

THE TAILWIND TIMES

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In this Issue:

Our Lead Out: *Get Outta' Town!!! Prescott, Sonoita-Bisbee, Cross-AZ...or...Colorado?*

10th Annual Memorial Ride for Safety (PMBC/CAzB) Full/Half Metric Century coming on **October 13** (Page 4)

Heart of Arizona Full Century or 125 mile Brevet (Bullshifters) coming on **October 20** (Page 5)

Palo Verde Nuclear Full or Half Century (West Valley) coming on **October 28** (Page 5)

The (rest of the) Ride Calendar: The Sep/Oct ride schedule ...Bring your **spin** or your **hammer**... (Page 3)

Levi, Big George & Discovery Channel Will Race First Ever Tour of Missouri as Disco's USA "Swansong" (Page 6)

Get Outta' Town!!! Higher Altitude AZ & Colorado Cycling...for Mere Mortals

By Bob Beane

Let's face it, summers in the lower elevations of Arizona wear on the cycling psyche after a while. You think to yourself, "I've got to be up by 4:30 a.m. so I can start my ride when the temperature isn't much over 90 degrees...". Then, along comes the Tour de France in July, and you watch riders climb to passes below snow-capped peaks in the Alps, and you think "Wow, that would be great...if only I could climb six miles at an average grade of 8%!"

What is a club cyclist of the mere mortal ability to do? Most of us take advantage of at least one of the organized rides in the AZ high country during July thru September, such as the **White Mountain Tour**, the new **Flagstaff** area ride organized by Kathy Mills this year, the **Prescott Cycling Club Skull Valley Ride (Page 3)**, or the **GABA-Tucson hosted "getaways" (also, Page 3)**. Each of these "high country" rides may take you more than a few miles from home, but they offer an opportunity to escape the heat.

AZ cyclists may rule out Colorado, picturing all the riding this side of Denver/Boulder as being "epic" climbs, out of the race profile for the Coors Classic, Red Zinger, or *American Flyer*, to be ridden by cyclists with names like LeMond, Hinault, Hampsten, or the Colombian National Team...and Kevin Costner (sorry, I had to...). Believe me, those climbs *are* there...I have ridden only one, and have driven many that are hard enough in a car...*but* there are also some **great, scenic rides for mere mortal club cyclists, too.**

Here is a suggested itinerary, portions of which Linda and I actually traveled *on a tandem* in the middle of last month:

