

THE TAILWIND TIMES

July 2007, Vol. 15, No. 7

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New Flagstaff Woodland and Crater Tour

Join PMBC for two days of pedaling in the pine trees and cinder cones near Flagstaff. With average high temperature of 80 and low of 49 degrees in August, this tour will help you escape the heat of the desert and enjoy the cool mountain breezes August 4-5, 2007. This tour will consist of two rides, starting at two different locations, with accommodations and evening meals on your own.

Day 1: Woodland and Lake Ride

Drive up Friday night or Saturday morning in time to register at the dock at Lake Mary. Registration is from 7:00 to 8:00 AM. Ride starts at 8 AM. Directions: Before reaching Flagstaff on I-17 driving north, take the Lake Mary Road exit and turn right. Follow the road until you see the lake on your right and then look for the large parking lot with boat dock and restrooms.

Day One Ride Options:

1. Short 20 miles around Mormon Lake,
2. Medium 40 miles around Mormon Lake and south to Happy Jack,
3. Long 75 miles around Mormon Lake and south to Clint's Well.

The rest stops will be at the south junction of Lake Mary Road and Mormon Lake Road and near the Ranger Station at Happy Jack.

Accommodations

After the day's ride, relax at a campsite in the forest or your cozy hotel room in Town. Check the list below or the website www.flagstaffchamber.com for a list of options – from cabins to motels.

Saturday Evening

Join other cyclists Saturday evening at 6 PM at a local restaurant (The Horsemen Lodge or Black Bart's Steakhouse).

Day Two - Craters and Ruins Ride:

Challenge the hills of the Wupatki and Sunset Crater National Parks. Start at 9:00 AM when the National Parks open. Directions: Take Santa Fe Blvd or I-40 northeast through Flagstaff and then head north on Highway 89 about 10 miles. Turn right towards the Sunset Crater park entrance. Meet approx. one mile off of Highway 89 near the entrance to Sunset Crater National Park.

Day Two Ride Options:

1. Sunset Crater/Wupatki Ruins 49-mile loop. Take Highway 89 north and downhill to the Wupatki Ruins entrance and then climb back up to the Craters. Very hilly and high altitude climbing. Rest stops will be at the turnoff from Hwy 89, at the Wupatki Visitor Center parking lot, and at the Strawberry overlook.
2. For less miles, but still a few hills, the short option will skip the ruins and stay in the pine trees near Sunset Crater with a fast downhill to the rest stop at the Strawberry overlook and a challenging return climb back to the park visitor center.

Bring \$5 cash in your jersey pocket for entrance into the National Parks.

(continued on Page 4)

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): Jared Williams, Pres (623) 330-0220, Chuck Gerke, Secy (623) 974-9918, Betsy Turner, Treas (623) 979-8110, Gene Marchi, Ride Information (623) 546-8112.

Phoenix Metro Bicycle Club (GABA Chapter): Jay Stewart, Pres (480) 893-0303; Tom Adams VP & Mailing List (tla85258@yahoo.com), Quyen Nguyen, Treasurer (calypso850@yahoo.com); Jane Larson, Secy (Jlreports@qwest.net); 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.

Sunrise/Sunset (Phoenix, AZ)

July 1	5:22 a.m./7:42 p.m.
August 1	5:41 a.m./7:28 p.m.

Newsletter to go Electronic and End Mailed Copies:

Times, they have been a changin'...Most GABA/PMBC members in central and northern Arizona are receiving, or now can receive, the newsletter via the Internet. During 2007, we have continued to e-mail a copy, or a link to the web site, to all members who have elected e-mail distribution. We have also posted each month's newsletter on the web site (www.sportsfun.com).

The current plan is to discontinue mailings effective with the August newsletter. A number of hardcopy newsletters will still be produced and available at PMBC weekly ride locations. West Valley, Prescott, and other affiliated clubs will each decide how many, if any, printed copies they wish to have available for distribution at ride locations.

Should this change provide a real hardship to any member, please contact your Editor. Our goal is not to reduce access to information, but rather to redirect most of the \$200-\$300 monthly printing/mailing expense to rides and other club activities, given the change in technology and Internet accessibility by most of our members.

JULY 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@yahoo.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 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)

July 21-22 (Sat-Sun) PMBC – (NOTE DATE CHANGE) Dave Freund Memorial White Mountain Tour www.sportsfun.com.

