GREATER ARIZONA BICYCLING ASSOCIATION LEGACY CLUBS…
Phoenix Metro Bicycle Club * West Valley Bicycle Club * Prescott Cycling Club

THE TAILWIND TIMES

June 2008, Vol. 16, No. 7

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"Circling the Bikes" in a Down Economy

By Bob Beane

When times get tough, people tend to cut back. So called "non-essential" expenditures are reduced. Personally, more lunches are now arriving with me at work in the morning. There are fewer mid-day trips out of the office for a $7 sandwich (plus tax and gas). And, car-pooling to/from work a few days a week doesn't seem like an infringement on my personal mobility any more. As this happens across the larger economy, many "non-essential" businesses will suffer. So, too, will various charitable organizations that survive through the good graces, inclinations and/or whims of their potential donors.

What, you say, does this have to do with cycling and with me?

In times like these, people put their time, money and effort into things that they consider important. They stop spending and donating where there isn't a fairly pressing personal "need". If enough people pull back from a particular activity, business or organization, it may no longer receive the funding or resources it needs to thrive, or even exist. Things may not really be "that bad", today, but I heard this week that Alan Greenspan (one of those guys who still maintains a lot of influence…even in retirement) said that our economy is in a recession, and that the "bad times" are likely to go on for some time. If that does happen, and the ripple effects of foreclosures, layoffs and wage stagnation come to pass, you and I will continue to cut back, reduce and eliminate certain items from the household budget. If that happens, please consider the following:

- The work of **cycling advocacy** goes on, in good times and bad. In fact, it gets harder in bad economic times. More politicians want to reverse laws passed to carve out funding for "alternative" transportation modes. Thankfully, the high cost of gasoline, global warming discussions (regardless of your scientific views on that subject), and "green" initiatives are working in favor of cycling…but our advocates can never be complacent or let up. They continue to need our moral and financial support.

- Are those **cycling publication** subscriptions really necessary? I can just go to the Internet and find out anything I want to regarding races, tours, bikes and gear…True, but many of those stories are written by writers for those publications who publish them on line but pay for them by magazine subscriptions and/or the ads placed by manufacturers (who do look at subscriber numbers before spending their advertising dollars).

- Local **bike shops** are counting on us…It might be a tough holiday season this year. If those purchases of new bikes or gear for your child, spouse or yourself are all deferred, bike shop ownership will shrink.

- **Clubs, major rides and tours** depend on us, as do many small communities, and local bagel and coffee shop owners and employees. If we stop coming, and spending, they lose income and jobs.

Gasoline costs more than $4.00 a gallon! Home values are falling. Retirement savings are taking a hit as the stock market suffers through a bearish phase. And, it could get worse (according to Mr. Greenspan and others). What is a person to do? My suggestion: Keep riding, and keep supporting, as best we can, our cycling "world". As with the environment, no one person makes or breaks the world in which we live…but, collectively we determine its fate.

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@FanBox.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: At our new web address of www.pmbcaz.org
Tucson : www.bikegaba.org
Prescott: www.prescottcycling.org (e-mail: pcc@prescottcycling.org)

Sunrise/Sunset (Phoenix, AZ)

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

JULY RIDE SCHEDULE

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

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

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

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

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

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

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

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

Kokopedalli "No Drop" Rides (20-22 miles, with longer options): Ride locations include Scottsdale (Chaparral Park), Mesa (Gene Autry Park) and Ahwatukee (various). Website: http://groups.yahoo.com/group/kokopedalli Get emailed ride reminders by sending a blank email to kokopedalli-subscribe@yahoogroups.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)

July 12 & 13 (Sat/Sun) White Mountain Tour – PMBC – See Page 6 of this newsletter.

July 19 (Sat) Taylor House Benefit Century Ride – Absolute Bikes (Flagstaff) - Participate in the 95 mile route, 65 mile route or the 45 mile route to benefit The Taylor House, a home away from home for friends and families of patients of the Flagstaff Medical Center. For more information and registration, visit **www.absolutebikes.net**.

