

THE TAILWIND TIMES

February 2008, Vol. 16, No. 2

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Tis' the Season to Ride!!!

By Bob Beane

We always publish a ride schedule. We try to list the major rides upcoming in the next few months. But this issue is even more focused on **rides**. I'm searching, listing, and connecting you to more rides than ever before. The better part of this issue is *Part 1 of 2* aimed at preparing you to be in the **best shape**, have the **most fun**, and see **more scenery this year**. **It is time to ride!!!** Our next issue, *Part 2*, will focus on technique, training, touring and safe riding tips to prepare (or remind) you for the rides ahead.

Why am I doing this? Well, like some of you, I did not ride enough in 2007. We can all come up with "reasons", but in the end, for every one who was not subdued by an injury or medical misfortune; it was simply a matter of choosing how to spend our time. So, to entice you, encourage you, and maybe even push you, this will be the "**no excuses**" Tailwind Times issue where we list so many great opportunities to ride that you simply cannot resist or avoid riding more miles this year than ever before.

In the following pages, there are also a few **events you can watch** for motivation, **touring companies ranked**, and other information to hopefully inspire and facilitate reaching the goal.

So, here is the plan:

- Page 1: Motivation...14 mph to Platinum...if I could do it, almost anyone can.
- Page 4: The jam-packed "regular" **February thru April Arizona and nearby ride calendar**.
- Page 6: Tour companies, ranked.
- Page 5: Great rides all around the West, and a few ideas for more distant treks.

Motivation: Many of us have come to cycling for health reasons...heart condition, diabetes, smoking cessation, to lose weight, etc... My road began at the end of a five-year illness. During cardiac arrest in the OR, one of my favorite people in the whole world said "I'm not letting this kid go...", and I got a second chance. As I began to recover my health, I rediscovered the bicycle...first, four miles per night (around the "big" block) on a mountain bike, then two laps a night for eight miles, then, one day, I saw the GABA/PMBC "roadies" zipping north on Rural Road near the end of their Saturday morning ride and I thought "Hey, that looks like fun! I have my 1970 Columbia ten speed in the garage, why don't I pump up the tires and go for a ride on the road?"

You know the story. **It becomes a passion**. Even with a new Trek 1200 (remember the black ones with the "hot pink" lettering?), I was a 14 mph cyclist who rode from McClintock & Guadalupe in Tempe to Ahwatukee and back (a whole 15 miles), then laid on the floor for ½ hour to recover. Before long, the miles begin to increase. It was "ride the same distance, faster" or "ride farther at the same average speed". In 1990, I rode the El Tour de Tucson 75 mile event...just to finish. Six and a half hours later, I crossed the finish line and received a medal! In retrospect, it was a slow ride. At the time, I was elated just to finish that distance.

Fast forward to 2002, at age 47, and there was a Platinum medal waiting at the end of the Tour of the Tucson Mountains. I may never reach that platinum plateau again, but I know that if I dedicate myself to that challenge, I can. And, what fun it is to ride in a pack, savoring the draft, and then to take a pull at the front to tone your calves, thighs and lungs as you fly down the road on a typically sunny Arizona morning! Each story is different, but the joy of riding is the same. However you got there, **you're a cyclist**.

Cycling is one of life's purely wonderful activities. As a former runner, I appreciate its aerobic benefits while being easier on the knees. I also appreciate the distances that can be covered during a club ride, metric or full century, which provide a real sense of accomplishment (and which never cease providing amazement to your non-cycling friends and relatives). Those of us who ride get to experience something that non-cyclists just don't get. It is unspoken, but understood. Ah, **the ride**...I love it!!!

If you are new to cycling, my message is "you have no idea what you can do...the miles you can ride, the speeds you can reach, the scenery you can see in a day." If, like me, you have been riding for years, my challenge is "go out and make 2008 a banner year." We live in a part of the world that provides weather, scenery, routes and events ideally suited to cycling. So, this is the year that you can do something you've never done, reach a plateau you've never reached, and the year that you can have the time of your life...on a bike. This issue is dedicated to inspiring a sole objective for 2008: **Get out there...and ride!!!**

2008 Tour of California...Competing Teams Announced

LOS ANGELES, January 17, 2008 – A world-class field of 17 domestic and international cycling teams set to compete in the **2008 Amgen Tour of California** was announced by AEG, owners and presenters of the upcoming cycling road race. **Team CSC**, the world's No. 1-ranked cycling team; **2007 Amgen Tour of California winner** Levi Leipheimer's new team, **Astana**; and **Health Net presented by Maxxis**, winner of USA Cycling's 2007 National Race Calendar, will lead some of the world's top cycling teams in the third annual race. The 650-mile, eight-day stage race, modeled after the Tour de France and considered to be the most important and popular race held on U.S. soil, will take the world's top professional cycling teams from Palo Alto-Stanford University to Pasadena from February 17-24.

