GREATER ARIZONA BICYCLING ASSOCIATION

Phoenix Metro * West Valley * Prescott * Flagstaff Chapters

THE TAILWIND TIMES

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Best and Worst of Cycling in 2006

By Bob Beane

It was another "interesting" year for cycling. As we end the year, here are a few nominations for "Best" and "Worst" in an assortment of cycling-related categories:

• **Best Buzz – International Cycling: Tour de France, pre-pre-race…**Before the pre-race suspensions, the "Landis affair", and all that has followed, there was the wonderful anticipation that comes in the year of a Tour de France without a returning champion. We'll try again in 2007, beginning with a Prologue in London …

• **Best Buzz – American Cycling: Tour de California…**The inaugural race garnered the largest crowd of spectators for any event in the history of California , and drew a number of top teams from Europe as well as the cream of the domestic crop. When fog cleared from the opening prologue, the top American riders had claimed the podium places, and aside from the sprint stage wins of Haedo (Argentina , Toyota-United), the Yanks traded press time and podium spots throughout the week. In the end, the first four spots were Landis, Zabriske, Julich and Hincapie…could we just stop and race the Tour de France right now?! **Buzz part two** – It's coming back for an encore in February, 2007. See the official web site for the race at www.amgentourofcalifornia.com for dates, detailed course descriptions, route maps, etc.

• **Worst Buzz – International Cycling: Performance Enhancing Techniques, non-permitted varieties…**Never, ever have so many top cyclists been implicated or accused. The "Who's Who" list was literally the potential Tour de France podium. Now, the "Operation Puerto" charges are being dropped, and there are as many questions about the French lab's handling of Landis' samples as there are wine makers in Burgundy . Who is clean, who is being unfairly damaged, and who can you believe? Jeez, I'm turnin' off the TV and goin' for a club ride…

• **Best New Technology – SRAM Groupo…**Not just Campy and Shimano any more, and not just "me too" technology.

• **Best Performance by Municipalities outside of California – Arizona Cities…**Despite all the cycling-related issues we have in Arizona, and we have a bunch, we the most municipalities qualified as Bicycle Friendly Communities of any state…except our large and populous neighbor to the west. Tempe , Chandler , Gilbert, Scottsdale and Flagstaff all have at least bronze status, and Tucson/East Pima County reached Gold status this year, according to the League of American Bicyclists. If only we could get AZ tourism officials, the Governor's office and ADOT to realize what an opportunity Arizona has to be a year-round road/MTB cycling destination and create a master plan to be the first ever Bicycle Friendly State!!!

• **Worst Legal Support of Cycling in Arizona – Arizona Legislature…**Several years ago, a three foot safe passing law was enacted in Arizona , which is similar to those in other states. However, the law remains largely without teeth. Drivers continue to kill and injure cyclists in situations ranging from carelessness to outright operating violations, with very few legal or monetary consequences. When an unlicensed, uninsured driver can run a red light, critically injure a cyclist and escape with only minor financial consequences, the laws of the State need to be changed. When a driver, under the influence or not, can hit and kill a cyclist from behind and escape with minimal consequences, the laws of the State need to be changed. Each of us needs to take as a mission to contact a legislator and ask for change.

• **Worst Cycling-Related "Letters to the Editor" in Arizona – Ahwatukee resident, Bob McCarthy…**When Don Anselmo was killed by a reckless young driver on the shoulder of Pecos Road (November, 2004), Bob McCarthy ("DPS, retired") reared his unsympathetic and ignorant head in a big way, and was taken to task by a host of cyclists and community members. Well, when George Esahak-Gage was recently hit by a 23 year-old unlicensed, uninsured motorist who ran a red light at the end of an off ramp from I-10 to Chandler Blvd , mister "Cyclists don't belong on MY road" surfaced again… Not only do his "turtle shell and spandex" comments reveal his true colors as an anti-cyclist to the core, his letters to the Editor of the Ahwatukee Foothills News reveal an ignorance of the subject matter he purports to be the master of that is almost beyond belief. It is difficult to imagine anyone actively involved in any cycling discussions in the State of Arizona being more ignorant of facts and wrong-minded than this shameful excuse for a former law officer. With apologies to the famous Southern philosopher, F. Gump, "stupid is as stupid says", and this guy always has a lot to say.