Aug. 23-24 (Sat/Sun) Grand Canyon Tour – ABC – 49 miles Saturday, 20 Sunday. www.azbikeclub.com

Aug. 30, 31 & Sept. 1: Blue Loop Tour – GABA Tucson - Hilly & scenic ride in central mountains of Arizona & New Mexico! Very little traffic! This ride is recommended for strong riders. www.bikegaba.org.

Aug. 30, 31 & Sept. 1: Trail of the Mountain Spirits – GABA Tucson. A scenic, but easier, 3-day ride with shorter distances each day, and plenty of time to enjoy! Cathy Crandall, catcran@cox.net

Sep 21 (Sun): Jerry Doss Memorial Skull Valley Loop Challenge – Prescott Cycling Club – Options for a full century, 75 mile or 54 mile loop, benefiting the Heritage Park Zoological Sanctuary and the Yavapai Trails Association. For more information and registration, visit www.prescottcycling.org.

Sep 27-Oct 5 (Sat to following Sun) – GABA Tucson – The Annual Great Arizona Bicycling Adventure – This year, the route is from Page to Nogales with day three (Flagstaff) off and options of a trip to the Grand Canyon or Sedona Shuttle. For all the details, visit www.bikegaba.org for one of the best trip brochures I've ever seen, or call 520-349-5932.

Oct. ? – Ride for Safety – CAzB & PMBC – (TBD) www.cazbike.org

Oct. 11 (Sat) Cochise County Cycling Classic – PBAA – 45, 92, 157 or 252 miles. www.pbaa.com

Oct. 18 & 19: Cave Creek Tour – GABA Tucson - Scenic and fairly easy ride from Roadforks, NM to Portal, AZ, and up the Cave Creek Canyon. 45-mile per day on east side of the Chiricahuas with overnight stay in cozy cabins at SW Research Center. Meals included. www.bikegaba.org.

Nov. 22 (Sat) – PBAA – El Tour de Tucson – 33, 67, 80 or 109 miles around the perimeter of Tucson. www.pbaa.com

One Racer's View -*Tour de France* by Bob Roll

The Tour. Not the Vuelta a Espana. Not the Giro d' Italia. But the Tour.

The Tour de France is it.

The Tour is the pinnacle of the sport.

The prestige, mystique, attention, and economic importance of the Tour make it the biggest sports happening of the year.

Where the Giro is beautiful, the Tour is brutal...Where the Vuelta is wonderful, the Tour is wicked...

In fact, the Tour is the crowning jewel of all cycling endeavors ---

Upcoming PMBC Social Activies *by Tina Miller*

Due to popular demand, moving forward, the PMBC will be scheduling Social Events outside of cycling. Here are the events for July:

Tour de France Social Events

Yes, it is Tour time again and even with a history stretching 105 years, rest assured that this will be different! Viewings will take place at the following location at the specified times (no host):

Half Moon Sports Grill www.**halfmoonsportsgrill**.com

325 W. Elliot Rd (SE Corner of Kyrene & Elliot)

Tempe, AZ 85284

(480) 456-9400

Stage 1: Saturday, July 5, 1:00 p.m. - 3:00 p.m.

Stage 9: Sunday, July 13, 11:30 a.m. - 1:30 p.m.

Stage 15: Sunday, July 20, 11:30 a.m. - 1:30 p.m.

Stage 21: Sunday, July 27, 5:00 p.m. - 8:00 p.m.

Did You Know?

- **Competitive Cycling at a World Class Level doesn't have to end at age 35:** In June of 2008, part-time Tucson resident **Jeannie Longo-Ciprelli** won the national women's time trial championship in her home country of France…**at the age of 49**. Longo-Ciprelli has now earned 53 national/international titles during her cycling career.

- **It's not about the bike sales:** Or, so says Lance Armstrong, who has opened "Mellow Johnny's" Bike Shop (a play on the Maillot Jaunne or yellow jersey of the Tour de France) this year in Austin, Texas. While the shop carries top-of-the-line Trek racing bikes, Armstrong says the focus of this urban shop will be to promote commuting by bicycle in downtown Austin. He hopes the shop will help Austin develop an urban cycling culture similar to Portland, Oregon. In support of that objective, the shop includes showers, bike storage, and is planned as a hub from which bike commuters can walk or take a pedicab the remaining distance to their office.