The **2008 Amgen Tour of California** roster includes the following 17 professional cycling teams:

- **Astana** (LUX) – former Discovery mates **Bruyneel, Leipheimer, Contador**, etc...the saga continues!!!
- **Bissell Pro Cycling Team** (USA) – former Priority Health team led by **Ben Jacques-Maynes**
- **BMC Racing Team** (USA) – **Tony Cruz** and **Jackson Stewart**
- **Bouygues Telecom** (FRA) – French telecom team includes **Laurent Lefevre** and **Thomas Voeckler**
- **Crédit Agricole** (FRA) – Includes TdF stage winner **Patrice Hagland**
- **CSC** (DEN) – **Cancellara, Haedo, Julich, MacCartney, O'Grady** and **Voight**...nuff said
- **Gerolsteiner** (GER) – **Sven Krauss, Robert Forster, Bernard Kohl** and more
- **Health Net Presented by Maxxis** (USA) – Former **Tour de Tucson** winner **Phil Zajicek** and more
- **High Road Sports** (GER) – formerly known as T-Mobile...**George Hincapie** rides here in 2008
- **Jelly Belly Cycling Team** (USA) – Team finished 5th in the Tour of Missouri in 2007
- **Kelly Benefit Strategies/Medifast** (USA) – **Alex Candelario** and **Andrew Bajadali**
- **Quick Step** (BEL) – **World Champion Paolo Bettini** and **Matteo Tosatto**
- **Rabobank Cycling Team** (Netherlands) – **Graeme Brown** (Aus) and a host of strong Dutchmen
- **Rock Racing** (USA) – **Fred Rodriguez, Santiago Botero, Victor Hugo Pena** and **Tyler Hamilton**
- **Saunier Duval-Scott** (ESP) -
- **Team Slipstream Powered by Chipotle** (USA) – **Zabriske, Millar, Danielson, Pate, Dean, Vande Velde, Backstedt, Frischkorn...Vaughters** as Director Sportif. Holy wow, that's a team! (& VeloNews Coverboys)
- **Toyota-United Pro Cycling Team** (USA) – **Henk Vogels, Ivan Dominguez** and **Chris Wherry**

"The success of the **Amgen Tour of California** over the past two years has created a very positive reputation among the professional cycling community, which has helped to ensure the high level of competition that people have come to expect from our race," said Kristin Bachochin, senior director of AEG Sports, presenter of the race. "This year, we designed an even more challenging course and secured an incredible line-up of teams that promise to keep the level of excitement high for the fans and riders alike."

Split between teams who compete on the UCI Pro Tour and those who race predominately in the United States, the field of 136 athletes will be one of the most diverse, accomplished groups of cyclists ever assembled for a stage race in the U.S. "Even though the new **Astana Cycling Team** is making its U.S. racing debut, we are bringing numerous riders who have found success on U.S. soil in the past," said Philippe Maertens, spokesman for the Astana Cycling Team. "The riders are excited to begin the season in California and are motivated to help Levi Leipheimer defend his **Amgen Tour of California** title." Along with Pro Tour teams, the growing class of top domestic teams will be represented by return competitors **Health Net Pro Cycling Team Presented by Maxxis, Toyota-United Pro Cycling Team, Jelly Belly Cycling Team** and **Bissell Pro Cycling Team**, and new competitors **Rock Racing** and **Kelly Benefit Strategies/Medifast**.

"The **Jelly Belly Cycling Team** is very excited about being selected by the **Amgen Tour of California** to participate in this year's event," said Danny Van Haute, manager of the Jelly Belly Cycling Team. "This will be Jelly Belly's ninth season in the cycling community. The team is looking forward to the competition."

Several of the 17 professional cycling teams will hold their pre-season training camps in California, which will give residents throughout the state an opportunity to watch these elite athletes prepare for the top professional cycling race in the United States.