• **Best Friends of Cycling in the Metro-Phoenix area – Coalition of Arizona Bicyclists…**Bill Lazenby, Rich Rumer (Co-Presidents) and the rest of this organization are constantly working to improve conditions for all cyclists throughout AZ, and are particularly well connected with ADOT, MCDOT and community representatives in Maricopa County. They continue to deserve our financial and moral support.

• **Best Race Performance by a Phoenix area Non-Racing Club – PMBC at El Tour…**Neal, Ron, Bob, Marty, Kurt, Jim, Charlie, Gary, Steve, Tina, Ivan, Warren, Barry, Jerry & Paula, Glen & Mike, Mark & Margi, Sue & Ron, Jackie & Larry, and the rest of the "Platinum & Gold Posse" that rode the 109 between 4:41 and 5:59 this year…You guys rocked!!!

Purposes and Objectives of GABA and our member clubs:

To promote interest and involvement in all aspects of bicycling.

To schedule field trips, tours and other group riding opportunities for further development of individual cycling skills, and to instill safe riding habits.

To initiate and publicize all types of bicycling events to attract out-of-state bicyclists to Arizona .

To provide maps and route information to touring and commuting cyclists and to encourage bicycle use as an energy- efficient, healthful means of personal transportation.

To provide instruction at all levels of bicycling skill and bicycle maintenance, including on-the-road repairs.

To publish regularly a comprehensive newsletter of bicycling information about the events of all Arizona bicycle clubs, legislation affecting cyclists, and other cycling related news.

To promote bicycle racing as a spectator sport and to refer those interested in race participation to local clubs involved in the sport.

Questions? Comments? Here's who to call…

West Valley Bicycle Club (GABA Chapter): 2006 Officers President: Jared Williams, Vice President: Eric Kessler, Secretary: Chuck Gerke – 623.974.9917 Chuckruthgerke@aol.com, Treasurer: Betsy Turner – 623.979.8110 bettur@qwest.net

Phoenix Metro Bicycle Club (GABA Chapter): Jay Stewart, Pres (480) 893-0303 , Gary Wachsmuth VP & Mailing List, (480) 699-6629, GWachsmuth@cox.net, Jane Larson, Secy, Jlreports@qwest.net; Tim Kjellberg, Treas; Bob Beane, Newsletter Editor, (480) 961-1951, marco3@cox.net.

Moving or Changing e-mail addresses? Please let your home chapter know - The Post Office will not forward the Tailwind times and e-copies won't find you unless we know where you are!!!

Newsletter Deadlines: The deadline for submissions is the 15th of the month prior to publication. Direct submissions may be mailed to the Newsletter Editor c/o Bob Beane, 4413 E. Graythorn St , Phoenix , AZ 85044 . You may e-mail Bob at marco3@cox.net. E-mail submissions are currently being accepted in the following formats: Articles in MS-Word 2003 or older versions, information by MS-Word or standard e-mail, photographs preferred as jpeg or other common format attachments. Due to space limitations, articles will generally be edited to two pages, or less. We reserve the right to decline to publish any submissions, due to content, date of receipt, space limitations, or for any other reason.

Web resources: Additional and updated ride schedules and other club information may be found on the Web, including:

Phoenix: www.sportsfun.com

Tucson: www.bikegaba.org

Prescott: www.prescottcycling.org (e-mail: pcc@prescottcycling.org)

Flagstaff: www.flagstaffbiking.org

Newsletter Production…A Very Special Thank You

Those of us involved in the production of the newsletter would like to thank **Toby House,** a non-profit agency servicing adults with serious mental illness in Maricopa County for over 27 years. These fine people are responsible for the reproduction and mailing preparation of the **TAILWIND TIMES** you are reading.

