

# THE TAILWIND TIMES

March 2008, Vol. 16, No. 3

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## Tis' the Season to Ride!!! (Part 2)

*Compiled from tips published by the Editors of Bicycling Magazine and Rodale Press, plus a little personal experience*

This *Part 2* focuses on technique, training, touring and safe riding tips to prepare (or remind) you for the rides ahead... Following is an eclectic collection of some of the best tips I've learned or read in my 18 or so years of cycling. For some of you, these may be well-known and routine items. If so, consider this your annual spring reminder. If these are new ideas, please study and consider carefully...your fellow riders, drivers and those who care about you will appreciate it and your rides will be more enjoyable.

- Allow yourself enough time to give your bicycle a thorough inspection before each ride. For a major event which means a lot to you, do this well in advance in case a significant repair is needed. At a minimum, check tire pressure, cables/levers, chain, shifting, braking, and important set-ups (handlebars, seat, etc.).
- Always wear a helmet. Why? It reduces your risk of a serious head injury by about 85%.
- When riding in traffic, consider a helmet mounted or handlebar mounted mirror for increased safety.
- Always ride defensively, and try to be predictable to drivers and other riders. The main way that bicyclists annoy drivers and other cyclists is by performing unpredictable maneuvers while riding.
- Wear appropriate clothing and eyewear (padded shorts, gloves, sunglasses, etc.) for a more enjoyable ride and to keep from being distracted by lack of comfort or vision...a few less things to affect the safety of your ride.
- Take, and drink, plenty of fluids. Dehydration is the most preventable factor decreasing performance, and it also contributes to decreased concentration.
- Do become familiar with new equipment before a major event or a group ride. For example, many riders take some time to become accustomed to clipless pedals, so a group ride is not the safest place to "demo" your new SPDs. Also, using aero-bars in the middle of the pack and listening to your favorite tunes on headphones are generally taboo in group rides.
- When riding in a "pack" or group of riders, always look several riders ahead as well as avoiding an overlap of wheels with the rider directly in front of you. This allows for more reaction time, helps with more subtle adjustments of speed to help reduce the "yo-yo" effect, and helps avoid crashes when riders change direction.
- When riding past a line of parked cars, pick a steady line far enough away to avoid being "doored" or having to swerve, risking injury from vehicles approaching from behind.
- When riding on narrow, two-lane roads, be alert to strings of oncoming cars in the opposite lane, in case one pulls out into your lane to pass.
- Beware slippery or loose surfaces (gravel, oil, railroad tracks, cattle guards, and any wet metal surface or paint striping). Always try to cross railroad tracks as close to perpendicular as possible, and try not to turn or brake on any of these surfaces.
- Most bicycle/vehicle accidents occur at intersections, and many involve drivers coming from the opposite direction crossing in front of a cyclist (See "Always ride defensively" above...).
- For safer turns lean your bike, not your body, into turns, with the outside pedal down and weight on that pedal.
- Vary effort and pace for better conditioning. Do a 20-second sprint about every five minutes on longer rides. Interval and speed training does more to raise your average riding speed than "LSD" (long, slow distances).
- For short steep climbs, or as a break on longer ones, shift up a gear or two as you rise from the saddle.
- Learn to anticipate shifts with changes in gradients. In general, it is better to shift the front derailleur first on a significant grade change, then make further adjustments to the rear cogs.
- Use the front brake along with the rear to avoid skids and to stop more quickly. The front brake has 2-3 times the braking effect of the rear, but you will need to apply both and slide your body to the back of the bike to avoid going over the handlebars in very quick stop situations. Practice this before you need it, so that it becomes instinctive.

