

# THE TAILWIND TIMES

March 2007, Vol. 15, No. 3

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## 15th Annual Mining Country Challenge - 66 and 96 Mile Options Saturday, March 17, 2007

### Sponsored by Phoenix Metro Bicycle Club

Saddle up, Pardner, it's time to hit the trail, and some trail it is!

We're not talking about some easy little jaunt into the desert on some mule with no name (apologies to America) with a pick and shovel hung over your shoulder. No siree! However, when you see what you'll be climbing, you may want to reconsider that mule! Or maybe get a mountain goat!

Climb. Climb. Then climb some more. That's the Mining Country Challenge. It's not for everyone, but if you have aspirations to really put your climbing abilities to the test, this is the ride for you. By the end of the 96 mile ride you'll have climbed 7000 feet.

The ride starts in Old Town Superior in the heart of Arizona's mining country. From Superior, you'll go through the Queen Creek tunnel on US 60 (bring your blinking red tail light) and head on toward Miami on the climb nicknamed "Top of the Hill." The road has a narrow shoulder or no shoulder in some spots and it is a two-lane road – please ride single file. The route passes the Inspiration Mine near Globe and then leads southeast out of Globe. Then you tackle a long, 8% grade into the Pinal Mountains to the top of "El Capitan." This is a great place for a rest stop. The downhill into Winkelman is your reward...and the lunch stop after you turn the corner toward Superior (or the Circle K if you prefer).

Out of Winkelman, you'll head north toward Kearny, passing the Ray Mine. The climb culminates in a "hill" called "The End of the World," a 1.5 mile climb that averages 11%. After you make it up that hill, you will think it is the end of the world! From the top it is downhill into Superior.

Again this year we will have the addition of a metric century option (actual distance 66 miles). The route will go from Superior to Winkelman and return. This will be a great route for those who want to test their climbing abilities, but are not certain they can (or want to) ride the full 96 mile route. But don't feel leftout - The cyclists who will be riding the metric century will also have the challenge of surviving the 11% climb up "The End of the World" on their way back to Superior.

### WHEN

- Saturday March 17, 2007.
- Registration / Check-in: 7:00 AM to 8:30 AM.
- The Full Century starts at 8:00 AM, the Metric Century starts at 8:30 AM

### WHERE

- Ride starts in Superior, Arizona. The ride finishes at the same location.
- Registration and the Start will take place near the intersection of Main Street and Magma Ave. Look for the signs and the registration table.
- From the Phoenix Metro area take Hwy 60 (Superstition Highway) east to Superior. Exit at the 177 Winkelman exit and head north. Main Street is less than a mile from the exit and where the start will be. From Tucson take 77 north to 79 and continue until you get to Hwy 60. Turn east on 60 and exit at the 177 Winkelman exit and head north one mile.
- **Parking:** Main Street and the courthouse on the east end have parking spaces. Or park along a side street.

(Continued on Page 5)

## 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):** 2007 Officers (pending) contact: [bettur@qwest.net](mailto:bettur@qwest.net)

**Phoenix Metro Bicycle Club (GABA Chapter):** Jay Stewart, Pres (480) 893-0303; Tom Adams VP & Mailing List ([tla85258@yahoo.com](mailto:tla85258@yahoo.com)), Quyen Nguyen, Treasurer ([calypso850@yahoo.com](mailto:calypso850@yahoo.com)); Jane Larson, Secy ([Jlreports@qwest.net](mailto:Jlreports@qwest.net)); Bob Beane, Newsletter Editor, (480) 961-1951, ([marco3@cox.net](mailto: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 15<sup>th</sup> 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](mailto: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](http://www.sportsfun.com)

**Tucson:** [www.bikegaba.org](http://www.bikegaba.org)

**Prescott:** [www.prescottcycling.org](http://www.prescottcycling.org) (e-mail: [pcc@prescottcycling.org](mailto:pcc@prescottcycling.org))

**Flagstaff:** [www.flagstaffbiking.org](http://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)

Mar 1	6:57 a.m./6:25 p.m.
Apr 1	6:16 a.m./6:49 p.m.
May 1	5:40 a.m./7:11 p.m.

## **MARCH 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](http://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](mailto: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](mailto: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@yahoo.com](mailto:kokopedalli-subscribe@yahoo.com) For more info contact Kathy Mills at [khendricks67@earthlink.net](mailto: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)**

**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](http://www.azpra.org).

**March 3-4 (Sat-Sun) ABC – 26<sup>th</sup> Annual Gila Valley Tour.** 67 miles each day, from Litchfield Park to Gila Bend, and back the following day. \$35 fee after 2/24/07. [www.azbikeclub.com](http://www.azbikeclub.com) or contact Dennis MacLeod at (602) 841-6072.

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

**March 18 (Sun) West Valley (GABA) –** Around the Tanks (70 miles) or a shorter out-and-back (50 miles) with spaghetti dinner after the ride. See last month's newsletter feature or [www.sportsfun.com](http://www.sportsfun.com).

