

THE TAILWIND TIMES

December 2007, Vol. 15, No. 12

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"Did you know?", **"Road Rage"** in Tempe, **Tour of California Start/Finish cities**...and more

El Tour de Tucson 2007

By Bob Beane

This year's "El Tour" was the 25th edition, and was the centerpiece of the annual League of American Bicyclists get-together. A new record for total riders was set...somewhere around 9,100. Several VIPs were also in attendance, including Greg LeMond (Jack Graham says he has the autographed Tour t-shirt to prove it).

Once again, PMBC and GABA-legacy clubs from "up north" made a noticeable showing, ranging from those who helped make the event a fun and safe one, to those who raced and those who just plain enjoyed a little spin around the Old Pueblo. With Sue Fassett's help, I tried to assemble the list of our club riders who finished this year's event. Hopefully, we captured most of you.

Thanks go out to several of our members who were volunteers on Bike Patrol for the 2007 El Tour: Tom Adams, Walt Paciorek and Rich Rumer.

This year's 109 mile "Big Dog" from among our club riders was Larry Lyon, who narrowly edged Neal Thomas in a large pack finish. Larry and Neal finished in 4:48:15 and 4:48:18, respectively, in the Platinum category.

The Gold category included: Bill Shea, 5:03:22; Wayne Churchman, 5:15:33; Wen Wang, 5:28:59; Walter Klass, 5:34:26; Jim Siart 5:35:59; David Dollar, 5:42:09; Eric Kessler, 5:42:30 and Bryan Flamig 5:47:50.

Riders coming home with Silver medals included: Sean Lozano, 6:08:48, Ron McFadden and Sue Fassett (leisurely riding their tandem around the course and "cookie sampling" in 6:31:53); Cris Reveles, 6:40:00; Jeff Mohr, 6:56:06; Randy Garmon, 7:07:11; Charlie Davis, 7:24:40; Warren Smock, 7:54:18, Jack Graham, 8:34:12 and Daniel Hautman, 8:37:43.

Also completing the 109 mile course were: Gene Marchi, 9:12; John Hahn, 9:35; Paul Nichols, 9:58; Louise Girard, 10:14; and Jane Larson, 10:31.

80 mile event finishers included Tom and Nancy O'Leary at 4:31:40 and 5:40:20, respectively. Completing the 66 mile event were: Ephraim Maor, 3:37:19; Orly Maor, 3:37:20; Dave Maguire, 4:42:47; Mike Litecky, 5:34:22, Mike & Melissa Kitchen (West Valley/Kingman), 5:50:21; Sandy Gettle, 6:03:27 and Gerry DiMassa, 7:00:05. Finishing the 33 mile event were Leon "The Captain" Smith at 2:08:30, and Lance & Janet James on their tandem at 2:15:46.

Some interesting comments on the ride follow on page 7...

3rd Annual PMBC-GABA Free Ride - 25, 40, and 60 mile Options Saturday, December 1, 2007

Phoenix Metro Bicycle Club says thanks to their members for another great year of cycling and welcomes all riders to join us in an adventure celebrating cycling. Three ride options will be offered: 25 miles, 40 miles, and 60 miles. All rides will start (and end) at Pioneer Park in Mesa and head to the northeast, with plenty of hill climbing for those opting to ride the 60-mile route. Food and drinks will be provided along the way and a catered lunch will be at the end of the ride. But best of all this ride is **FREE!** We do ask that you please RSVP (see below) in order that the necessary food and drinks will be available. Otherwise, you may go hungry.

- Start location at Pioneer Park in Mesa, ¼ mile east of Mesa Drive on Main St.
- Ride sign-in begins at 9:00 am, start about 9:30 (not a mass start)
- RSVP to Glen Fletcher at wgfletcher@cox.net for food/beverage planning.

(Saturday Cycling, normally based at Kiwanis, will relocate to this start for this date only)

Purposes and Objectives of our 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: 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: 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)

Sunrise/Sunset (Phoenix, AZ)

December 1 7:14 a.m./5:20 p.m.

January 1 7:33 a.m./5:31 p.m.

Join The Fiesta Bowl Parade Bicycle Security Team!

The annual Fiesta Bowl Parade will again roll down Central Avenue, Camelback Road, and 7th Street on Saturday, December 29th, 2007. The Fiesta Bowl Parade is the one of the largest spectator events in Arizona, attracting hundreds of thousands of spectators, and is also considered the top parades in the nation.