For more information about the teams competing in the **2008 Amgen Tour of California**, please visit www.amgentourofcalifornia.com.

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: (2007 Officers) 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: Ron Waller, Pres (ronwaller@cox.net); Tom Adams VP & Mailing List (tla85258@yahoo.com), Mike Kirk, Treasurer (mkirk9942@aol.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)

February 1 7:25 a.m./5:59 p.m.

March 1 6:56 a.m./6:26 p.m.

Casa Grande Century ride attracts 192

by Jane Larson

The Casa Grande Century attracted 192 intrepid souls on Sunday, Jan. 6, despite a rainy forecast. We even had 44 riders register the day of the ride!

Century riders tried out a new route that swung east before heading south to Coolidge, where a mid-morning rain near Sag 2 drenched many before they reached the welcoming sight of coffee, hot chocolate, BBQ and even a heater at Dave White Regional Park. Metric-century riders dodged all but a slight sprinkle en route to their sag stop and the park. Likewise, 34-milers enjoyed a ride under cloudy skies.

Somehow the rain of the day before proved less than cleansing to the roadways, though. We might have set a record for the number of flat tires, and we certainly made a dent in **Pat's Cyclery's** stash of tubes and patches! On the brighter side, **Creative Cafe** in Casa Grande did a great job supplying a lunch that drew rave reviews. And our volunteers from the **Police Unity Tour** pitched in at the lunch and sags.

Many thanks to all our volunteers who staffed registration, the sags and lunch; and to those who worked hard ahead of time on our flyers, route, maps, food-shopping, prize buying, volunteer recruitment and supply wrangling. If you pre-registered and didn't show, we will have your commemorative socks at the next PMBC general meeting. If you have any ideas on things you'd like to see or NOT like to see next year, please e-mail ride organizer Jane Larson. We're especially interested in your thoughts on the century route and lunch offerings.

FEBRUARY 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 IN ARIZONA OR NEARBY LOCALS (most involve a rider registration fee or donation)

February 9 (Sat) Tour de Palm Springs - 100, 55, 25, 10 and 5 mile rides. Must pick-up packets Friday night. 8,000 cyclists. For more info, see www.tourdepalmsprings.com.

February 10 (Sun) Picacho Peak Century – A flat course north of Tucson with meandering in Avra Valley. Turn-around point at Picacho Peak. Options for 100, 65, 35 & 15 miles. For more ride and registration information visit [GABA Tucson](http://www.gaba.com).

February 10 (Sun) 16th Annual Laveen Country Challenge Bike Ride - Start and finish at Laveen Elementary School, 51st Ave. and Dobbins Rd. Registration opens at 7:00 a.m., Metric Century Ride (62 mi.) starts at 8:00 a.m., 30 Mile Ride at 8:30 a.m., 15 Mile Family Ride at 9:00 am. \$35 fee (before 2/4/07, \$40 after that, \$15 for kids under 15). Call the Laveen Country Challenge ride line 602-243-9403 for more information or visit <http://www.laveenlions.org>.

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](http://www.whitemountainroadclub.com) for more race information.

February 23 (Sat) Arizona Senior Olympics Time Trials

The Arizona Senior Olympics 5K and 10K Time Trial will be held on Saturday at 40th St. & Pecos Rd. in Phoenix. Registration/Check in starts at 8:30 am and the competition begins at 9:30 am. Visit [Arizona Senior Olympics](http://www.arizonaolym.com) for more information.

February 24 (Sun) Arizona Senior Olympics Road Races

The Arizona Senior Olympics 20K and 40K Road Races will be held on Sunday at 40th St. & Pecos Rd. in Phoenix. Registration/Check in starts at 7:00 am and the competition begins at 8:30 am. Visit [Arizona Senior Olympics](http://www.arizonaolym.com) for more information.