BIKE TRAVEL CASES:

PMBC owns several hard shell bike travel cases for rental at minimal cost to members for up to four consecutive weeks. Eligibility: Club member in good standing for at least three months, refundable deposit required, and there is one of those legal-type rental agreements to be signed. For reservations or additional information, **contact Paul Nichols in person or via e-mail at pnick44@qwest.net**.

Sunrise/Sunset (Phoenix , AZ)

Jan 1 7:32 a.m./5:31 p.m.

Feb 1 7:25 a.m./6:00 p.m.

Mar 1 6:57 a.m./6:25 p.m.

JANUARY RIDE SCHEDULE

****Please Note: Helmets are MANDATORY for all rides*

****Liability Waivers: If Ride Leader asks for riders to sign, and you don't, you are NOT part of the ride*

(Includes most major club/event rides. For a more comprehensive ride schedule visit www.sportsfun.com)

REGULAR CLUB RIDES (generally free to members, prospective members and guests)

EVERY MONDAY, WEDNESDAY & SATURDAY: Bike rides are held throughout the West Valley . For information on meeting places, times, etc., call Gene Marchi (623) 546-8112.

EVERY SATURDAY: SATURDAY CYCLING - Kiwanis Park , Tempe (SW of Mill & Baseline, across from the sand volleyball courts). 25-40 mile rides with optional breakfast stop. Contact Sue Fassett at (602) 758-0722 or suefassett@att.net.

EVERY SUNDAY: SPIN CYCLE starting at Desert Breeze Park , located between McClintock & Rural, and Chandler & Ray, on Desert Breeze Pkwy. For more information, contact Glen Fletcher at wgfletcher@cox.net.

START TIMES FOR SATURDAY CYCLING AND SUNDAY SPIN CYCLE: Jan 8:30, Feb 8:00, Mar 7:30, Apr/May 7:00, June-Aug 6:30, Sep/Oct 7:00, Nov 7:30, Dec 8:00.

EVERY SATURDAY: SUN LAKES BICYCLE CLUB – Starts from the Cottonwood Clubhouse on Robson Blvd between Dobson & Alma School , south of Riggs Rd. (Exit 167 from I-10). 35-40 mile breakfast ride at moderate pace. For information call Bob Prochaska at (480) 895-2601.

MONDAY-FRIDAY: PINNACLE PEAK PEDALERS – Rides of one or more days around the Valley and/or state. For information regarding upcoming rides call Vern Hines at 480-204-1419.

Kokopedalli "No Drop" Rides (20-22 miles, with longer options): Ride locations include Scottsdale (Chaparral Park), Mesa (Gene Autry Park) and Ahwatukee (various). Website: http://groups.yahoo.com/group/kokopedalli Get emailed ride reminders by sending a blank email to kokopedalli-subscribe@yahoogroups.com For more info contact Kathy Mills at khendricks67@earthlink.net or 480-235-5052 for details. See http://www.sportsfun.com/gaba/rideschedule.html for a multi-month ride schedule.

ARIZONA BICYCLE CLUB - The Arizona Bicycle Club is a Phoenix-based club that shares ride/event schedules with GABA clubs, and we offer member-discounted rates to each other's members for major rides.

MAJOR RIDES/EVENTS UPCOMING (most of these rides involve a rider registration fee or donation)

December 31, 2006 Cycling on TV – "El Tour: A Cycling Phenomenon", in Phoenix on KAZ-TV Channel 27 10:00 am – 10:30 am

December 31/January 1 (Sun/Mon) Bike2Bike 100, 65 or 50 miles benefiting the Davis Phinney Foundation. SAG support, post ride Bar-B-Q celebration. Starts/finishes at Estrella Mtn College , 3000 N Dysart Rd , Avondale. Registration is $55 for one day, $100 for two days for adults. Late fee $10 after 12/15. Discounts for tandem teams, youths <15, and families. For more info and to register: www.bike2bike.org, 1-877-264-7876