(continued on Page 2)

(continued from Page 1)

- Complement your riding with weight training (legs and general overall fitness) and abdominal exercises in the off season (summer in Arizona?).
- Always carry a cell phone and a small tool kit and collection of spare items on your ride. The most common needs include spare tubes, patch kit, mini or frame pump or CO2, Allen wrenches, spoke wrenches and a chain tool.
- For a tire slice or significant cut, seat a section of the flatted tube or a dollar bill inside the tire to help avoid a bubble flat on the new tube. If you are riding near a hardware or other store that sells duct tape, this has been known to work on the inside of a tire as well.
- When rain, heat or your schedule sap your desire or affect the feasibility of outside riding, ride inside. Get on your trainer, or go to an indoor cycling class at your local gym. Warm up for about ten minutes, then complete 30 minutes of interval efforts to 85% of maximum and finish with a five minute cool-down.
- Evaluate your weaknesses and make a plan to improve. For example, if you need a better power-to-weight ratio, develop a diet plan to lower your body fat and do hill repeats, weight training and big-gear stationary trainer workouts to improve both ends of the equation.
- Set goals, record your workouts, and chart your improvement.
- Take days off. Take an easy hike or walk, or just recover. If taking time off is inevitable, plan a more intense workout before or after to accentuate your train-recover cycle.
- Go to a race, watch one on TV, or read about your favorite cycling star for added motivation. Picture yourself winning a race or setting a new personal best at a major event, and enjoying the satisfaction that will bring.
- Whatever you do, keep it fun!!! If you do that, you'll always find a way to fit it in more riding or other training.

## 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 15<sup>th</sup> of the month prior to publication. Direct submissions may be mailed to the Newsletter Editor c/o Bob Beane, 4413 E. Graythorn St, Phoenix, AZ 85044. You may e-mail Bob at marco3@cox.net. 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: At our new web address of [www.pmbcaz.org](http://www.pmbcaz.org)**

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

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

### Sunrise/Sunset (Phoenix, AZ)

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

Apr 1                    6:15 a.m./6:49 p.m.

## **MARCH RIDE SCHEDULE**

*\*\*\* Please Note: Helmets are MANDATORY for all rides*

*\*\*\*Liability Waivers: If Ride Leader asks for riders to sign, and you don't, you are NOT part of the ride  
(Includes most major club/event rides. For a more comprehensive ride schedule visit [www.sportsfun.com](http://www.sportsfun.com))*

### **REGULAR CLUB RIDES (generally free to members, prospective members and guests)**

**EVERY MONDAY, WEDNESDAY & SATURDAY:** Bike rides are held throughout the West Valley. For information on meeting places, times, etc., call Gene Marchi (623) 546-8112.

**EVERY SATURDAY:** SATURDAY CYCLING – Kiwanis Park, Tempe (SW of Mill & Baseline, across from the sand volleyball courts). 25-40 mile rides with optional breakfast stop. Contact Sue Fassett at (602) 758-0722 or [suefassett@att.net](mailto:suefassett@att.net).

**EVERY SUNDAY:** SPIN CYCLE starting at Desert Breeze Park, located between McClintock & Rural, and Chandler & Ray, on Desert Breeze Pkwy. For more information, contact Glen Fletcher at [wgfletcher@cox.net](mailto:wgfletcher@cox.net).

**START TIMES FOR SATURDAY CYCLING AND SUNDAY SPIN CYCLE:** Jan 8:30, Feb 8:00, Mar 7:30, Apr/May 7:00, June-Aug 6:30, Sep/Oct 7:00, Nov 7:30, Dec 8:00.

**EVERY SATURDAY:** SUN LAKES BICYCLE CLUB – Starts from the Cottonwood Clubhouse on Robson Blvd between Dobson & Alma School, south of Riggs Rd. (Exit 167 from I-10). 35-40 mile breakfast ride at moderate pace. For information call Bob Prochaska at (480) 895-2601.

**MONDAY-FRIDAY:** PINNACLE PEAK PEDALERS – Rides of one or more days around the Valley and/or state. For information regarding upcoming rides call Vern Hines at 480-204-1419.

