle bunch chuckled as they wheeled on down the street.

OVER



FILL 'EM UP — Frank Ostrowski, Youngtown, checks the air in his bicycle tires before hitting

the trail. Members of the club take great pride in their vehicles and keep them in top condition.



CYCLE HUDDLE — Cyclemaster John DeMoss, who plots the trail for the riders, exchanges cycle

chat with Mrs. Edna Hanna and Harold Lankow, ready for takeoff on a twin bike for daily 6 miles.



PEDAL PUSHERS—Earl and Florence Ayers have logged 115,000 miles on their bikes in Arizona and New York in the last 10 years.

OVER