January 7 (Sun) PMBC - Casa Grande Century Join PMBC for the first club century of the year and the club's biggest event. This ride is a great first century or metric century. The terrain is flat, the roads have low traffic, and if history repeats itself, the weather is sunny with a high of 70. What more could you want? There will be three ride options: A Full Century (100 miles), a Metric Century (62 miles) and a 34 mile ride. The 34-mile ride is out-and-back and flat. The 62-mile ride is out-and-back, with a slight hill. The 100-mile ride is mainly a loop and flat. For complete ride details and registration visit www.sportsfun.com

February 11 (Sun) Laveen Lions Foundation/West Valley GABA – 15th Annual Laveen Country Challenge 62, 30 & 15 mile rides with Laveen "Pit" Barbeque at 12:00 noon after the ride and prize drawing. Registration starts at 7:00 am. Events begin at 8:00 (Metric Century), 8:30 (30 mile) and 9:00 (15 mile family ride). Entry is $35.00 prior to Feb 4 ($30.00 GABA or ABC members). For more info, call Terri Cook at 602-237-2247 or visit www.lensenet.com. On line registration also available at www.active.com.

March 3 (Sat) APRA – Le Grande Bike Tour XX Arizona Parks & Recreation Association's annual 100K, 50K or 10 mile family fun ride starting and ending in downtown Casa Grande. Call 1-800-335-PARK to register, or on line at www.azpra.org.

March 10 (Sat) ADA – Tour de Cure Tucson/Sahuarita 1-888-342-2383 x7112 or www.diabetes.org/tour for info/registration

March 24 (Sat) ADA - Tour de Cure Phoenix 1-888-342-2383 x7112 or www.diabetes.org/tour for info/registration

March 31 (Sat) PBAA – El Tour de Phoenix 74 or 25 miles to benefit the Leukemia & Lymphoma Society www.perimeterbicycling.com

April 27-29 (Fri-Sun) – Answer to the Challenge Co-Hosted by PMBC and Landis Cyclery, this ride is not for the faint of heart or weak of leg. This ride is a three-day semi-epic that can be ridden as mini-Tour de France or as a very challenging tour ride (bring your triple!!!) as it involves 325 miles and 22,000 feet of climbing. GABA/PMBC/West Valley, ABC, USCF members registration is $45.00, Non-members $50.00, if registered by 4/21/07. Late registration adds another $5.00, and might leave you without a hotel room in Strawberry. Registration forms and info are available on the PMBC web site at www.sportsfun.com, or contact Dick Landis at rlandis@algxmail.com.

April 29 (Sun) PBAA – Tour of the Tucson Mountains 70 or 27 miles to benefit the Arizona Alumni Association www.perimeterbicycling.com

November 15-18, 2007 – League of American Bicyclists 2007 National Bicycle Rally held in conjunction with the **25th Anniversary El Tour de Tucson…** Registration will open March 1, 2007.

"A Summer's Tale"

Excerpts from a Roger Simmons true life story

During the summer of 2006, when Roger was away from home, a burglar struck…Roger is reputed to be a bit frugal (which, the Editor believes he will admit…if pressed), so this "haul" would not rank up there with looting the Louvre or the Taj Mahal. However, several of Roger's bikes were stolen…which he considers the most significant loss of this entire event. Some excerpts from his account are as follows…

"The burglar broke a window, got in, and got for his trouble the following items: 1 good pellet rifle with case and ammo, 1 old BB gun, 1 quarter from each state so far issued, 2 hunting knives and 3 dead battery-no charger-no service cell phones, 2 broken portable radios (with broken cassette players), 1 used energy saver light bulb (I kid you not), and 1 used bike helmet."