- **Getting There** – US Airways Express (Mesa Air) provides one and a half hour flights to Grand Junction, CO, at the base of the Western Slope. We opted to leave our bikes at home and to apply the saved bike transport cost to tandem rental along the way. We did take our own pedals, helmets, spare tubes, etc., and never had a problem getting the rental proprietors to pop on our pedals and let us use our own gear. Cars may be rented at the GJ airport with unlimited mileage for about \$25/day for a mid-sized vehicle (e.g. a red Ford Mustang), all taxes and fees included. SUVs are a bit more.
- **Grand Junction/Fruita/Palisade** - Yes, Grand Junction was the sight of the famous "Tour of the Moon" stage through the Colorado Monument in *American Flyer*, which does constitute an incredible 23 mile segment (with climbing!!!) of a 45-50 mile loop for the more fit among us, but GJ (altitude 4,600 ft) also has a paved bike path of some 16 miles or so that runs along the Colorado River on the west side of town. There are a number of bike shops that provide rentals, and the **Red Rock Riders** (local LAB bike club) hosts Tue/Thu evening road rides and Wed MTB rides (www.redrockriders.com). Nearby Fruita isn't yet as well known as Moab, but has a lifetime supply of easy-to-technical single-track along ridges and cliffs, and abundant routes stoked with rollers for those just looking for a great, scenic cruise with a "whoopy" factor. Palisade (just east of GJ) is a rural orchard/vineyard area with a marked bike route, and is the host for a 25 mile *Tour of the Vineyards* each September (Sept 15, 2007, as a part of the Colorado Mountain Winefest, www.coloradowinefest.com).
- **Glenwood Springs** – About 90 minutes east of GJ, at 5,800 ft altitude, Glenwood Springs is famous for hot springs and whitewater rafting trips. It also is the trailhead for a paved, 16 mile bike path that runs east along the Colorado River to just outside Dotsero. The trail generally follows the slope of the river, with a few up-and-over climbs. There are numerous trailheads/rest stops, restrooms, and pay phones (1-800# for assistance). Bike rentals are readily available in Glenwood Springs. We chose **Canyon Bikes** (www.canyonbikes.com, 800-439-3043), conveniently located at the Hotel Colorado literally a block from the beginning of the bike path. I reserved a tandem on-line several weeks in advance, and it was ready-and-waiting when the shop opened at 8:00 a.m. Owner Jeff Neer had answered my e-mailed questions prior to our visit, and Alex and Dan provided the pedal/hex-head wrenches we needed to swap pedals. Linda and I enjoyed about 15 miles of trail, including stops at side canyon creeks, waving to rafters and observing the geology of the Glenwood Canyon as the path threaded its way between river, rocks and I-70. Despite a few sprinkles, we thoroughly enjoyed both our canyon path ride and **Juicy Lucy's Steakhouse** in Glenwood Springs...a must for lunch or dinner when in town.
- **Vail** – An hour further east is Vail. I mention Vail not because we rode there, but for those who do consider themselves genetically similar to LeMond, Hinault, Hampsten, et al. Interstate 70 climbs up through Vail pass (10,632 ft) from Vail Village (8,500 ft). Along that entire climb, much of which is at 7% grade, a bike path is visible as it climbs alongside,

(continued on Page 2)

between, and under the lanes of I-70. This path meets the Summit County bike path network at Vail Pass, but represents a *much steeper* (surely exceeding 12% for some short distances) and 600 foot greater climb than that from Frisco via Copper Mountain. If you have run out of challenges in Arizona, this climb is for you!

- **Summit County** – Home to an almost entirely off-road paved bike path network (*plus*, on-road bike lanes) connecting Keystone, Dillon/Dillon Lake, Frisco, Breckenridge, Copper Mountain and Vail Pass, this is my ***favorite place in the whole USA to ride a bike***. Picture a community model for planned, inter-connected bike access dropped in one of the most scenic mountain, lake and river areas you could imagine, and you have Summit County, Colorado. Neighboring Silverthorne (below the dam at Dillon Reservoir) is a bit lower, but all the communities mentioned above are at or above 9,000 ft elevation. Having said that, you will find literally hundreds of people bicycling there on any given day during the summer, including families, local bike commuters, club riders, and racing cyclists. The path from Keystone north to Dillon and around the reservoir to Frisco represents nearly 8 scenic miles of fairly flat riding. From Frisco, you may climb south about 500 feet over nine miles, much of it along the Blue River, to Breckenridge. Or, you may ride about seven gradual uphill, stream-side miles to Copper Mountain, at which point you may continue another seven miles, with about 1,000 feet elevation gain, to Vail Pass. We rented a tandem at **High Trail Sports in Frisco** (www.highroadandtrailsports.com, 970-668-3748), where the mechanic swapped pedals faster than we could don our gear. These folks like Bianchi, Campy and rent road bikes...need I say more). Our MTB rim tandem with “slicks” was not brand new, but was in excellent shape with exact shifting, trued wheels, properly set brakes and comfortable quick release seats. We chose a route that included about five miles along the lake shore and the out-and-back to Copper Mountain, for a total of about 23 miles and about 600 ft gain. It was a great scenic ride and was also a good enough workout at altitude lead to “nap time” after a little afternoon jazz and wine tasting at the **Genuine Jazz & Wine Festival in Breckenridge**. For those with a non-riding or leg-injured spouse or “SO”, or with a child or physically challenged stoker, there is a \$19/person shuttle for you and bike(s) to the top of Vail Pass, from which you can cruise downhill on a tandem to Frisco with only one person pedaling as (rarely) needed...a great experience to share with a child, partner or friend who does not or cannot ride as you can.
- **For those who want more serious challenges** - There are climbs to Leadville via Independence Pass (12,095 ft), south from Breckenridge over Hoosier Pass (11,542 ft), and a route all the way around Dillon Lake which includes the up-and-over of Swan Mountain Road. Breckenridge is also in the process of building a vast MTB network for riders of all abilities, so getting a little dirty and getting some mountain air on the way down those big hills is another readily available option.
- **The Bottom Line** – Give “rural” AZ, Western Colorado and Summit County a try during the summer. You don’t have to be LeMond, Hinault, Hampsten or a Colombian. When in CO, **tell every cyclist you meet how great it is to ride in AZ in the winter!!!** Trade club web site addresses. Tell them about your favorite ride with desert vistas, cactus, or red rocks. Look at it as kind of an “exchange program” that benefits both states, economically and from a cycling perspective...