February 24 (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. The park roads will be reserved for the entire day for all non-motorized recreational activities! Come on out and enjoy a car free bicycle ride in the park. See article in [The Hub](http://www.phoenix.com) for more information. **No cost!**

Mar. 1 ? (To be confirmed) (Sat): LE GRANDE TOUR XX (in Casa Grande). AZ Parks & Rec. 800-335-PARK or www.azpra.org

March 1-2 (Sat-Sun) Gila Valley Tour – Arizona Bicycle Club - from Litchfield Park on Saturday morning, March 1 at 8 a.m. sharp! We ride through the lovely Gila River Valley, covering 67 miles each day, on this basically flat ride. We spend the night in Gila Bend and return Sunday. Included in this ride are SAG stops Saturday and Sunday, the traditional Saturday night dinner, your optional trip to the Space Age spa. The sag drivers will tote your luggage and keep an eye on you as well.

March 8 (Sat) Solvang (CA) Century & Half Century – Scenic, rolling hills. Ride limited to 5,500 riders. www.bikescor.com.

March 9 (Sun) Tour de Cure – Tucson - The Tour de Cure is a series of scenic and challenging cycling events held nationwide that raise funds to aid in the fight against diabetes. Tour de Cure events feature routes for all riders, from the novice to the experienced cyclist. For more ride and registration information visit the [American Diabetes Association](http://AmericanDiabetesAssociation.org) or call 1-888-DIABETES.

Mar. 9 (Sun): Sierra Vista Century. GABA-Tucson. **NEW EVENT THIS YEAR.** LEADERS: Larry Robinson and Linda Kurick, 237-5792 or lin_kur@msn.com.

March 15 (Sat) – Tour of Borrego (CA) – 62, 40 or 22 miles – Around Borrego Springs from (and hosted by) Palm Canyon Resort, with an optional hill climb on Sunday. www.julianactive.com for details and registration.

March 15 (Sat) ADA - 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](http://AmericanDiabetesAssociation.org) or email [Mary Rein](mailto:Mary.Rein@ada.com) - or call her at 1-888-DIABETES x 7093. **American Diabetes Association**

March 22 (Sat) Mining Country Challenge – PMBC – 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. There will also be a 66-mile options with somewhat less climbing. See [Major Events](#) for more ride and registration information.

Mar. 28-30 Tucson Bicycle Classic Stage Race. TBC. Ride Organizer: Steve Bohn, (520) 884-5564, or snsbohn@cox.net or www.tucsonbicycleclassic.com. If you are race-ready, this is one of the big events in Arizona. If you can't race with the big dogs, here are three days where you can watch how it is done. The Sunday circuit races are some of the best racing you can see in AZ.

Mar. 29 & 30: MS Round Up Ride. Formerly MS150 Best Dam Ride. Start/Finish: Heritage Park in Florence. Options for 35, 75, 100 & 150 miles. For info and to register: <http://bikeaza.nationalMSsociety.org> or 800-344-4867. Fund raiser for MS.

March 30 (Sun) Silent Sunday at South Mountain

April 5 (Sat) – PBAA – 17th Annual El Tour de Phoenix – Mesa - 74 or 25 miles around Red Mountain in the East Valley. www.perimeterbicycling.com or 520-745-2033.

April 19 (Sat) – Rosarito to Ensenada – 50 miles, into Mexico...Head to Baja California with 7,500 of your closest friends for this award-winning 50 mile bicycle ride along the Pacific Coast and inland through rural countryside from Rosarito Beach to Ensenada. Then party at the legendary Fiesta Line Fiesta on the Ensenada waterfront with live Rock-n-Roll until sunset! For more info, visit www.rosaritoensanada.com.

April 20 (Sun) 11th Annual Ride for the Children - The Ride for the Children is a benefit ride for The Real Gift Foundation for Homeless Children. 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. 10 mile, 25 mile, and 65 mile options are available. For more ride and registration information visit the [Ride for the Children website](#).

April 25-27 (Fri-Sun) 25th Annual Answer to the Challenge – PMBC/Landis Cyclery - At 325 miles, Answer to the Challenge will confront you with three consecutive days of century riding with over 22,000 feet of climbing. The route takes you from Scottsdale to Strawberry on day one. Day two continues on to Prescott over Mingus Mountain. Day three takes you from Prescott back to Scottsdale. The scenery along the way is some of the best that Arizona has to offer. This is a ride for serious, well-trained athletes, only. For more ride and registration information see [Major Events](#).