Your bike club is being asked to recruit bicycle mounted security team members to help ensure that this great event goes smoothly, with the bike patrol activities running from approximately 7AM until 2PM. Come join us and share in the unique experience of using our bicycles to help our community. Watch the smiles on the kids and see the complex logistics of presenting this extravaganza for spectators and television.

Interested? Sign up by e-mailing contact information (name, address, AZ number, e-mail address) to Richard Moeur at rcmoeur@aol.com, or call Richard at (602) 866-3554.

Commuting Companies

Less than 1% of Americans get to work by bicycle. The following companies are examples of employers who are helping to up that percentage: **Google** donates \$100 to charities for every 20 days of employee pedal commuting, **Discovery Communications** and **Calvert Group** each offer employees \$350 toward purchase of a bike, the **Environmental Protection Agency** has a code-accessed bike storage area with adjacent showers, and **New Belgium Brewing** allows commuting employees to drive a company-owned Toyota Prius to business meetings.

DECEMBER 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)

December 1 (Sat) - PMBC - Free Ride.

December 8 (Sat) - PMBC General Membership Breakfast and Meeting

Please join us at the Home Town Buffet in Scottsdale (1312 N Scottsdale Rd). That is on Scottsdale road between Bellevue and McDowell. Breakfast is **FREE to all PMBC members, \$8 for non-members**. In addition to eating a lot of food, we will be holding a brief meeting including our club officer elections for 2008. Pedal to the meeting with [Saturday Cycling](#) from Kiwanis Park (start time 8:00am) or meet us at the restaurant at 10:00am. Contact: [Sue Fassett](#).

December 23 (Sun) - Silent Sunday at South Mountain

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.

January 1 (Tue) – New Year's Day Ride/Pot Luck. See Page 7 for details.

January 6 (Sun) – PMBC - Casa Grande Century. See Page 5 for details/registration.

February 15-17 (Fri-Sun) 16th Annual John Early Memorial Valley of the Sun Stage Race

The Valley of the Sun bike race is a three-day event in which professional and amateur road racing cyclists of different categories compete for cash and prizes. A stage is held each day consisting of a time trial, a road race and a criterium. Visit the [White Mountain Road Club](#) for more race information.

March 9 (Sun) Tour de Cure - Tucson

March 15 (Sat) 5th Annual Tour de Cure - Phoenix

Enjoy the beautiful desert landscape of North Phoenix as you ride one of three routes designed for all cycling levels: 12, 32 or 62.5 miles. Rest stops, sag vehicles and lunch and entertainment after the ride. For more ride and registration information visit the [American Diabetes Association](#) or email [Mary Rein](#) - or call her at 1-888-DIABETES x 7093.

American Diabetes Association

PMBC 2008 Officer Nominations

Nominating Committee Chairman Glen Fletcher reports that a proposed slate of officers has been assembled:

President - Ron Waller
Treasurer - Mike Kirk
(Incumbents running again for 2008)
Vice President - Tom Adams
Secretary - Jane Larson

Quotes about Bicycles *from The Quotable Cyclist, Edited by Bill Strickland*

- "The bicycle is a curious vehicle: Its passenger is its engine." John Howard
- "Variable gears are only for people over forty-five. Isn't it better to triumph by the strength of your muscles rather than by the artifice of a derailleur? We are getting soft. Give me a fixed gear." Henri Desgrange, 1903
- "Bicycles may change, but cycling is timeless." Zapata Espinoza

Coalition of Arizona Bicyclists – Upcoming Class Schedule

- **December 8-9 (Sat-Sun) Road 1 - The Science of Street Cycling**
CAZ-101-Road 1 - The Science of Street Cycling - 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. To register or for more information on a class go to www.cazbike.org click on "education." Fill out the registration for and email it as directed. For more information call the CAzB Education line at 602.686.1302.
- **December 15 (Sat) Bicycle Commuting**
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. To register or for more information on a class go to www.cazbike.org click on "education." Fill out the registration for and email it as directed. For more information call the CAzB Education line at 602.686.1302.
- **December 15 (Sat) Basic Bicycle Maintenance**
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. To register or for more information on a class go to www.cazbike.org click on "education." Fill out the registration for and email it as directed. For more information call the CAzB Education line at 602.686.1302.
- **December 16 (Sun) Road 2 - Training and Fitness**
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 or for more information on a class go to www.cazbike.org click on "education." Fill out the registration for and email it as directed. For more information call the CAzB Education line at 602.686.1302.

Did You Know?