**Kokopedalli “No Drop” Rides (20-22 miles, with longer options):** Ride locations include Scottsdale (Chaparral Park), Mesa (Gene Autry Park ) and Ahwatukee (various). Website: <http://groups.yahoo.com/group/kokopedalli> Get emailed ride reminders by sending a blank email to [kokopedalli-subscribe@yahooogroups.com](mailto:kokopedalli-subscribe@yahooogroups.com) For more info contact Kathy Mills at [khendricks67@earthlink.net](mailto:khendricks67@earthlink.net) or 480-235-5052 for details. See <http://www.sportsfun.com/gaba/rideschedule.html> for 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)**

**March 8 (Sat) Solvang (CA) Century & Half Century** – Scenic, rolling hills. Ride limited to 5,500 riders. [www.bikescor.com](http://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://www.americandiabetes.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](mailto: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](http://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://www.americandiabetes.org) or email [Mary Rein](mailto:MaryRein) - 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. **Details and Registration form on Page 5.**

**Mar. 28-30 Tucson Bicycle Classic Stage Race.** TBC. Ride Organizer: Steve Bohn, (520) 884-5564, or [snbohnc@cox.net](mailto:snbohnc@cox.net) or [www.tucsonbicycleclassic.com](http://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**

**March 30 (Sun) Around the White Tanks – West Valley Bicycle Club – Details and Registration form on Page 7.**

**April 5 (Sat) – PBAA – 17<sup>th</sup> Annual El Tour de Phoenix – Mesa** - 74 or 25 miles around Red Mountain in the East Valley. [www.perimeterbicycling.com](http://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.rosaritoensenada.com](http://www.rosaritoensenada.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](#).

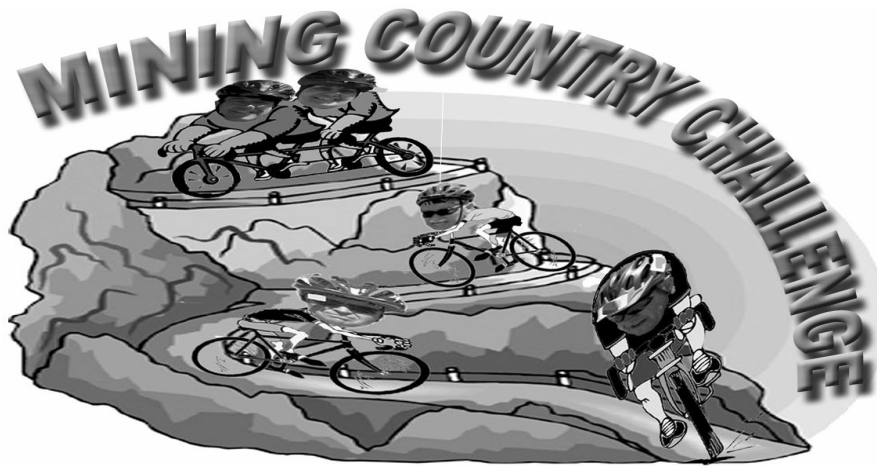
**April 27 (Sun) – PBAA – 22<sup>nd</sup> Tour of the Tucson Mountains – Marana** - 70 or 27 miles around the Tucson Mountains. [www.perimeterbicycling.com](http://www.perimeterbicycling.com) or 520-745-2033

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

- **Wildflower Century – April 27** – 100 or 65 (Wildflower) miles. Bicycling Magazine “Top 10” [www.chicovelo.org](http://www.chicovelo.org).
- **Wine Country Century – May 3** – Santa Rosa Cycling Club. [www.srcc.com](http://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](http://www.santafecentury.com).
- **Bicycle Tour of Colorado – June 22-28**. Six peaks from 8,000-11,000 ft. [www.bicycletourcolorado.com](http://www.bicycletourcolorado.com).