April 27 (Sun) – PBAA – 22nd Tour of the Tucson Mountains – Marana - 70 or 27 miles around the Tucson Mountains. www.perimeterbicycling.com or 520-745-2033

Planning Ahead - Some Other Well-known or “Classic” Rides to Consider:

- **Wildflower Century – April 27** – 100 or 65 (Mildflower) miles. Bicycling Magazine “Top 10” www.chicovelo.org.
- **Wine Country Century – May 3** – Santa Rosa Cycling Club. www.srcc.com Registration/details available 2/1/2008.
- **Santa Fe Century – May 18** – 25, 50, 75, 100 miles. Packet pick-up is Saturday, May 17. www.santafecentury.com.
- **Bicycle Tour of Colorado – June 22-28.** Six peaks from 8,000-11,000 ft. www.bicycletourcolorado.com.

National Geographic Adventure Magazine Ranks Tour Outfitters

In the November issue of National Geographic Adventure Magazine, major cycling tour operators were ranked on their performance in areas of (1) education, (2) sustainability, (3) service, (4) adventure (go figure!!!), and (5) references. Here's how they scored:

- **VBT Bicycling Vacations** (Vermont) – 89.9 Overall. Comments: First USA outfitter to go international in 1971. Great trips around the world. Signature trip: “The Tuscan Coast” for \$2,095. www.vbt.com.
- **BikeHike Adventures** – 89.7 Overall. Comments: Almost every trip incorporates both cycling and hiking (cool!). Most participants are in their 30s and 40s. Signature trip: “Pedal Peru” for nine days for \$1,899. www.bikehike.com.
- **Backroads** – 89.5 Overall. “Designing trips through the world’s most beautiful landscapes” (but pricey!!!) Comments: 75% of 2007 clients were repeats and referrals (that’s a hint, eh?). Signature trip: “Loire Valley” of France. Six days, \$4,398. Visit www.backroads.com for details.
- **Escape Adventures** – 88.9 Overall. Vegetable-oil-fueled SAG wagons. National Park tours. Mid-level amenities, including “take your shower in the lake” on some tours. Signature trip: “Grand Canyon North Rim” for \$999. www.escapeadventures.com.
- **Western Spirit Cycling** – 88.8 Overall. The company president is a member of the Mountain Bike Hall of Fame, and they feature more remote locations in the US and Central America. Signature tour: “White Rim Trail (Utah)”, four days for \$785. Visit www.westernspirit.com for more info.

Other outfitters rounding out the Top Ten included Aegea Adventures (88.5), Freewheeling Adventures (85.3), Pure Adventures (84.8), Ciclismo Classico (84.5) and Back Country Excursions (83.6).

Pick one, do the tour, and write an article for your friends and jealous fellow club members to drool over!!!

2008 Tour of California TV Schedule on Versus

Your editor is organizing some non-sponsored get-togethers (pot lucks, wine/beer tasting, etc.) to watch stages of this great race...Look for details via club channels, and please e-mail/call by Feb 12 if interested (marco3@cox.net, 480-961-1951).

Sun	Feb. 17	Palo Alto/Stanford University	2PM PST/5PM EST
Mon	Feb. 18	Sausalito to Santa Rosa	8PM PST/11PM EST
Tue	Feb. 19	Santa Rosa to Sacramento	8PM PST/11PM EST
Wed	Feb. 20	Modesto to San Jose	8PM PST/11PM EST
Thu	Feb. 21	Seaside to San Luis Obispo	8PM PST/11PM EST
Fri	Feb. 22	Solvang (Time Trial)	8PM PST/11PM EST
Sat	Feb. 23	Santa Barbara to Santa Clarita	2PM PST/5PM EST
Sun	Feb. 24	Santa Clarita to Pasadena	2PM PST/5PM EST

Speaking of Solvang...

Northwest of Santa Barbara, on quiet country roads lined with nouveau vineyards (and tasting rooms), lie the pastoral rolling hills of **Santa Ynez County**. Home base for exploring this wonderful panorama is the quaint town of Solvang. **US Postal** used to train there, they have a full/metric century ride every year, and the **Tour of California will have a (probably) decisive time trial there on Friday, February 22** (see above). **Do yourself a favor...go there for the ToFC TT**, and stay for the weekend to ride! Send postcards to family and friends from the Alisal Guest Ranch (73 cottages on 10,000 acres), and make everyone envy your fitness and good taste. If you can't make the trip this year, but want to “feel” it, see the notice above...

Did you know?