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

**March 24 (Sat) - Tour de Paradise** – Charity metric century ride from north Phoenix to Anthem and back in support of Beatitudes Center DOAR. 602-942-4154 or [bshea101@gmail.com](mailto:bshea101@gmail.com).

**March 24-25 (Sat-Sun) Road One Class for Women Class - The Science of Street Cycling (Coalition of AZ Bicyclists)**  
The Road I classes teach you the street riding skills needed to master operating your bike in any traffic. You will learn about Arizona bike law as well as accident avoidance. The class takes place in the classroom and on the bike. One or two day format depending on rider experience, \$35. **PMBC will reimburse Club Member's costs for the course upon successful completion of either the one or two day class.** Registration required. For more class and registration information visit [www.cazbike.com](http://www.cazbike.com).

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

**April 14 & 15 (Sat/Sun) GABA-Tucson SONOITA-BISBEE BIKE TOUR.** 69 miles on backroads from Sonoita through Fort Huachuca to Bisbee. Enjoy old world charm of quaint Bisbee! Your fee includes camping, 3 SAG stops each day, route sweep and baggage transport. B&B on your own. For info, contact ride organizer Suzanne Couvrette, (520) 891-4661 or [update-editor@bikegaba.org](mailto:update-editor@bikegaba.org).

**April 22 (Sun) The Real Gift Foundation -10th Annual Ride for the Children**

This ride to benefit the The Real Gift Foundation for Homeless Children has three options: 10 miles, 25 miles, and a metric century. The metric century takes riders through Paradise Valley and through the majestic hills of North Scottsdale. Check-in starts at 7:00 a.m. and the ride begins at 8:00 a.m. from Horizon High School at 56th Street and Greenway Road in Scottsdale. Visit the [Ride for the Children](#) web site for ride and registration information.

**April 27-29 (Fri-Sun) PMBC – Answer to the Challenge** Co-Hosted by PMBC and Landis Cyclery, this ride has 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](http://www.sportsfun.com), or contact Dick Landis at rlandis@alxmail.com .

**April 28-29 (Sat-Sun) GABA-Tucson – New Triangle Ranch Overnighter** A short, 58 mile tour with overnight stay, with Saturday social mixer, guitar music, dinner and Sunday breakfast. \$75 GABA members, \$80 non-members.

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

**May 5-6 (Sat-Sun) GABA-Tucson - Salt River Canyon Tour** Ride from Globe to show Low and back the next day. Great scenery, major climbs for experienced riders. Leader - Jill Hewins, [centuries@bikegaba.org](mailto:centuries@bikegaba.org).

**May 12 (Sat, tentative) PMBC - Tour de Payson**, Look for details in next month's newsletter. Bob Beane

**July 14-15 (Sat-Sun) PMBC – Dave Freund Memorial White Mountain Tour** [www.sportsfun.com](http://www.sportsfun.com).

**Bike Swap Meets** *Submitted by Tom Adams*

Valley Bike Week is in April each year. The Coalition of Arizona Bicyclists puts on the Phoenix bike swap meet. The date is not yet scheduled. Keep an eye on the Coalition web page at <http://cazbike.com/webapps/News/SpecialEvents/tabid/70/Default.aspx>

There is a bigger bike swap meet every 6 months in Tucson. The next one is **Apr. 1 (Sun): EL BIKE SWAP DE TUCSON**. Again on 4th Avenue from 8AM- 1PM. Best bike swap in the west! Thousands of buyers! Hundreds of Sellers! Free to all vendors & buyers! Organizer: Greg Yares, 323-9020, or [swapmeet@bikegaba.org](mailto:swapmeet@bikegaba.org). In conjunction with City of Tucson Clean Air Fair Events.

**The Perimeter Bicycling Association of America and the Coalition of Arizona Bicyclists present:**

***AZ Bicycle Conference 2007 (Friday, March 30, Mesa Convention Cntr)***

- 8:00 Registration
- 8:30 Conference Start - Moderated by Mike Sanders, ADOT Bike/Ped Coordinator  
Welcome by CAZB President and the Mayor Keno Hawker of Mesa
- 9:00 Topic 1: Bicycle Friendly Cities – What it means and How to Be One  
Silver Cities Tempe & Scottsdale  
Speakers: Eric Iwerson (Tempe); Reed Kempton (Scottsdale)
- 9:30 Topic 2: Get the Kids Outta da Car  
Speaker – Brian Fellows, AZ Safe Routes to School Program Director
- 10:00 Break
- 10:30 Topic 3: Excuse **ME** Your Honor? Bike Law and Pending Legislation  
Speakers – Eric Post, Tucson Attorney;  
Matt Zoll, Bicycle & Pedestrian Program Mgr, Pima County
- 11:30 Lunch (on your own)
- 1:00 Topic 4: But I Already Know How to Ride a Bike—Road 1-- Why Take a Bike Class?  
Speaker - Richard Moeur, Phoenix Traffic Design Manager, ADOT
- 1:30 Topic 5: Can I Crash at Your Place? Phoenix Bike Accident Statistics  
Speaker - Kerry Wilcoxson, City of Phoenix Streets Department
- 2:00 Break
- 2:30 Topic 6: It'll Never Happen to Me-But It Did  
Speakers – Jean Gorman and Rita Walter
- 3:00 Keynote Speaker: TBA
- 4:00 Award Presentation and Conference Wrap-up
- 4:30 – 8:00 Social with Non-hosted bar