July 21 (Sat) Absolute Bikes – Taylor House Benefit Ride – 45, 65 or 95 miles. Flagstaff. www.absolutebikes.net/flag

Aug 25-26 (Sat-Sun) ABC – Grand Canyon Tour – www.azbikeclub.com or Richard Utterback (602) 264-9318

Sept. 1-3 (Sat-Mon) GABA-Tucson - Blue Loop Tour- 55, 60 & 90 miles in central mountains of Arizona and New Mexico! Very little traffic! Lots of hills and scenic vistas! Starts in Morenci, to Glenwood (NM), then to Alpine, and back to Morenci down the famous Coronado Trail on the 3rd day!

Sept. 15-16 (Sat-Sun) GABA-Tucson - Sonoita-Bisbee (Fall) - Ride leader: Dick Shaeffer

Sept. 29th - Oct. 6 GABA-Tucson GREAT ARIZONA BICYCLE ADVENTURE. 27th Annual. 7-day, approx. 500-mile camping tour across Arizona. Call our info line: (520) 349-5932. Ride chair: Dorothy Barth or cross-state@bikegaba.org

For a listing of major bicycling events throughout the West, visit www.bbcnet.com and view the Western States Bicycle Ride Calendar. This listing is by date, and includes primarily metric and full century rides, but also lists double-centuries and multi-day tours. Rides are typically shown with mileage options, altitude gain, sponsoring club/organization, and contact/registration info.

Tour de France begins Saturday, July 7...What You Need to Know?

- Retired 2006/2007 and Not Racing: Lance Armstrong and Jan Ullrich
- Favorites and/or Stage Winners Not Eligible to Participate (due to *dopage* investigations): Floyd Landis, Ivan Basso and Erik Zabel, among many...
- Favorites Who Remain Eligible to Race: Levi Leipheimer (USA), Danilo Di Luca (ITA), Alexandre Vinokourov (KAZ), Christophe Moreau (FRA), Alejandro Valverde (ESP), Cadel Evans (AUS), Damiano Cunego (ITA), Gilberto Simoni (ITA), George Hincapie (USA), Denis Menchov (RUS).
- The race is considered very open. No former winner (subject to Landis disqualification) is in attendance.

PMBC will again organize Saturday, mid-day Tour de France get-togethers to watch TdF coverage on Versus. Look for time and location details on the web site by the first week of July, and/or at weekend rides.

Flagstaff Woodland and Crater Tour, continued from Page 1...

Cost for the rides: Both days: Members \$20, Nonmembers \$25, late fee \$5. One day only: Members \$10, Non members \$15, late fee: \$5. The cost covers the food for the rest stops and volunteers. Volunteers are needed to help with a support vehicle and rest stops.

Mail the registration form and fee to:

PHOENIX METRO BICYCLE CLUB
PO BOX 26788
TEMPE, AZ 85285-6788

Questions? Contact Kathy Mills, Ride Leader, evenings, 480-759-7675 or kmills67@cox.net.

Campgrounds:

Forest service – Dairy Springs and others near Mormon Lake: 928-774-1147
Woody Mountain Campground – 928-774-7727
Mormon Lake Lodge – 928-354-2227
Bonito Campground – at Sunset Crater: 928-526-0866

Motels:

Days Inn East 928-527-1477 and Route 66 928-774-5221
Arizona Mountain Inn 928-774-8959
Econolodge University 928-774-7326
Econolodge 928-774-7701
Embassy Suites 928-774-4333
Fairfield Inn 928-773-1300
Wyndham Resort 928-527-9500
Hampton Inn 928-526-1885 and 928-913-0900
Royal Inn 928-774-7308
Historic Hotel Monte Visa 928-779-6971
Holiday Inn 928-714-1000
Inn Suites Hotel 928-774-7356
La Quina Inn and Suites 928-556-8666
Little America 928-779-7900
Quality Inn 928-774-3131
Radisson Woodlands 928-773-0597
Residence Inn 928-526-5555
Super 8 Motel 928-526-0818
Super 8 West 928-774-4581
Americasuites 928-774-8042
Travelodge 928-779-6944

Advocacy Opportunity *from the League of American Bicyclists*

One way you can personally help advance the cause of cycling is to write your members of Congress and ask them to:

- Support the Bicycle Commuter Act. This Act, H.R. 1498 and S. 858, would extend the commuter tax benefit given to offset parking costs and transit tickets to also cover the costs associated with commuting by bicycle.
- Join the Congressional Bike Caucus...and become educated regarding bicycling issues.
- Fund the Conserve by Bicycling program. In 2005, Congress authorized a pilot program to investigate the common types of vehicle trips that could be replaced by bicycling, and the related benefits that would result from doing so. The results of this program could influence future public policy and spending decisions in favor of bicycling, as fossil fuel usage reduction, traffic congestion and health benefits could be projected.