- About “**Yield to Life**” – Last fall, American Cycling Star (US TT champion and TdF Stage winner, 3rd American to wear Yellow), **David Zabriskie**, founded this non-profit organization that promotes protection of cyclists and safe cycling. Why did he do it? After being hit by cars multiple times, the most serious being in 2003 when many bones were broken and from which he still has pain, he concluded “It’s kinda out of control here” in Utah. For more info: www.yieldtolife.com.
- “**For a good time**” in Tennessee, stay (and ride from) **Dancing Bear Lodge**. Green hills, a 30% grade on the Top of the World climb, tours with local amateur racer and owner Matt Alexander (with vehicle SAG). www.dancingbearlodge.com.

Sedona Cycling and Hiking Experience

By Linda Torres

Here's an idea for a great weekend cycling and hiking experience within two hours or so of Phoenix. You can enjoy the suggested rides on either a road or mountain bike...the scenery is the same for both. You can "cross-train" with some scenic hikes, and the restaurant options are great!

Home base will be **West Sedona**, near Dry Creek Road. There are several hotels and B&Bs in the area. Roberto and I found a mini-hotel/B&B called **Alma de Sedona** that we really liked (800-923-2282/928-282-2737, www.almadesedona.com, 50 Hozoni Drive, Sedona, 86336). 12 rooms & all have a fireplace. They have a pool, breakfast every morning, and they're in a prime spot for biking and hiking (don't forget to buy a daily or weekly Red Rock pass if you plan to park on Forest Service land):

- **Bike rides** at your doorstep include a route out Dry Creek Rd, Boynton Canyon and the paved areas north of 89A, which will provide a 25+ mile super-scenic route with some serious climbing on the way home. Another option is the ride down the 89A shoulder to Cottonwood and back (34+ miles), also with some 8%+ grades for ½ mile or so on the mostly-uphill return. These rides are not about distance, they are scenic with a difficulty that will make them comparable to rides in Phoenix that are just about twice as long.
- **Hikes** in the area include Devil's Bridge, Boynton Canyon, Cathedral Rock, and our favorite: Broken Arrow to the Devil's Dining Room sink hole, to Submarine Rock (a big rock that looks like the submarine in Hunt for Red October).
- **Restaurants** we recommend include Dahl & DiLuca (voted best restaurant & best Italian), Shugrue's Hillside (make a reservation just before sunset), Rene at Tlaquepaque (\$\$\$ but worth it for dinner, or you can get a great lunch and sit outdoors for a reasonable price), and Picasso's (yes, the same gourmet pizza place as at Warner and Kyrene in Tempe). If you want to drive a little farther to experience something special, try either (1) a meal at the Asylum in Jerome (trendy, gourmet, hillside hotel restaurant in a former hospital), or (2) the Verde Canyon Railway (we recommend reserving seats in a first class car for the four hour out-and-back trip, which includes in the ticket price living room seating, an attached outdoor viewing car and appetizer buffet).
- **Wine tasting** – There are three wineries in Page Springs. It's not quite Napa Valley, but it's small, local, quaint and cute.

Discriminatory State Laws

From the League of American Bicyclists

Your cycling advocacy organization is working to keep these laws from creeping into your state or community, and they need your support:

- **Mandatory Side Path** – Forces cyclists to use a path instead of the road (13 states have these, and you can lose your driver's license in some for violation of the law).
- **Mandatory Shoulder Use** – Similar to the above, but dictates shoulder use (5 states have these).
- **Mandatory Bike Lane** – Bike lanes are generally good, but may sometimes restrict travel (5 states have these).
- **Far to the right law** – Yes, we have this in Arizona...as do 41 states. The problem is, this can allow a motorist to escape prosecution for running down a cyclist who isn't "far enough" to the right on the road.
- **Access restrictions to non-freeway highways** – At times, these laws act to prevent the only logical path between two desirable points on the map, in effect destroying connectivity of bicycle travel,
- **Bicycle Equipment Requirements** – Some states require antiquated equipment, such as pedal reflectors, which are inferior to modern lighting systems and other currently-used safety devices.
- **Local Regulation** – Some states allow local jurisdictions to enact whatever they feel like, which creates a crazy, feudal quilt-work of cycling laws.

If you hear or see these types of laws being proposed, contact your local club or advocacy organization so that we may mobilize to speak up for reasonable accommodation for cyclists. In Arizona, your main advocacy voice is the Coalition of Arizona Bicyclists, who may be contacted at www.CAzBike.org.