**Did you know?**

- PMBC member **Ken St. John** recently had a letter published in the Jan/Feb *American Bicyclist* magazine of the League of American Bicyclists. Ken has created a workshop on Bicycling for Transportation for the Green Sanctuary curriculum at his church, within which he questions children spanning kindergarten to 5<sup>th</sup> grade why a grown-up might choose to ride a bicycle...Answers included: “Because they’re smart; Because it’s fun; To set an example; To save money; To get strong legs; and To save the earth.” Not bad!!! Oh, then there were “Because they’re a hippie” and “Because they got a DUI”...The letter was headlined “Out of the Mouths of Babes.”
- Several PMBC members recently challenged themselves, and others, in the **Arizona Senior Olympics** cycling events. Results had not been posted on-line as of press time, but your Editor has been informed that among the medalists were our own club president **Ron Waller**, plus **Paula DeFreitas**, **Neal Thomas**, **Bill Olsen** and **Ann Chadwick**. If you rode and would like your accomplishment listed (or you know someone too modest to submit their own achievement), please send the result to the Editor. Congratulations to all who participated. I will join you next year, just to make sure that nobody else in my age group finishes last...
- A **new record** has been set for **cycling around the world**. On February 16, 2008, **Scotsman Mark Beaumont** arrived in Paris after an 18,000 mile journey that lasted 195 days and six hours. The 25 year-old vegetarian consumed an average of 6,000 calories a day during his trip, and beat the previous record by 81 days!!!
- The full **UCI racing schedule for 2008** is available at [www.cyclingnews.com](http://www.cyclingnews.com). The most highly ranked events are listed at the bottom of Page 9 of this newsletter along with the tentative **Versus TV schedule**.



## 16th Annual Mining Country Challenge

Saturday, March 22, 2008

66 and 96 Mile Options

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### Sponsored by Phoenix Metro Bicycle Club

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

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

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

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

#### WHEN

- Saturday, March 22, 2008.
- Ride starts in Superior, Arizona at 8AM
- Registration / Check-in: 7:00 AM to 8:30 AM.
- The Full Century starts at 8:00 AM, the Metric Century starts at 8:30 AM

#### WHERE

- From the Phoenix Metro area take Hwy 60 (Superstition Highway) east to Superior. Exit at the 177 Winkelman exit and head north. Main Street is less than a mile from the exit and where the start will be.
- From Tucson take 77 north to 79 and continue until you get to Hwy 60. Turn east on 60 and exit at the 177 Winkelman exit and head north one mile.
- **Parking:** Main Street and the courthouse on the east end have parking spaces. Or park along a side street.
- The ride finishes at the same location.

Mail the attached registration and your check for \$30.00 for non-members or \$25.00 for PMBC/GABA members to:

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

# 16th Annual Mining Country Challenge

**Saturday, March 22, 2008**

I agree to sign the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT on the back of this form. If I decide not to sign the agreement, I will not register.

Check enclosed \$ 25.00 for  BC members. \$30.00 for  members

Signed \_\_\_\_\_ Date \_\_\_\_\_

Riders must obey all Arizona traffic laws and must wear ANSI, ASTM or Snell approved helmets.

**LEAGUE OF AMERICAN WHEELMEN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB")**

## **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")**

IN CONSIDERATION of being permitted to participate in any way in Phoenix Metro Bicycle Club, a.k.a. Phoenix Metro GABA, ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or any cost which may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT **I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT**, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. Only if age 18 or over

PRINTED NAME OF

PARTICIPANT: \_\_\_\_\_ PHONE: \_\_\_\_\_

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

PARTICIPANT'S

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Emergency contact information: Name \_\_\_\_\_ Phone: \_\_\_\_\_

### **MINOR RELEASE**

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST WHICH MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF

PARENT/GUARDIAN: \_\_\_\_\_ PHONE: \_\_\_\_\_

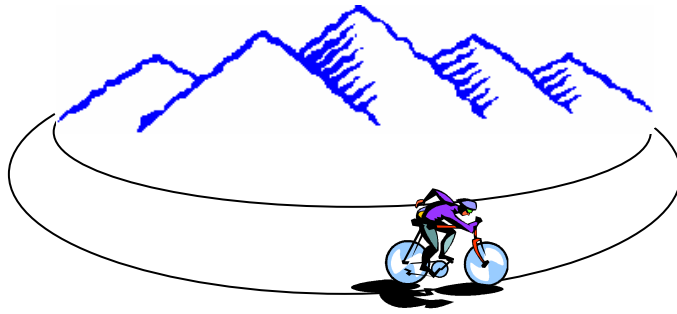
ADDRESS: \_\_\_\_\_

PARENT/GUARDIAN

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

(Only if participant is under the age of 18)





In memory of Bob Walmsley, a West Valley Bicycle club member who was struck and killed by a motorist during a club ride on April 7, 2007.