"He worked hard to free a steel Schwinn mountain bike, but discovered it had only one pedal and no cogs on the rear wheel, so left it politely parked in the living room. He fell down at least once, because he figured the bed was solid (in reality, it was constructed of bench-type van seats with invisible gaps). He may have been hit by a bumped lamp, because it was found on the floor. All this happened at night, with no electricity in a hot house, with no water."

The burglar appeared to become frustrated as he emptied shelves, finding little that he wanted and making such a mess that he couldn't really move around much.

"He may have been intending to return, but "oops!" forgot and left his wrecking bar behind. Considering the trials, maybe the break-in tool left behind wasn't really forgotten after all. After all, consider the big and tall garage cabinets, containing larger heavier items, were absolutely undisturbed except for one open door… It took only one look…He had learned his lesson well: 'If this is burglary, you can count me out' ".

The final irony was that found at the scene was, literally, the shirt off the burglar's back…most likely used to muffle the sound of breaking glass…and, finally, Roger says "The burglar couldn't even call for help, because, yup, no phone at the burgled house. It's a cruel, heartless and unfair world".

If anyone does happen to see a bike that looks like one of the following, Roger would appreciate being contacted. Please see him for brand names and other identifying characteristics not supplied in the descriptions:

• "Antique, ungodly, flexible, dented and bent, downright dangerous, light titanium bike with outdated quality parts (Roger's best bike).

• "Aluminum 90's bike with epoxy patched hole in the frame and worn out rear wheel bearings (Roger's "next best" bike).

If all else fails, and we do not find the bikes, your Editor suggests that we all just "chip in" and donate a nice used frame, fork and bars, a couple of wheels, all of our old parts, and a gift certificate to one of our sponsoring bike shops for tires, tubes, a new helmet and whatever else Roger needs. Hey, he's one of us, and he'd never feel comfortable riding the latest carbon/titanium, bank-busting, Campy Record, "home equity loan required", custom-designed bike anyway…I figure a few dollars from a few members plus the above parts and we've got Roger's bike "fleet" on it's way back…

(Editor's Note: Roger has never suggested the possibility of his friends at PMBC helping to make him "whole" from this incident. He wanted his burglary story to be told in a humorous vein, and in the hopes that he might get one or more of his bikes back. Your Editor, however, has chosen to float the concept that we help take care of our own when a bicycle theft occurs. This is not without precedent, and is the spirit that our club seems to embody. Food for thought if his bikes do not appear, soon.)

From "51 Things to Do Before You Die" (Bobke II)

By Bob Roll

• **Climb the Alpe'Huez** the day before the Tour de France passes. Watch the entire procession of lunatics. Partake of all alcohol offered to you by the crazed fans on that hill. Cheer like a senseless fanatic for the leaders. Cry like a baby for the sprinter's gruppetto who will be suffering like animals. Take photos—but if you stand in the middle of the road, under no circumstances whatsoever should you knock a racer down.

• **Watch Paris-Roubaix** from the forest of Wallers .

• **Get your photo taken with Eddy Merckx** at Interbike, with that glazed look in your star-struck eyes.

• **Ride from San Francisco to Los Angeles** along Highway 1 during the gray whale migration.

• **Do RAGBRAI** towing a keg of beer in a Burley trailer with a Run-DMC ghetto blaster duct-taped to your handlebars blasting Donna Summer, Bee Gees, Tower of Power and Harold Melvin and the Blue Notes.

• **Memorize ten exclamations from Phil Liggett's Tour Coverage.** Recite them at the top of your lungs, complete with suave British accent, substituting your buddies' names for the names of the Tour riders, at your next club ride.

• Pick a year, any year, and **ride your bike more miles than you drive your car.**

Phoenix Metro Bicycle Club presents

THE CASA GRANDE CENTURY

Sunday, Jan. 7, 2007

QUESTION: WHY DO ARIZONA CYCLISTS RIDE CENTURIES IN JANUARY?
ANSWER: BECAUSE THEY CAN!