\$40 registration fee, less \$10 for early registration and less another \$10 for CAzB members ([www.cazbike.org](http://www.cazbike.org))

**REGISTRATION FEE**

- PMBC/GABA/ABC Members - \$20.00
- Non-Members - \$25.00
- Late Fee - add an additional \$5.00  
Late fee applies if your registration is postmarked after March 1, 2007.

**MAKE CHECKS PAYABLE TO:**

- Phoenix Metro Bicycle Club

**MAIL REGISTRATION FORM, PHOENIX METRO RELEASE FORM, AND FEES TO:**

- Phoenix Metro Bicycle Club  
P.O. Box 26788  
Tempe, AZ 85285-6788

**ADDITIONAL INFORMATION**

- For more information contact, [Buddy Pylant](#) or call 480-838-2531.

**GABA GENERIC REGISTRATION FORM**

Ride Name \_\_\_\_\_

**FEES:**

_____ GABA Member(s)	\$ _____
_____ Non-member(s)	\$ _____
_____ Late fee (each)	\$ _____
Other Fees (if any)	
_____	\$ _____
_____	\$ _____
_____	\$ _____

Mileage Option: \_\_\_\_\_ TOTAL AMT DUE: \$ \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE: (\_\_\_\_) \_\_\_\_\_

I am currently a member of GABA:    Yes    No

How did you hear about this ride? \_\_\_\_\_

**Please select, print, fill out and send the proper Release Form along with the Registration Form.**

**Make checks payable to the organization specified in the ride description.  
Mail Registration Form, Release Form, and Fees to the address listed in the ride description or as otherwise specified.**

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)

## Summer Bike Tours *Submitted by Tom Adams*

Tim Kjellberg and Bill Meacham are going on RAGBRAI with Lance Armstrong from July 21 - 28. It's not too late to apply at [www.ragbrai.org](http://www.ragbrai.org) You'll do about 500 miles on the "flattest RAGBRAI ever" in Iowa between the Mississippi and the Missouri rivers, camping with 10,000 of your "closest friends". It's a party from one end of the state to the other. If you're interested in bike touring, you have to try RAGBRAI at least once. For advice, contact Tim Kjellberg at [timkj1@yahoo.com](mailto:timkj1@yahoo.com)

I'm going with a group of 4 (so far) for the Grand Illinois Trail and Parks (GITAP) 2007 "Three Rivers ride" in Illinois this summer from June 17 - 23. <http://www.bikelib.org/gitap/2007/index.htm> It's a 325 mile loop ride which follows parts of the Illinois, Rock, and Fox Rivers, using bike trails and state parks along the rivers and little-used country roads for connectors. The longest day is 75 miles. This year's GITAP is relatively flat, but has just enough hills to keep it interesting. Showers and luggage transportation are included in the ride fee. There are two sag wagons and a motel van. Breakfasts and dinners are included - and, of course, a T-shirt, bike repair, and refreshment stops when needed, and an optional jersey is for sale. Accommodation is tent camping in state parks, with a motel package available on your own at additional cost. With only 160 riders allowed and \$355 registration first come, first served, you need to sign up right away!

## Spare Parts

- The 16th El Tour de Phoenix is dedicated to [Steve Bauer](#), legendary Canadian cycling champion. Steve is an Olympic medallist, Le Tour de France finisher, medallist in the World Cycling Championships, and continues to promote bicycling and adventure for cyclists of all levels. A dinner honoring Steve will be held on Thursday, March 29 at 6:30pm at the [Windemere Hotel and Conference Center](#) in Mesa, AZ.
- Coalition CO-President Rich Rumer has had several meetings with COX Communications recently in an effort to develop a PSA on bicycle law, safety, etc. The PSA will be seen on the COX Channels that reach over 800,000 homes statewide. As a 501 c-3 organization, the Coalition is being given a special reduced production rate cost of airtime of \$27,000 for 4 months, running April through July. The Coalition does not have the funds to pay the entire cost, and is seeking donations and partnering opportunities in order to fund this important project.

## 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 48<sup>th</sup> St, SW corner, next to Va Bene restaurant and the new Gelato shop. (Ahwatukee) 480-598-3373. Titus, 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 59<sup>TH</sup> 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**  
PO Box 26788  
Tempe, AZ 85285

**GABA – West Valley**  
PO Box 8125  
Glendale, AZ 85312