- **What the right wine is to accompany your Tour de France viewing?:** Every year, your Editor gets asked "So, Bob, what wine should I pair with my viewing of the Tour de France?" In most years past, this recommendation has not been an easy one. Should it be a Bordeaux (after all the race IS in France), a California Chardonnay (are we pissed at the French this year?), or a classic Italian red wine such as a Barolo or Barbaresco (in honor or the latest Italian sprinter to arrive on the scene)? This year, my choice was an easy one…Not only is the wine rated a 92 by wine expert Robert Parker, but it is from an Australian winery (in honor of Tour favorite Cadel Evans, who finished second last year) AND has a name that **Liggett and Sherwen** fans will surely appreciate: "**Cat Amongst the Pigeons 2006 Shiraz**". Look for this fine wine for under $20 at specialty wine retailers or on line. Note: If the Shiraz is unavailable, the Cabernet Sauvignon received a 91 rating, so it also makes the podium…

- **This is not the first time the prior year's Tour de France winner was not invited to the race:** In addition to the "Floyd Landis Affair", the 1929 winner of the Tour de France was not invited to the race in 1930. Belgian rider Maurice De Waele had become ill while in the lead in 1929, and won only with the strong support of his powerhouse Alcyon team. Tour director Henri Desgrange was quoted as saying that a "corpse" had won the Tour, and declined to allow De Waele entry in the 1930 race.

- **Women making a statement for peace…on their bikes:** In May, over 250 women from 26 countries joined queen Rania Al-Abdullah of Jordan and Syrian first lady Asma Akhras Al-Assad in the Follow the Women bike tour from Beirut to Bethlehem. The tour aimed to promote solidarity among Middle Eastern women and to advocate for peace. (www.followthewomen.com)

White Mountain Tour
July 12th and 13th, 2008

Sponsored by Phoenix Metro Bicycle Club

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

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

The cost of the tour is **$50.00** for PMBC/GABA/ABC club members; **$55.00** for non-members. A **$10.00 late fee** applies after June 27th.

Saturday's "dinner" (meal), which is included in the entry fee, will be served from **1:00-3:00 PM**. Non-riders and family members can purchase dinner for an additional fee (TBD). **This year the dinner has been moved to Ramsey Park in Eager and will be served as the riders finish.**

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

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

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

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

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

WHEN

- Saturday & Sunday, July 12th & 13th, 2007.
- Registration from 7:00 AM to 8:30 AM on Saturday.

WHERE

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

REGISTRATION FEES

- **PMBC/GABA/ABC club members - $50.00**
- **Non-Members - $55.00**
- **After June 27th, 2007. Late Fee - $10.00**

MAKE CHECKS PAYABLE TO ***PHOENIX METRO BICYCLE CLUB*** **– MAIL REGISTRATION FORM AND CHECK TO:**

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

FRIDAY NIGHT LODGING
in Pinetop-Lakeside

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

FRIDAY NIGHT LODGING
in Show Low (about 10 miles from start)

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

SATURDAY NIGHT LODGING:
in Springerville / Eagar

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

ADDITIONAL INFORMATION: For more information contact Jay Stewart or afternoons and evenings at 480-250-1613.

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

- **Tour de France –** Saturday**,** July 5 thru Sunday, July 27 (Versus detailed schedule on line at www.versus.com)
- **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)

The full **UCI racing schedule for 2008** is available at www.cyclingnews.com.

Conference of Mayors Adopts Bicycling Resolution

On June 23, the Conference of Mayors passed and adopted a resolution that bicycling should be integrated into the United States' transportation, climate, energy and health policy initiatives. It got widespread support from the mayors, including more than 25 mayors who signed on to co-sponsor the bill. Chris Koos, the mayor of Normal, Ill., originated the popular resolution. To read the resolution, visit the League of American Bicyclists web site: www.bikeleague.org

Tour de France Trivia Quiz

Not selected to ride in the Tour? No chance to win the yellow jersey? All is not lost…

Answer the Tour Trivia questions below. Score a "passing" grade of 75% or better and be entered in a contest to win one of three Tour-Yellow Polar water bottles.