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 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/West Valley: www.sportsfun.com

Tucson : www.bikegaba.org

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

SEPTEMBER 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)

Sep 3 (Mon, Labor Day) VVCC – For Pete's Sake Dedication/Memorial Ride – See Page 8 and/or - WWW.VVCC.US

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

September 16 (Sun) Prescott Cycling Club - Jerry Doss Memorial Skull Valley Loop Challenge -Cyclists are invited to join the Prescott Cycling Club (GABA Prescott) for a cool, mile high, road ride in the pines. The Skull Valley Loop Challenge is a 54 mile loop that goes through Prescott, Iron Springs Road to Skull Valley, Kirkland Jct. and then to White Spar into Prescott. A 100 mile option is also available. For the most up-to-date ride and registration information visit the [Prescott Cycling Club](http://www.prescottcycling.org) web site at www.prescottcycling.org.

Sep 23 (Sun) Silent Sunday at South Mountain – See Aug 26. The Phoenix Parks and Recreation Department is sponsoring Silent Sunday, which will close the park's main Central Avenue-access roads to motor vehicles from 5 a.m. to 11 p.m. Come on out and enjoy a car free bicycle ride in the park.

Sep 29 - 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

Oct 13 (Sat) PMBC and CAzB – Memorial Ride for Safety IX – Metric Century (60 miles) and 35 mile options with lunch after the ride. Proceeds from this ride support the Coalition of Arizona Bicyclists, which works on behalf of all cyclists to improve cycling conditions within the state of Arizona. **See Page 4 for more information and registration form.**

Oct 20 (Sat) ABC – Bullshiffters - Heart of Arizona – www.bullshiffters.org. **See Page 5 for information/registration.**

October 28 (Sun) - West Valley Bicycle Club - 17th Annual Palo Verde Nuclear Century

As the West Valley's signature ride the Palo Verde Nuclear Century is one of the best rides in the Valley! Options of 100 and 50 miles. The ride starts at Estrella Mountain Park and takes riders on relatively flat roads with relatively little traffic out to the far West Valley and around the Palo Verde Nuclear Power Plant. **See Page 5.**

November 17 (Sat) – PBAA – 25th Annual El Tour de Tucson and League of American Bicyclists annual rally.

The Memorial Ride for Safety X

Saturday Oct. 13th 2007

SHARE THE ROAD

The 2007 theme is Safety and **Share the Road**. Join The Coalition and Phoenix Metro Bicycle Club for this great ride. The routes are 100 K and 35 miles through Carefree and scenic vista's North in the Tonto National Forest, Pinnacle Peak but we will not go to Bartlett Lake. We will visit the Sears Key Ruins towards Severn Springs. The new route will be a little easier and user friendly. The Start/Finish is by AJ's market at Pima and Pinnacle Peak Rd. Your entry fee will include a ride map, 2 rest stops, and a Bar- B-Que meal at the finish. Share the Road Jerseys may be ordered at this event for a reduced amount. The fee schedule for the ride is as follows:

GABA/ABC/CAzB members pre-registered only -----\$20.00
Non - members pre-registered, only -----\$25.00
Day of Registration ----- \$30.00
Tandem members pre –registered \$35.00, Day of ----- \$45.00

Pre-Registrations must be in by Oct. 1, 2007
Make checks payable to PMBC

Registration starts at 7:00 AM Ride at 7:30 for 100K and 8:00 - 35 mi.