**All proceeds from this ride will be donated for the promotion of bicycle safety.**

## Sunday, March 30, 2008

### Another Great G.A.B.A. West Valley Bicycle Club Ride!

Feel like you're going 'round in circles? You will be if you join the West Valley Bicycle Club for a breezy ride around the White Tank Mountains. Seventy (70) miles (give or take a few) will give you a great workout and still get you back in time for lunch – or an afternoon repast, depending on how much time you spend at the famous West Valley rest stops. In addition to the goodies at the rest stops, you'll get a spaghetti dinner when you finish the ride. Great food, West Valley style!

The ride begins and ends at the Surprise Community Park, 15930 N. Bullard Avenue in the West Valley. You'll have little traffic to deal with for most of the route and it's flat. F-L-A-T, FLAT! You're going AROUND the White Tank Mountains, not over them. However, there's usually some wind, just to make it interesting. Want to do a shorter ride? There's a shorter out-and-back option that will take you to the first rest stop where you can turn around.

Details below and the registration form is on the back – don't forget to sign the waiver and get it in the mail by March 21<sup>st</sup> or add the \$5.00 late fee!

**When:** Sunday, March 30, 7:30 A.M. Registration/check-in opens at 7:00 A.M.  
Day of Ride registrations will be accepted with the \$5 late fee.

**Where:** The ride begins and ends at the Surprise Community Park. The park is part of the Surprise Recreation Campus (the complex where the Texas Rangers and KC Royals hold spring training), located approximately 25 miles northwest of Phoenix. From central Phoenix, go west on I-10 to Route 101 north. Take 101 north to the Bell Road exit; go left (west) on Bell Road for 5-6 miles. The Surprise Recreation Campus will be on the left; turn left on Bullard Avenue and follow the GABA signs to the parking area. From the NE part of the Valley, take the 101 Loop to the Bell Road exit and head west.

**What (you get) :** A **FREE** t-shirt, guaranteed for pre-registered riders but take your chances if you register the day of the ride! Sag support on both ride options; roving support throughout your ride. A spaghetti dinner will be served back at the park after the ride.

**How much:** Members (GABA & ABC) pay **\$25** (including the meal); non-members, **\$30**. (Hey, why not join? Include \$15 individual/\$20 family membership and pay the member price!) **Late Fee - Add \$5 if you haven't mailed your registration by March 21<sup>st</sup>.**

**Need more info?** Contact John, 928.684.3331 or [JOplinger5200@msn.com](mailto:JOplinger5200@msn.com) or Betsy, 623.979.8110 [bettur@qwest.net](mailto:bettur@qwest.net).



# AROUND THE WHITE TANK MOUNTAINS - REGISTRATION

**Sign waiver below** and mail completed form by March 21<sup>st</sup> to  
 G.A.B.A West Valley, P. O. Box 8125, Glendale, AZ 85312-8125  
 Make Checks Payable to **G.A.B.A West Valley**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Mileage Option:    ± 70 Miles            ± 45 Miles   

T-Shirt size:    **S**     **M**     **L**     **XL**     **XXL**

<b>Fees</b>	
Members @ \$25	\$ _____
Non-Members @ \$30	\$ _____
Late Fee - \$5 (mailed after 3/21)	\$ _____
Membership \$15 Ind/\$20 Fam	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>

*Riders must obey all Arizona traffic laws and must wear  
 ANSI, ASTM or Snell approved helmets.*

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT  
 ("AGREEMENT")**

IN CONSIDERATION of being permitted to participate in any G.A.B.A. West Valley Bicycle Club, sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT **I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT**, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

\_\_\_\_\_  
 Signature (Parent or Guardian must **also** sign if under 18)