Rules: You must be a PMBC, West Valley or Prescott CC member, and your entry must be received by e-mail (save a tree) or postal mail by Saturday, July 26. Send answers on this page (or in a numbered list) by e-mail to marco3@cox.net, or by postal mail to Bob Beane, 4413 E Graythorn St, Phoenix, AZ, 85044.

- **Winner #1: First 100% correct Qualifying Response received.**
- **Winner #2: Drawing from all 100% correct responses received.**
- **Winner #3: Drawing from all qualifying responses received.**

Winners can only win once. Correct answers and winners will be announced in the August newsletter.

(Disclaimer: This contest is being paid for and conducted by your newsletter editor, so all questions, complaints, disputes as to answers, etc., should be directed to him.)

Questions:

1. **The first Tour de France took place in what year? _____**
2. **Only two Americans have (officially) won the Tour de France: Greg LeMond and Lance Armstrong achieved 10 wins between them. Only one of those wins came without the winner capturing a single stage. What year was it? _____**
3. **Who was the first cyclist to win five Tours in a row? _____**
4. **The record for most days in Yellow during a cyclist's career is 111. Who holds that record? _____**
5. **What rider holds the record of most King of the Mountains titles (hint: 7) _____**
6. **American riders have only been going to the Tour during the last two dozen years. But, as a nation, the USA ranked in _____ place in most Tour victories as of the end of Lance Armstrong's cycling career in 2005.**
7. **Ten American riders have won stages in the Tour de France, including: Armstrong, LeMond, Hampsten, Hincapie, Leipheimer, Hamilton, Phinney, Zabriske and Landis*. Who is the tenth American cyclist to have achieved that milestone? _____**
8. **Who was the first North American to wear the Yellow Jersey in the Tour de France? _____**
9. **What cyclist holds the record for most green (points/sprinter) jerseys in the Tour? _____**
10. **In 1984, Greg LeMond finished 3rd in his first Tour and won the White jersey as best young rider (under 25). What American cyclist won that honor by finishing 4th in the 1986 Tour? _____**
11. **Who was the 2nd Amercian cyclist to finish on the podium of the Tour de France? _____**
12. **The first time an American raced in the Tour de France was 1981. This rider's last Tour was in 1984, along side Greg LeMond, but his best finish was in 1983 (12th). Who was that rider? _____**
13. **Who was the first American to win a road stage in the Tour? _____**
14. **What U.S.-based team was the first to compete in the Tour de France? _____**
15. **What American rider was on Lance Armstrong's team for all of his Tour victories? _____**
16. **Who was the first American to compete in both the Tour and a World Cup MTB event? _____**

Contestant Name: _____ Phone #: _____ e-mail: _____

Information From the Governors Office of Highway Safety

Bicycle Safety Throughout Arizona

GOHS provides funding to agencies throughout Arizona to promote bicycle safety, here are some of those programs:

Bicycle Programs:

- Enforcement funding to enforce bicycle laws.
- Bicycle helmet distribution programs - emphasis on low-income children.
- Support of "Bicycle Safety Month" in May and "Back to School Pedestrian Safety" Month.
- Comprehensive school based pedestrian and bicycle safety education outreach.
- Participation and coordination of safety fairs –Arizona State Fair Safety Days and Children's Assistance and Resource Event (CARE Fair) – distribute bicycle helmets/education.

Driver Programs:

It is the goal of GOHS to reduce injuries and fatalities on our public roads. Here are some ways our office is working to make Arizona a safer place to live, drive walk and bicycle.

- Alcohol and Others Drugs/Youth Enforcement –the goal of this program is to reduce the number of crashes in which alcohol and/or drugs are primary factors.
- Police Traffic Enforcement-provide funding to law enforcement communities to achieve and maintain compliance with traffic laws such as aggressive driving, speeding and red light running.