Remember where you used to live? The closest you came to riding a century in January was trying to get your old Buick started when it was 5 below. So join us January 7 for the first century of the new year. Then call all your friends in North Dakota and tell them what a good time you had!

This ride is a great first century or metric century. The terrain is flat, the roads have low traffic, and if history repeats itself, the weather will be sunny with a high of 70. What more could you want? Try two sag stops with water, fruit and snacks, as well as a hot BBQ lunch at Dave White Regional Park in Casa Grande. You'll also get a route map, commemorative socks and a raffle ticket for lots of bike-related prizes. Join 200-plus cycling friends for PMBC's biggest ride of the year!

New to cycling or club rides? Try our 34-mile option. You'll get one sag stop, a route map and commemorative socks for the reduced price of $10.

LENGTH: Options of 34 miles, 62 miles (metric century) or 100 miles (century).
TERRAIN: The 34-mile ride is out-and-back and flat. The 62-mile ride is out-and-back, with a slight hill. The 100-mile ride is mainly a loop and flat.
STARTING POINT: The Safeway store at 4970 S. Alma School Road , Chandler . It is on the northwest corner of Alma School Road and Chandler Heights Road . (Chandler Heights Road is between Queen Creek and Riggs roads.) Please park at the edges of the lot so we don't block Safeway customers.
DIRECTIONS: From Phoenix or Tucson: Take Interstate 10 to the Riggs Road exit, then go east three miles to Alma School Road, then north one mile to Chandler Heights Road.

From Scottsdale, Mesa or Tempe: Take Loop 101 south past Chandler Blvd. to Loop 202 exit, then go east two miles to Alma School Road, then south four miles to Chandler Heights Road.
REGISTRATION TIME: 8:30 to 9:30 a.m. (Sleep in for once and enjoy starting when it's close to warm!) No mass start, so you can leave any time after you register.
SUPPORT: Vehicles will be available to collect those suffering from physical, mechanical or mental breakdowns.
OTHER QUESTIONS: E-mail ride leader Jane Larson at JLreports@qwest.net or call (602) 319-2238. More registration forms and other ride info available at www.sportsfun.com/gaba.
Ride will be held rain or shine.
FEE: PMBC/GABA/ABC members before 12/30/06: $15.

Non-members before 12/30/06: $20.

PMBC/GABA/ABC members after 12/30/06: $25.

Non-members after 12/30/06: $30.

34-mile ride only: $10.

Make checks payable to PMBC, and mail to: PO Box 26788 , Tempe AZ 85285-6788 .

I agree to sign the RELEASE AND WAIVER OF LIABILITY. ASSUMPTION OF RISK AND INDEMNITY AGREEMENT on the back of this form. If I decide not to sign the agreement, I will not register.

Check enclosed $ _____ Signed _____ Date _____

THE CASA GRANDE CENTURY

Sunday, Jan. 7, 2007

Riders must obey all Arizona traffic laws and must wear ANSI, ASTM or Snell approved helmets.

LEAGUE OF AMERICAN WHEELMEN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB")
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Phoenix Metro Bicycle Club, a.k.a. Phoenix Metro GABA, ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or any cost which may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT **I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT**, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT:_____PHONE:_____

ADDRESS:_____

PARTICIPANT'S SIGNATURE:_____DATE:_____

(only if age 18 or over)

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST WHICH MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN:_____PHONE:_____

ADDRESS:_____

PARENT/GUARDIAN SIGNATURE:_____DATE:_____

(only if participant is under the age of 18)

Food for Thought…"Fruit" for pickin'

The Town of Gilbert recently received a grant of $490,000 from the Federal Government in conjunction with a project to construct canal crossing bridges for pedestrians and cyclists and otherwise improve the Town's growing trail system. Has your community received its fair share of Federal multi-modal transportation funding? Do your community planners and leaders know that these resources exist, and do they have plans to pursue similar projects on your behalf? If not, who better to tell them about this opportunity than you?