Date \_\_\_\_\_



# THIRD TOUR OF CALIFORNIA...WORLD CLASS...AND THE BEST RACE IN AMERICA

By Bob Beane

This year's edition included bigger mountains, weather as a factor (can you say "Belgian Sunshine" and coastal headwinds), the strongest field of riders ever on American soil, and produced daily and overall results worthy of a monumental week out of your favorite three-week Grand Tour. If you watched on Versus, you know the story. If not, I'm sorry you missed it. And, for the second year in a row, there will be a DVD. If you like watching great races, do yourself a favor and pick one up (or borrow it from a friend!) Here are my highlights of the week on the Left Coast:

- Prologue (at Palo Alto, finishing at Stanford University) – Can you say "Who's who of TT?" **Fabian Cancellara** (CSC) hinted at the form he displayed in toasting everyone in the prologue of the 2007 TdF, besting **Bradley Wiggins** (Team High Road) by 4 seconds over 2.1 miles. Other TT specialists near the top of the heap included **Dave Zabriskie** (7<sup>th</sup>), **David Millar** (9<sup>th</sup>) and **Christian Vandeveld** (12<sup>th</sup>). Big time performances that hinted at longer-term achievements included young American **Tyler Farrar** (3<sup>rd</sup>), **Levi Leipheimer** (4<sup>th</sup>), and **George Hincapie** (13<sup>th</sup>).
- Stage 1 (Sausalito to Santa Rosa) – With nearly 25 miles from the last significant climb to the finish, this was nearly guaranteed to be a sprint finish. It was taken by CSC's **J. J. Haedo** (his 5<sup>th</sup> TofC win in three years). Notes to file: Tyler Farrar of Team Slipstream/Chipotle finished 6<sup>th</sup> and Quick Step totally botched the lead-out for the sprint.
- Stage 2 (Santa Rosa to Sacramento) – My bet (third correct pick in three days) was that **Tom Boonen's** team would get it right today, and they came through. Not expected: 41 year-old, out-of-retirement **Mario Cipolini** in 3<sup>rd</sup>, ahead of **Mark Cavendish** and J. J. Haedo. Note to file: Tyler Farrar finished 6<sup>th</sup> again...to get the Yellow Jersey.
- Stage 3 (Modesto to San Jose) – Brutal, classic, (place next adjective here)...The highest ever climb in the TofC, Mt. Hamilton, blasted the peloton to pieces. On the descent, **George Hincapie** got away and created a stir. Unfortunately for George, the Sierra Road climb stood between him and a stage win. Enter 21 year-old German **Robert Gesink** and some guy named Leipheimer, who were the only two remaining well off the front after that climb. In the end, it was a good deal made: **Gesink for the stage, Leipheimer in the same time for the GC lead.**
- Stage 4 (Seaside to San Luis Obispo) – Ugly weather...how often does a pro peloton finish at an average speed of 18 mph? In the end, **Dominique Rollin** (Canada) bested Hincapie by 18 seconds for the stage.
- Stage 5 (Solvang, Individual TT) – Cancellara revealed that he wasn't quite as fit as he will be in July, but was very respectable in 5<sup>th</sup>. Over 15 miles, Christian Vandeveld brought game (3<sup>rd</sup>), as did David Millar (2<sup>nd</sup>), but the only guy to crack 31 minutes for the 15 miles was **Levi Leipheimer**. Absent crashes, really strange weather or food poisoning, the final places were determined here.
- Stage 6 (Santa Barbara to Santa Clarita) – 106 critical miles produced a breakaway group that stayed away until the final circuits, but finally yielded to a swallowing of the escapers and a win by a Brazilian (**Pagliarini**) in a bunch sprint.
- Stage 7 (Santa Clarita to Pasadena) – At nearly 38 miles, the peloton crested yet another new record TofC peak at nearly 5,000 feet (Millcreek Summit) before plunging downhill to Pasadena and six 5-mile laps around the Rose Bowl. There were breaks, signs of mild panic in the peloton, and, in the end, there was a well deserved stage victory by **George Hincapie** from a group of attackers that included **Rory Sutherland, Jason McCartney, Michael Creed** and 6'4" 195 lb **Tom Zirbel** (how he made it over the mountain and was able to get off the front...and stay there near the finish for a significant time...is beyond me). In the end, the Astana train pulled into the station about a minute later, cementing Levi Leipheimer's 2<sup>nd</sup> consecutive TofC win...
- **Final Standings – GC: Leipheimer (1<sup>st</sup>), Millar (2<sup>nd</sup>), Vandeveld (3<sup>rd</sup>); Mountains: Scott Nydam (BMC, USA); Young Rider: Gesink (RAB, GER); Team: Slipstream, presented by Chipotle.**