Bike Safety and Laws

According to Arizona State law, cyclists have the very same rights and responsibilities as motorists. Respect for the rights of ALL road users will help you feel good about yourself and avoid accidents too.

Most crashes between motorists and cyclists happen at intersections. Most often, when the motorist is at fault, it is because they failed to yield the right-of-way to the cyclist. This usually happens when you turn left in front of a cyclist, or pull out from a stop sign or driveway into a cyclist's path.

Arizona Bicycle Laws

- ARS 28-644 Stop for traffic lights and stop signs
- ARS 28-817 Always use a white headlight and a red rear reflector when you cycle after sunset or before sunrise
- ARS 28-792 ARS 28-904 Yield to pedestrians at crosswalks and on sidewalks
- ARS 28-756 Before you turn or change lanes, look behind you, signal to show your plan to turn or change lanes, and yield to any traffic already there. Cyclists may signal their turns by extending either their left arm for a left turn or their right arm for a right turn
- ARS 28-721 Any vehicle moving slower than the normal traffic speed shall drive in the right-hand lane, or "as close as PRACTICABLE" to the right edge of the road, except when preparing to turn left or when passing
- ARS 28-704 Any vehicle on a two-lane road that has five or more vehicles behind it must pull off at the first safe pullout to allow the vehicles behind to proceed
- ARS 28-815 Special conditions that affect cyclists more than motorists are recognized in the law

You may ride far enough from the road edge to stay clear of surface debris, potholes, rough pavement, drain grates, and pavement joints, as well as to avoid pedestrians, dogs, parked vehicles, and other objects.

You may occupy any part of a lane when your safety warrants it. Never compromise your safety for the convenience of a motorist behind you.

Laws for Bicycle Riders Only

- ARS 28-813 Every person riding a bicycle must have a regular seat to sit on
- ARS 28-817 Every bicycle must have at least one brake that will make the wheel skid when applied
- ARS 28-815 You may ride no more than two side-by-side, except on exclusive bike paths
- ARS 28-816 You must have at least one hand on the handlebars at all times
- ARS 28-814 You may not attach your bicycle to, or hold onto, another vehicle on the roadway

New Charity Event: Breast Cancer Network of Strength will be holding its first annual **Ride to Empower on October 23-26, 2008**. The Ride to Empower is a destination bike ride, with route lengths ranging from a 100-mile century to less than 32 miles. This ultimate adventure will give participants the opportunity to meet the challenge of a long-distance cycling event while paying tribute to friends and loved ones touched by breast cancer. The Ride to Empower gives participants the opportunity to enjoy an empowering and memorable three-night and four-day experience in Solvang, California, an area that serves as host for the Discovery Channel pro-cycling team's first training camp of the year. All of this will make Y-ME's Ride to Empower an event you won't want to miss!

Breast Cancer Network of Strength's mission is to ensure through information, empowerment and peer support that no one faces breast cancer alone. Network of Strength has the only 24-hour hotline staffed entirely by trained peer counselors who are breast cancer survivors. There are currently 2-million women in this country who are living with breast cancer, and more than 180,000 will be diagnosed this year. Breast Cancer Network of Strength is here today for those who can not wait for tomorrow's cure.

We are looking for participants for the Arizona team and we would be delighted if you would share this information with members of your cycling club. Attached is a fact sheet about the event and you can also visit our website at http://ride.y-me.org.

Thank you for your support. If you would like more information, please feel free to call me at 877-963-7223 x2730 or email me at rjohnson@networkofstrength.org.

Mileage Reporting: Tom Adams reported in early June that his May and YTD mileage was as follows -May 08: 12 rides for 242.63 miles in 22 hrs 1 min. YTD: 62 rides for 1386.25 miles in 118 hrs, 27 mins. All PMBC, WV or PCC **mileage maniacs** are encouraged to send end mileage stats for the month, YTD, or for any memorable rides (e.g. cross-state, around the perimeter, cross-country) that you would like to have published.

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.

DNA CYCLES: 2031 N Power Rd, #10, Mesa, AZ 1 (480) 924-2453 and 7077 E. Mayo Blvd. suite 100, Scottsdale, AZ 480-515-BIKE

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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