You can send a personal note, or you may utilize the League's on-line Advocacy Center at www.bikeleague.org.

One Racer's View *by Bob Roll*

"The Tour. Not the Vuelta a Espana. Not the Giro d'Italia. But the Tour. The Tour de France is it. The Tour is the pinnacle of the sport. The prestige, mystique, attention, and economic importance of the Tour make it the biggest sports happening of the year. Where the Giro is beautiful, the Tour is brutal. Where the Vuelta is wonderful, the Tour is wicked...no person will ever go faster, more beautifully on a bicycle than in the Tour de France."

Did You Know...

How the PMBC Club Jersey ended up in China? *Submitted by Cindy DiMassa (See our web site for the related photo)*

It's like a message in a bottle! Gerry and I took a Backroad's biking trip to China in May 2005. While I can't say that China was fun, it was certainly fascinating. This trip began in the countryside of the southern Guangdong province and moved onto the surreal limestone formations of Yangshuo, farther north. We saw people living as they have for hundred's of years, with women working the fields with babies on their backs, farmers with their water buffalos in the rice fields and excited children marveling at our bikes and outfits. Curious locals crowded around to watch us at every stop, particularly at lunch in places you could not imagine were restaurants. Midway through the tour, we traded in our mountain bikes for traditional Chinese cruisers. In Xian, we joined in the human river of bikes to pedal out to the Qin Shi Huang's mausoleum, otherwise known as the terracotta warrior site and also rode around the top of the wall which ran around the city. The trip ended in Beijing, where we pedaled through the streets to the Forbidden City, around Tiananmen Square and into the hu tongs, labyrinthine residential neighborhoods which date back to the 1300s. In the hu tongs, a family hosted us in their home for lunch. It is all disappearing so quickly that I encourage to go soon if you have any desires to see the old China.

About that shirt...Backroads supplied one US guide and then filled in with a Chinese company for support/sag and in-country knowledge. Charles, the man pictured with the GABA shirt, was the local Chinese guide who also rode with us on many of the days. He was actually a violinist who decided that he had more opportunity and fun as a tour guide. At the end of the tour, my husband Gerry presented Charles with the GABA shirt and we also gave a shirt to Helena, the other guide.

White Mountain Tour - July 21st and 22nd, 2007

Sponsored by Phoenix Metro Bicycle Club

This tour has been attracting participants from out of state, as well as in-state riders for more than 20 years and has become a favorite for many. Temperatures ranging from the low 60's to the mid 80's, great support for the riders and Saturday night's dinner social make this ride one you will want to do again and again!!

The White Mountain Tour is a **two-day fully supported tour** and includes sag support, emergency mechanical support, plenty of good snacks and luggage delivery to your hotel or campsite. Saturday night's dinner and a raffle ticket are also included in the entry fee.

The cost of the tour is **\$50.00** for GABA/ABC club members. **\$55.00** for non-members. A **\$10.00 late fee** applies after June 30th.

Saturday night's dinner, which is included in the entry fee, will be served from **5:00-7:00 PM**. Non-riders and family members can purchase dinner for \$17.00 per person. The dinner menu includes Steak, BBQ chicken, beans, pasta salad, garden salad, watermelon, biscuits, cobbler and ice cream. Umm, Ummm, better than home! After dinner there will be an Amateur Talent Contest and Raffle. There will be prizes for those willing to showcase their talents, those not so bold, will have a chance to win raffle prizes. Dinner will be at the traditional location at the Round Valley High School in Springerville.

For **Saturday night lodging** there will be **free camping** which includes showers and bathroom facilities at the Round Valley Middle School in Eagar. For those wanting the more comfortable confines of a motel room, make your reservations at one those [listed below](#), we will deliver luggage there by 2 PM.

Luggage Pickup will start at **8:00 AM** on Sunday for the return trip.

The Start & Route. This year we will again start and finish at Hon-Dah. **Registration on Saturday is 7:00am till 8:30. No mass start.** You will ride North on Highway 260 through Pinetop/Lakeside to Show Low. In Show Low turn East onto Highway 60 then to the sag stop at Midway Station convenience store in Vernon, about 34 scenic miles, (stop in and say hi to the gang, maybe buy a cold soda or ice cream). If you are a casual rider, you might wish to get an early start to avoid missing the SAG stop, which will close at 11:30am. From there it's down to Springerville/Eagar for 63 miles for day one.