- **Cattle guards!!!** – Some of the worst road bike accidents in Arizona not involving vehicles have occurred as cyclists attempted to cross cattle guards. The gaps between grates are particularly dangerous, which is why ADOT now has a program to inspect cattle guards for open gaps and to close those gaps when they are found. The grates themselves are also very dangerous. Always cross cattle guards straight, not at an angle, and avoid braking, accelerating or turning while crossing. Other road features that can be very dangerous, especially when dusty or wet, are **steel plates, railroad tracks, storm grates** and, yes, even **painted cross-walks, stop lines and lane separation lines**.
- **...and Intersections** – The highest number of bicycle/vehicle accidents, and generally the worst, happen at intersections. Many involve collisions as either the vehicle or bicyclist cross the other's path or turn in front of the other. Always look for oncoming vehicles in a position to turn across your path, and look and listen for vehicles coming from either side that may fail to stop at a light or stop sign.
- In 2002, the talented and likeable French cyclist, **Laurent Jalabert**, retired from the pro peloton after a long, illustrious career. In October 2007, at age 38, "Ja Ja" finished 76th at the Ironman World Championship in Hawaii, in a sport he took up "for fun" after completing his pro cycling career.

Casa Grande Century - 100, 62 and 34 mile Options January 6, 2008

Sponsored by Phoenix Metro Bicycle Club

Download the Official Casa Grande Flyer and Registration Form in Microsoft Word .doc format: [CGFlyer08.doc](#).

Volunteers are needed to help out with this ride. Please contact [Jane Larson](#) if you would like to help out your club on this ride.

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 6 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 is 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 new 34-mile option. You'll get one sag stop, a route map and commemorative socks.

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.

Vehicles will be available to collect those suffering from physical, mechanical or mental breakdowns.

Download the Official Casa Grande Flyer and Registration Form in Microsoft Word .doc format: [CGFlyer08.doc](#).

WHEN

- Sunday, January 6, 2008.
- Registration at 8:30 AM - 9:30 AM. (Sleep in for once and enjoy starting when it's close to warm!)
- There is no mass start, so you can leave any time after you register.

WHERE

- Start and finish at the Safeway store at 4970 S. Alma School Road, Chandler. It is on the northwest corner of Alma School Road and Chandler Heights Road, 1 mi. N. of Riggs Rd. Please park at the edges of the lot so we don't block Safeway customers.
- Directions From Phoenix or Tucson: Take I-10 to Riggs Road exit, then go three miles east to Alma School Road, then one mile north to Chandler Heights Road. From Scottsdale, Mesa and 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.

NEW ONLINE REGISTRATION:

- Register online at www.active.com.

REGISTRATION FEES

- PMBC/GABA/ABC members before 12/29/2007: \$15.00.
- Non-members before 12/29/2007: \$20.00.
- PMBC/GABA/ABC members after 12/29/2007: \$25.00.
- Non-members after 12/29/2007: \$30.00.
- 34-mile ride only: \$10.
- Fee includes snacks, sag support, and lunch in Casa Grande.

(continued on Page 6)

MAKE CHECKS PAYABLE TO:

- Phoenix Metro Bicycle Club

MAIL [REGISTRATION FORM/RELEASE \(.doc\)](#) AND FEES TO:

- Phoenix Metro Bicycle Club
P.O. Box 26788
Tempe, AZ 85285-6788
- The above registration form is a Microsoft Word Document (.doc). If you have trouble downloading, viewing or printing this document you may use the [generic ride registration form](#).

FOR ADDITIONAL INFORMATION

- Email [Jane Larson](#) or phone 602-319-2238.

A Few More Letters from the Bobke Alphabet... *from Bobke II by Bob Roll*

F is for Fausto Coppi. After World War II, when cycling ruled all sports, Coppi was King.

G is for global warming. How else am I going to get in my winter training miles? Move to Los Angeles? Yeah right!

I is for Italy, the greatest place to be a cyclist.

M is for Missy (Giove) and Mig (Indurain). Opposite approach, same result. Only cycling has the scope to have these two very different people as champions.

P is for pasta. In massive quantities. Originally from China, to Marco Polo, to Europe, to every cyclist on earth.

R is for road rash, the ultimate tattoo for the biker clan.

X is for x-ray. If you've been bikin' and haven't had an x-ray yet, you ain't going hard enough.

April 22, 1998...