The Safety Ride and the safety message grew out of the tragic cycling accident Winston Benson had approximately 10 years ago and we honor all those bicycle fatalities in Arizona since then. The Coalition of Arizona Bicyclists is your voice with all levels of government concerning bicycling in our State.

Join PMBC and the Coalition (CAzB) for a ride that benefits all AZ Bicyclists Let's all Ride to the Right, "Share the Road" signal turns and point out hazards. Ride goes rain or shine for more information call Rich at 602 953-2585.

Below, sign and mail to: Safety Ride 5509 E. Everett Dr. Scottsdale, AZ 85254

Memorial Ride for Safety Oct. 13, 2007

By completing the following information and paying the registration fee I acknowledge that the registration process is not complete until the morning of the Event when I complete and sign the "Release and Waiver Form". Anyone under the age of 18 wishing to participate must have a parent or guardian present to sign the Release and Waiver Form.

Name: _____ Distance Riding _____
Address: _____
Phone: _____ email _____

17th Annual Palo Verde Nuclear Century - 50, 100 Mile Options Sunday, October 28, 2007

Sponsored by GABA West Valley

Check the PMBC/West Valley web site (www.sportsfun.com) for fees/registration info the ride date approaches.

No nukes about it, this a great ride—one you won't want to miss. This ride is a treat — relatively flat with relatively little traffic.

The Palo Verde Nuclear Century is still one of the best rides in the Valley. It's the West Valley's signature ride! There are four sag stops on the 100-mile ride; two on the 50; roving support and lunch back at the park after the ride. There is a \$5 per vehicle charge to enter Estrella Mountain Regional Park where the ride starts and ends. The course is a relatively flat loop and the ride is a great training ride for other fall rides. There's a 50-mile option, also a loop, for the less intense rider.

The sag stops will be well stocked with homemade cookies and banana bread, fruit and water. It's usually windy and may be hot or cool, rainy or dry. Yeah, it's Arizona. The ride goes on whatever the weather! When you get back to the park, you'll be able to sit down, relax and enjoy the companionship of your fellow riders. And eat. Enjoy.

WHEN

- Sunday, October 28, 2007

WHERE

- The ride begins and ends at Estrella Mountain Park in Goodyear, AZ.
- To get to the park, go west on I-10 to the Litchfield Road exit. Go south on Litchfield Road to Hwy. 85. Turn right on Hwy 85 and head west to Bullard Ave. Turn south (left) on Bullard and go south to Vineyard. Turn right on Vineyard to the park entrance. Follow the GABA signs to the big Ramada on the west end.
- NOTE: There is a \$5 per vehicle charge to enter the park. Save \$\$ and our environment — carpool with a friend!

REGISTRATION FEES

- To be determined

ADDITIONAL INFORMATION

- For more information email [Betsy Turner](mailto:Betsy.Turner) or call 623-979-8110.

Bullshiffters to Host Heart of AZ Full Century and Brevet

Looking for a challenging century (104 miles) or a RUSA-sanctioned 125 mile "Brevet"? The Bullshiffters cycling club is bringing back the Heart of Arizona course as the core for both of these events on Saturday, October 20, 2007. Both events start/finish in Congress, AZ, which is northwest of Wickenburg.

Please click on the icons below to view and/or print the ride flyer, registration form, and liability release form for this event.