!!!New This Year!!! For those hardy enough, we are planning an **Optional Loop of 40 miles**. Yes, that's right, you will have the option of doing a **Full Century** or the traditional **Metric Century** on day one.

Day two, start 8:00 AM. The return SAG stop will be set up at 8:30am near the Sunrise Ski Resort. From there it's mostly down hill back the start for the day's total of about 38 miles.

WHEN: Saturday & Sunday, July 21st & 22nd, 2007, Registration from 7:00 AM to 8:30 AM on Saturday.

WHERE: Hon Dah Resort and Casino (parking and registration behind the hotel), Located at the intersection of AZ highways 73 and 260 south of Pinetop.

MAIL REGISTRATION FORM AND FEES TO:

- PHOENIX METRO BICYCLE CLUB
PO BOX 26788
TEMPE, AZ 85285-6788
- See Page 7 of this newsletter for a registration form, or download the Official Tour Flyer and Registration Form in Microsoft Word .doc format: [WhMtTourFlyr06.doc](#) (86K).
- The above registration form is a Microsoft Word Format (.doc) document. If you have trouble downloading, viewing or printing this document you may use the [text registration form](#).

MAKE CHECKS PAYABLE TO:

- Phoenix Metro Bicycle Club

FRIDAY NIGHT LODGING

in [Pinetop-Lakeside](#)

- Bear's Paw Motel - 928-368-5231
- Best Western - 928-367-6667
- Blue Ridge Motel - 928-367-0758
- Bonanza Motel - 928-367-4440
- Comfort Inn - 928-368-6600
- Cozy Pines Cabins - 928-367-4558
- Double B Lodge - 928-367-2747
- Forest House Motel - 928-368-6628
- Hilltop House Motel - 928-367-4451
- Mountain Hacienda - 928-367-4146
- Murphy's Cabins - 928-367-5555
- Pinetop Lodge - 928-367-3510
- Super 8 - 928-367-3161
- Timber Lodge Motel - 928-367-4463
- Woodland Inn & Suites - 928-367-3636
- Hon-Dah Resort – 1-800-929-8744

FRIDAY NIGHT LODGING

in [Show Low](#) (about 10 miles from start)

- Apache Pines Motel - 928-532-4328
- Best Western - 928-537-5773
- Day's Inn - 928-537-4356
- Downtown 9 Motel - 928-537-4334
- Holiday Inn - 928-537-5115
- KC Travel Lodge - 928-537-4433
- Kiva Motel - 928-537-4542
- Motel 6 - 928-537-7694
- Snowy River Motel - 928-537-2926

SATURDAY NIGHT LODGING:

in [Springerville](#) / Eager

- Free camping in the town of Eager, includes restroom and shower facilities at Round Valley Middle School. Sleep in the gym, or pitch your tent on the nicest lawn in town.
- Reeds Lodge - 928-333-4323
www.k5reeds.com/
- El Jo Motor Inn - 928-333-4314
- Super 8 Motel - 928-333-2655
- Corral Motel - 928-333-2264
- Paisley Corner B&B - 928-333-4665
- Rode Inn - 928-333-4365
- Whiting Bros Motor Inn - 928-333-5870
- Best Western - 928-333-2540
- 26 Bed & Breakfast - 928-333-2102
- Spanish Trails B&B - 928-333-4034
- White Mountain Escape Bed and Breakfast - 928-333-2000
www.whitemountainescape.com

ADDITIONAL INFORMATION

- For more information contact [Jay Stewart](#) or afternoons and evenings at 480-250-1613.

Registration Form – 2007 White Mountain Tour

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Age: _____ E-Mail: _____
Entry/s: \$ _____ Addl dinners: _____ x\$17.00 =\$ _____ Total:\$ _____
Fees: \$50.00 GABA/ABC Members
\$55.00 Non-members \$10.00 Late fee after June 30th

Mail completed entry form and check payable to: Phoenix Metro Bicycle Club, PO Box 26788, Tempe, AZ, 85285-6788

For more info or questions contact: Jay.Stewart@Honeywell.com or call 480-250-1613 till late nite.

Your Ride leader, Jay Stewart, League of American Bicyclists, LCI #1196
Ask me about vehicular cycling! Are you a bicycle DRIVER?

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".

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: Chandler Blvd and 48th 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 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
PO Box 26788
Tempe, AZ 85285

GABA – West Valley
PO Box 8125
Glendale, AZ 85312