## Race Dates for Major Events in 2008 (Live/Web Broadcast Dates and Tentative Versus TV Date/Time):

- **Paris-Nice** – Sunday, March 9 thru Sunday, March 16 (Versus final day/recap: 4 pm ET, Sunday March 16)
- **Milan-San Remo** – Saturday, March 22 (Versus: 5 pm ET, Sunday, March 23, with Tirreno-Adriatico)
- **Criterium International** – Saturday, March 29 (Versus: 5 pm ET, Sunday, March 30)
- **Tour of Flanders** – Sunday, April 6 (Web: [www.rvv.be](http://www.rvv.be))
- **Paris-Roubaix** – Sunday, April 13 (Versus: 5 pm ET, Sunday, April 20)
- **Fleche-Wallone** – Wednesday, April 23 (Versus: 5:30 pm ET, Sunday April 27)
- **Liege-Bastogne-Liege** – Sunday, April 27 (Versus: 5:00 pm ET, Sunday April 27)
- **Giro d' Italia** – Saturday, May 10 thru Sunday, June 1 (Versus: Weekly coverage at 4 pm or 3 pm ET, each Sunday from May 11 thru June 1)
- Inaugural **Tour of Pennsylvania** Espoirs (under 25) TdF-style race – Versus: 3 pm ET, Sunday, June 29
- **Tour de France** – Saturday, July 5 thru Sunday, July 27 (Versus: TV schedule not yet posted)
- **Vuelta a Espana** – Saturday, August 30 thru Sunday, September 21 (Versus: 5 pm ET, Sunday, September 21)
- **Paris-Tours** – Sunday, October 12 (Versus: 4 pm ET, Sunday, October 12)
- **Giro di Lombardia** – Saturday, October 18 (Versus: 4 pm ET, Sunday, October 19)

## New Phoenix Metro Bicycle Club Logo and Jersey Placement (Draft)

The PMBC Officers/Board (OK, mostly Ron Waller) is working on an official logo design to be placed on the new jerseys and on other club apparel. And, here it is...



### 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 48<sup>th</sup> St, SW corner, next to Va Bene restaurant and the new Gelato shop. (Ahwatukee) 480-598-3373. Titus, Raleigh, Fuji, Felt bikes, and more.

**TEMPE BICYCLE:** 330 W. University, Tempe (480) 966-6896.

**BIKE DEN:** 4312 W Cactus, Glendale (623) 938-0989. Bianchi, Litespeed, LeMond, Gary Fisher, Univega, Nishiki, Mountain Cycles, BMX and recumbents.

**BIKESPORT:** 12035 n 59<sup>TH</sup> Ave, Glendale (623) 979-3474. Schwinn cycling & fitness, Giant, Paramount.

**OASIS CUSTOM BICYCLES:** 5815 w Hearn Rd, Glendale (623) 978-6787. Linear & BikeE recumbents.

**MIKE'S BIKE CHALET:** 5761 E Brown Rd, Mesa (480) 807-2944. Cannondale, Giant, road & mountain.

**BIKESMITH CYCLE & FITNESS:** 723A N Montezuma, Prescott (928) 445-0280. Schwinn, Specialized.

\*\*\*Supporting members provide annual financial support to PMBC/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"**.

**Phoenix Metro Bicycle Club**  
PO Box 26788  
Tempe, AZ 85285

**West Valley Bicycle Club**  
PO Box 8125  
Glendale, AZ 85312