HeartofAZ-flyer[1].pdf



Registration Form.doc



RELEASE-Individual.doc

Sunrise/Sunset (Phoenix, AZ)

September 1	6:02 a.m./6:54 p.m.
October 1	6:22 a.m./6:13 p.m.
November 1	6:47 a.m./5:36 p.m.

First Annual Tour of Missouri Pro Bike Race Will Be Discovery's USA "Swansong"

The Tour of Missouri is a 600-mile, six-day world-class bicycle race patterned after the Tour de Georgia and Amgen Tour of California. It is a race that features point-to-point racing. **The race starts in Kansas City, September 11 and concludes September 16 in St. Louis**, including legs to Clinton, Springfield, Branson, Lebanon, Columbia, Jefferson City, and St. Charles. The race will feature teams of eight from 15 of the world's top professional cycling teams.

Sadly, and historically, this race will be the **final race in the USA for the Discovery Channel Team**, and so will be the final time that **Levi Leipheimer** and the boys will race here together under DC sponsorship. Both Levi and Tour de France winner **Alberto Contador** are scheduled to be on the Tour of Missouri squad. Also included on the Discovery Channel roster in Missouri are pre-race favorite and current U.S. National Champion **George Hincapie** of Greenville, S.C.; 8th place Tour de France finisher **Yaroslav Popovych** of the Ukraine; **Tony Cruz** of Long Beach, CA; 2007 3rd place finisher of the Amgen Tour of California **Jason McCartney** of Coralville, IA; up and coming U.S. star **John Devine** of Dixon, Ill., and **Fuyu Li**, the first Chinese athlete to compete at the elite Pro Tour level.

"To have Johan Bruyneel commit to bringing Discovery Channel's Tour de France "dream team" to the Tour of Missouri is very special for this first-time race," said Race Director Jim Birrell. "We will have three riders from the top eight of the Tour de France, two being from the final podium, and I look forward to hosting the entire Discovery Channel team during their swansong on domestic soil." The Discovery Channel team's management company, Tailwind Sports, recently decided to disband the team at the end of the 2007 season, making the Tour of Missouri their last event in the United States. "Having just announced my retirement from cycling I am pleased that one of my last races as a director will be at the Tour of Missouri," said Sports Director Johan Bruyneel. "I have always enjoyed directing in the U.S. because of our success and an amazing group of fans that come to see us race. It is sad to think that this will be one of the last times I will be directing, but I am glad it will be in front of such great fans."

"The overall course will be deceptively difficult," said the Tour's competition director Kevin Livingston, a Missouri native who rode on two of Lance Armstrong's successful Tour de France championship teams. "This is an American-type of race could see a lot of attacking and breakaways. The course lends itself to tough chases and could highlight a rider in good form going into the World Championships later that month."

The race is sanctioned by the UCI, the international governing body for cycling, and USA Cycling, the national governing body for cycling. It is ranked as a 2.1, third in ranking to only the Tour de Georgia and Amgen Tour of California in North American cycling. The event's management group is Medalist Sports of Tyrone, Ga., the organizers of both the California and Georgia races. KOM Sports Marketing of Colorado Springs, Colo., is the event's marketing agency.

EVENT SCHEDULE (Tuesday-Sunday)

September 11 – Kansas City to Kansas City, road race. *Editor's Comment:* Three, five-mile circuits prior to the finish.
September 12 – Clinton to Springfield, road race. *Editor's Comment:* Two circuits prior to the finish.
September 13 – Branson, individual time trial. *Editor's Comment:* Watch for Levi Leipheimer to go for the stage win and GC here.
September 14 – Lebanon to Columbia, road race. *Editor's Comment:* 214K Stage with rollers prior to finish near U of Missouri.
September 15 – Jefferson City to St. Charles, road race. *Editor's Comment:* 6,000 feet of undulating climbing thru wine country.
September 16 – St. Louis, circuit race. *Editor's Comment:* Seven 10+ mile circuits near Union Station. Large spillover crowds expected, due to Cardinals and Rams home games in the area.