New Publications of Interest

- **Desert Journeys** – 30 journeys available in the Tucson area, written by a 30-year Tucson resident. Jerry Rosen has documented rides from 2 to 105 miles, and includes riding tips and a map of Tucson bike shops as well.
- **Major: A Black Athlete, a White Era and the Fight to be the World's Fastest Human Being** – A biography of Major Taylor, the most accomplished track racer in the history of America. Written by Todd Balf (a writer for *Bicycling Magazine*), this is likely to become a classic work among serious cyclists. \$24. www.crownpublishing.com.
- **The Bicycle Book: Wit, Wisdom and Wanderings** – Jim Joyce, founder of www.bikexchange.com has published a collection of essays, cartoons and stories from the road, including some written by Pulitzer Prize winning authors. 15% of the proceeds from the sale of the book will go to various Veteran and cycling charities.
- **Bicycling Magazine, the March 2008 Issue** (I guess it is good that I get it in January, so I can tell you about it) – Not every issue of this rag is a gem (like *Tailwind Times*), but this one is a "goodie". Much good stuff, including a bio of a **local (Scottsdale) rider, Jennifer Diaz**, who commutes three days a week (40 miles round-trip) and who is trying to organize a bike-user group with a goal of getting 300 people to ride at least once a week. Look for her, with her sign-up sheet, at the **Tour de Cure (Phoenix)** in March. She had 30 people signed up by publication...270 to go!!! Be one!

The Coalition of Arizona Bicyclists 2007 – Year in Review

Excerpts from the CAzB Spoketeer Newsletter

There are times during the year when we believe that we have not done much. When we take time to reconstruct the year in review, it is truly amazing and inspiring to see just what has been accomplished with a handful of volunteers and few financial resources:

(Editor's note: The following list includes *just a few* excerpts from a two-page list provided in the CAzB newsletter. The CAzB really does deserve your support and contributions. Please become a member! (Membership forms at www.cazbike.org.)

- Jan 13 – CazB establishes a presence at the Governor's Transportation Safety Advisory Committee Safety Fair.
- Feb 13 – CazB meets with Reps Andy Biggs and Robert Meza to discuss the need for stronger bicyclist protection laws, police accident investigation and enforcement of current traffic laws.
- Feb 17 – CazB joins the International Mountain Bike Association and meets with 16 IMBA Reps from around the state.
- Feb 21 – CazB Outreach partners with Safe Harbors Supporting to direct victim and victim families to resources offered through the Karla Whelchel Foundation.
- Mar 13-16 – CazB participates in National Conference in Washington, D.C.
- Mar 17 – CazB attends Phoenix City Council meeting regarding Pecos Road "Share the Road" signage. Approved.
- Mar 30 – CazB sponsors and participates in El Tour de Phoenix conference on cycling advocacy and issues.
- Apr 13 – CazB participates in "Stay Alive @ 25" closed circuit broadcast from Arcadia High School to 3,500 students and staff in order to heighten awareness of bicyclists as road components.
- Apr 22 – CazB volunteers to work registration and education at Glendale Annual Family Ride Day at Saguaro Ranch.
- May/June – CazB participates in rides for the arts in Scottsdale and Prescott
- Jun 14-16 – CazB participates in League of American Bicyclists Bike Education conference in Austin, TX.
- Jun 28 – CazB represents cyclists in MAG Commuter Rail Stakeholders Meeting in Mesa.
- Aug 9 – CazB participates in CBC Walk/Bike conference in Davis, CA.
- Sep 3 – CazB participates in memorial ride "For Pete's Sake" for Cottonwood cyclist Pete Bennett.
- Sep 25 – CazB participates in group bicycle education for Cub Scout Pack 326, Gilbert, AZ.
- Oct 13 – CazB co-sponsored annual Safety Ride in memory of Winston Benson and to raise funds for ongoing efforts.
- Nov 16 – CazB meets with Sean Hammond of Governors Office of Highway Safety to begin collaboration to educate AZ motorists, cyclists and pedestrians to Share the Roads, and to develop a long term relationship for future projects.

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/West Valley/Prescott clubs 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.

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"**.

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PO Box 26788
Tempe, AZ 85285

West Valley Bicycle Club
PO Box 8125
Glendale, AZ 85312