Jane & Paul's 5th Annual Tucson Tour

By Tom Adams

You're invited to join us for the 5th Jane & Paul Tucson Tour. It will take place in January 2007 for 4 days over the MLK Day weekend, from Friday the 12th until Monday the 15th of January. The route is 240 miles over 4 days, about 60 miles per day. This year we will ride a clockwise loop, staying in motels in Florence, Tucson, and Casa Grande.

The ride is self-supported, meaning you carry your own bike tools & spares, snacks, water, clothing, etc. If we have a SAG vehicle, we will split up the driving. If you would like to join us, RSVP me at tla85258@yahoo.com with your rider names and cell phone numbers. I'll put you on our list for more details, but remember, "I'm not your Mom!"

Here is the abbreviated itinerary. Contact Tom for details of daily starts and hotel options:

Fri Jan 12, Scottsdale to Florence , 61 miles.

Sat Jan 13, Florence to Tucson , 64 miles.

Sun Jan 14, Tucson to Casa Grande, 57 miles.

Mon Jan 15, Casa Grande to Scottsdale , 55 miles.

From "The Quotable Cyclist"

Edited by Bill Strickland

• On the Continent of Europe it is said that **21 July 1969** was an important day in world history. For two reasons. A man named Neil Armstrong walked on the moon and a man called Eddy Merckx won his first Tour de France. --David Walsh, *The Agony and the Ecstacy*

• "It is our job as riders to keep this a soul sport. If we do it for love, we can. Our sponsors have their own agenda but riders should keep the sport what it was and is." --Missy Giove

• "Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel…the picture of free, untrammeled womanhood." –Susan B. Anthony

PLEASE PATRONIZE OUR SUPPORTING MEMBERS…

S.W.E.A.T. Magazine: Fitness articles, gear reviews and event schedules. Available free in bike shops and fitness centers around the Valley.

FITNESS PLUS: Available in bike shops and fitness centers throughout the Valley.

PAT'S CYCLERY: 929 E Main, Mesa . (480) 964-3330. Trek, Diamondback, Schwinn, Sun (recumbents).

LANDIS CYCLERY: 1006 E Warner, Tempe (480) 730-1081, 2189 E Southern Ave, Tempe (480) 839-9383, 712 W Indian School Rd, Phoenix (602) 264-5681, 10417 N Scottsdale Rd, Scottsdale (480) 948-9280. Specialized, Trek, Kestrel, Fisher, Thule bikes and accessories.

JAVELINA CYCLES: At the new location at Chandler Blvd and 48th St, SW corner, next to Va Bene restaurant and the new Gelato shop. (Ahwatukee) 480-598-3373. Raleigh , Fuji , Felt bikes, and more.

TEMPE BICYCLE: 330 W. University, Tempe (480) 966-6896.

BIKE DEN: 4312 W Cactus, Glendale (623) 938-0989. Bianchi, Litespeed, LeMond, Gary Fisher, Univega, Nishiki, Mountain Cycles, BMX and recumbents.

BIKESPORT: 12035 n 59TH Ave , Glendale (623) 979-3474. Schwinn cycling & fitness, Giant, Paramount .

OASIS CUSTOM BICYCLES: 5815 w Hearn Rd , Glendale (623) 978-6787. Linear & BikeE recumbents.

MIKE'S BIKE CHALET: 5761 E Brown Rd, Mesa (480) 807-2944. Cannondale, Giant, road & mountain.

BIKESMITH CYCLE & FITNESS: 723A N Montezuma, Prescott (928) 445-0280. Schwinn, Specialized.

***Supporting members provide annual financial support to PMBC through event proceeds, raffle prizes (including goods and services), ride support and technical assistance, volunteer participation in club events, publications of event schedules, in addition to all sorts of support for the cycling community, for which they deserve our support and patronage. When visiting a supporting member, thank them for their support, let them know that you have seen them listed in our newsletter, and let them know that you are one of nearly 500 GABA members cycling in central and northern Arizona …

GABA – Phoenix Metro GABA – West Valley

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