Here's your last chance to see the big boys race on US soil this year. For stage maps, race route profiles and more information, visit: www.tourofmissouri.com

Did You Know...

- Sue & Ron did take photos during their Yellowstone/Grand Tetons bike tour. Please open RitzPix EZ Print & Share to view the photos. <http://albums.ourpictures.com/Images?id=1173174-kfdqxuiw>
- Bob & Linda did take photos on their Colorado trip. If you are planning a trip to Glenwood Springs and/or Breckenridge or would otherwise like to view some of those bike path-related photos, please contact Bob Beane at marco3@cox.net.
- A number of Arizona cycling-related maps are available at the ADOT Transportation Planning Division web site (www.azbikeped.org/maps.htm). For example, did you know that there is a Phoenix Sonoran Bikeway that runs from South Mountain Park to Cave Creek? Well, the map of that bikeway and many other municipal and other road, canal and MTB routes around the state are available, free, at this site, along with accompanying information.

Arizona Bicycle Institute

The Coalition of Arizona Bicyclists is an advocacy and education organization serving the bicyclists of Arizona

Sept	22-23	CAZ-101	Road 1- The Science of Street Cycling
Oct	20	CAZ-102	Mountain Bike Basics
	27-28	CAZ-101	Road 1- The Science of Street Cycling
Nov	10-11	CAZ-101W	Road 1- The Science of Street Cycling for Women
Dec	8-9	CAZ-101	Road 1- The Science of Street Cycling
	15	CAZ-201	Bicycle Commuting (AM) -
	15	CAZ-095	Basic Bicycle Maintenance (PM)
	16	CAZ-202	Road 2-Training and Fitness

Course Descriptions:

CAZ-095- Basic Bicycle Maintenance- A four hour class demonstrating how to clean and lube your bicycle, simple derailleur and brake adjustment, and flat tire repair. There will be some hands on exercises so dress to get dirty. All class materials included. Classes begin promptly at 1pm and finishes at 5pm.* Location: Veteran’s Hospital

CAZ-101-Road 1, The Science of Street Cycling- Our Nations’ premiere street bicycling program taught by instructors certified by the League of American Bicyclists in Washington DC. Learn the basics of bicycle and helmet fit. Learn state bicycle laws. Learn how to predict and prevent crashes, and how to bail out as a last resort! Learn how to operate your bicycle in a skillful and confident manner, in any traffic-any time! This class is designed to be of value to new and veteran cyclists. Veteran cyclists finish in one day. Newer cyclists finish in two days. The two day program includes a flat repair and lubrication module. Classes begin at 7am and finishes at 5pm.* Location-Veteran’s Hospital

CAZ-101W-The Science of Street Cycling for Women- The same material as CAZ-101 in a two day format only. Female instructors, Female mechanics. This class includes a Women’s Bicycling History module. Same time and location.

CAZ-102- Mountain Bike Basics- Learn the basics of trail riding and etiquette from Former Arizona Women’s Mountain Bike Champion Mary Halfman! In this introductory class Mary will also teach bike and helmet fit, basic care of the bike, and bike equipment. Classes begin at 7am and finishes at 5pm*. Location- Central Phoenix to be announced.

CAZ-201-Bicycle Commuting and Touring- A three hour class supplementing Road 1. Taught by certified instructors, this class deals with the perks and challenges of bicycle commuting. Bike selection, equipment, route selection, weather, hygiene, and even the boss are discussed. Touring issues are so closely related they have been woven in. Classes begin at 8am and finishes at 11am* Location- Veteran’s Hospital. Prerequisite-Road 1

CAZ-202- Road 2-Training and Fitness- Taught by certified instructors, this supplement to Road 1 covers, the physiology of training and fitness, training for longer rides, paceline skills, bad weather and night riding. Classes begin at 7am and finishes at 5pm* Location- to be announced. Prerequisite-Road 1