(Editor's note: Lance Armstrong had invited Bob Roll to join him in North Carolina for a weeklong training camp on Lance's road back to competitive cycling. It had rained most of the time, so Bobke and Lance had been riding epic, rain-soaked 200K rides in the mountains all week. Toward the end of the week, one of those rides ended with the climb of the now famous Beech Mountain. At the finish, the conversation went something like this...)

BR: Lance, is it something I said, and you guys don't like me and you're trying to kill me?

LA: Who's trying to kill whom, Booby? I don't believe I've ever done a week of training as concentrated as this in weather that is so awful.

BR: I can't believe it can rain this much outside of Belgium.

LA: We've been truly hosed with the weather. But when the sun finally does come out...we are going to fly.

Recent Road Rage Incident in Tempe *by Bob Beane*

Linda and I were riding our tandem home from a very enjoyable Tour de Tempe this year when we were "accosted" by a seemingly irate motorist in a pick-up truck. Despite being "as far to the right as practicable", the motorist yelled at us to "get off the road and up on the sidewalk where you belong." For some unexplained reason, I hesitated to reply until I could turn and look the motorist directly in the eyes. When I did...I saw the smiling face of our former PMBC VP and current club member, Mike Litecky, with the biggest "I gotcha" "grin on his face. Mike had also ridden in Tempe that morning, but gave us just enough of a head start home to pull off his prank.

Mike reminded us of two very important things that morning: (1) Patience is a virtue...and (2) having, and using, a sense of humor makes life much more enjoyable...Thanks, Mike!!!

The 19th Annual New Year's Day Bike/Hike/Chat & Potluck Brunch will be staged at Usery Mountain Park

This is the legendary event of the Original Pinnacle Peak Pedaler's, originated by Gurnelle Jones and then lead expertly by Bob Prochaska. Now this annual event is loosely organized by the Desert Muffins so everyone can enjoy more of the fun. In that spirit, all activities are unofficial, just show and go.

Bring a dish to share with hungry friends, and meet at Ramada D-1 in the group area. Plan to start riding to Saguaro Lake at 9 a.m. so you'll be back in time for the best food. Or go on a scenic cactus needle-free hike on your own. Whatever you choose to do, plan on enjoying the gourmet potluck by 10:30 a.m.

We're registered under "The Original Pinnacle Peak Pedalers" at the park gate. Rain or shine, it's a fun time. See you on Mon., Jan. 1, to kick off 2008!!

9 a.m. bike, hike and/or chat. 10:30 a.m. potluck (bring a dish to share)
Usery Mountain Regional Park
3939 N. Usery Pass Road, Mesa, AZ
(admission is \$5/car)

Amgen Tour of California Returns in February of 2008

Here are the recently announced start/finish cities for the 2008 race:

- Prologue: Sunday, Feb. 17 - Palo Alto
- Stage 1: Monday, Feb. 18 - Sausalito to Santa Rosa
- Stage 2: Tuesday, Feb. 19 - Santa Rosa to Sacramento
- Stage 3: Wednesday, Feb. 20 - Modesto to San Jose
- Stage 4: Thursday, Feb. 21 - Seaside to San Luis Obispo
- Stage 5: Friday, Feb. 22 - Solvang time trial
- Stage 6: Saturday, Feb. 23 - Santa Barbara to Santa Clarita
- Stage 7: Sunday, Feb. 24 - Santa Clarita to Pasadena road race, concluding with a circuit race in Pasadena

*For further information on the 2008 Amgen Tour of California, please visit www.amgentourofcalifornia.com.

Comments from This Year's El Tour de Tucson

Betsy Turner passed on a few comments from West Valley riders regarding this year's El Tour:

- Warren Smock (WV via Indianapolis) overheard the following conversation at one of the wash crossings: A rider complains about the wasted time due to wash crossings "This is a race, you know!" Another rider cut him down a bit. "Yes, and the leaders are TWO hours ahead of you."
- From Dan Hautman: "I've been riding 4 months, so this was a real learning experience. My first try at a century ride was in Las Vegas, but on arrival our motor home began to burn. We saved my sister's bike, but my Specialized Roubaix went up in smoke. I got a new Specialized S-Works Roubaix for Tucson and love it. I really enjoyed the ride and will be there next year."
- From the "Bummer" department: Mike Smith has ridden in every El Tour de Tucson...until this year. He had planned on riding bike patrol again this year until he was sidelined by an impacted kidney stone.

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 ...

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"**.

Phoenix Metro Bicycle Club
PO Box 26788
Tempe, AZ 85285

West Valley Bicycle Club
PO Box 8125
Glendale, AZ 85312