To register for a class go to www.cazbike.org, click on “education.” Fill out the registration for and e mail it as directed. For more information call the CAzB Education line at 602.686.1302

Humor and Other Stuff...From *The Quotable Cyclist* Edited by Bill Strickland

- “Refrain from throwing your bicycle in public. It shows poor upbringing.” – Jacquie Phelan
- “I’m not going to be doing any Tour de Frances or big mountain bike courses, but it’s good to mix things up.” – Shaquille O’Neal, on custom-ordering the first bicycle that ever fit him
- “Never use your face as a brake pad.” – Jake Watson

Labor Day Awareness Ride in Verde Valley

The following is excerpted from an e-mail from Randy Victory, Verde Valley Cyclists and Northern AZ Coalition of Arizona Bicyclists Representative.

Cyclists from the entire state of Arizona are encouraged to make arrangements to attend this dedication

Bill Lazenby-Co-President
Coalition of Az Bicyclists

On Thursday, July 19th, at 9:17 AM, near milepost 369 on Arizona SR89A, at the intersection of Lower Red Rock Loop Road & SR89A, a tragic car vs. bike collision involving our longtime member Pete Bennett, 67, of Cornville claimed his life. Earlier newspaper reports said milepost 367, but this was mistaken.

Because this was a fatal car vs. bike collision, the highway patrol typically doesn't release details - i.e., "the official report" until around six weeks after the investigation is complete. So the following details of the incident are not official, but are presented to answer the many questions I've been asked and try to answer them as best as I can. They are compiled as a result of speaking to many local cyclists, Pete's daughter Kathy (who got as good as account as anyone) and trying to fill in the details given Pete's experience as a cyclist.

Our sympathies go out to everyone involved in the tragedy - although it was nearly instant for Pete, it is also very hard for the other party who was involved. No cyclist, no motorist - wants to be involved in this type of tragedy. Given that there is a strong possibility that the incident may have involved pilot error on the part of the cyclist, the VVCC and our local cycling community wishes to make it clear that our sympathies go out to the motorist, 31 year old Jennifer Reed, as well. Reports described her as "very badly shaken". Her vehicle was destroyed. We know that this is hard on everyone.

It appears that on the return half of a long ride, where indeed fatigue may have been a factor, Pete came to the intersection of Lower Red Rock Loop Road & SR89A, and was proceeding to cross. It appears that conditions at the time could have been described as "hazy". Accounts suggest that Pete didn't stop, or only slowed for the stop sign there. Ms. Reed's vehicle was light in color, and was headed toward Sedona - Northbound. It is thought that impairment or excessive speed were not factors. Pete quite simply probably didn't see Jennifer - and she didn't see him until it was too late.

When her vehicle struck him, it was instant.

The Verde Valley Cyclists has a couple of cards at Zoomer's Bike & Gear which are available for concerned members of the biking community to go in and sign. We presented them on Saturday, August 4th. There is also a "[ghost bike](#)" locked to the ONE WAY sign at the intersection. You may notice it as you drive by.

There was a Celebration of Pete's Life at his home in Cornville on Saturday at 5:00 PM.

We are also planning an awareness ride for Pete and all fallen cyclists on Labor Day - go to our website for details - www.vvcc.us

Excerpts from “The Sport According to Bobke” (An Alphabetical Explanation of Cycling)... By Bob Roll

- **C** – is for coffee. It’s not just a beverage. It’s a food group.
- **D** – is for descent. Why else would any sane person climb hills on bicycles?
- **L** – is for LeMond... ‘nuff said.
- **O** – is for off back, as in, “Oh, shit, I’m off the back again.”
- **Q** – is for quick release, invented by Tullio Campagnolo, who is in heaven right now putting the finishing touches on God’s groupo.
- **W** – is for wheels. Like rain and sweet potatoes, wheels came from God. Heaven is filled with velodromes and singletrack...kinda like Ghent and Crested Butte.

Newsletter Goes Electronic and Ends 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).

We have generally discontinued 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.

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 ...

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