

THE TAILWIND TIMES

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Casa Grande Century 2009 Scores with Riders

By Mary Ellen Coe & Bob Beane

We believe **403 riders** is a new PMBC record for this, or any, PMBC event. Thanks to great weather, an excellent route, hot food, and plentiful and top notch volunteer support, the feedback from this year's riders was overwhelmingly positive. It takes a village to pull off a great ride of this size, and the PMBC village did it.

Kudos go to our first-year Ride Leader, Mary Ellen Coe, who reflected on the ride, "All riders made it safely home. That's the most important thing, for sure. The only thing that marred any of our fun was Roger's crash, due to a medical incident (on the way to the ride). I want to thank Ann and Nancy for stopping to render aid and Ann for staying with Roger until he was transferred to St. Joe's. We had another small crash; a rider came into lunch and under Ron's ministrations and the rider's determination, he made the whole 103 miles."

"Registration went very, very smoothly. I thank all the folks who helped at registration - we really needed a lot of flexible volunteers and you guys did it! The lists were really complete and easy to use: I know Mike was very careful at maintaining records to set up the pre-registration list - a LOT of work. So thanks to: Bob, Mike, Mark Miller, Randy, Jan, Jesse, Marianna, Tim, Tom, Jack, Kathy, and Jeannine (one of our riders from Denver that Jesse drove to the start)."

"The sweeps were awesome! We had extra help - Don helped sweep and Glen (Jule's hubby) was out there finding lost riders and getting them water... I think it was good to have the number of sweeps that we had - there were a number of comments about the support on the road from the riders. We had a couple of people to bus - especially the ones who'd gotten off the beaten path. Thanks go to Sue and Ron (especially for coordinating everyone on the road), Bob Prochaska, Gerry, Nancy, Ann, Don and Glen."

"SAG stops were great! We had a few things to tweak for next year - more water for the Century SAG #3, and more Fig Newton for everyone. I really want to say a special thanks to Ruth Condon who called me last week and then I drug her into servitude and she's not even a club member, yet! SAGs were run by: Rich and son John, George and Evie, and Ron Lawson, Think, and John Kevin. Great support folks!"

"Lunch was delicious and I apologize to SAG#1 that you didn't get any. Julie and Cindy ran lunch like nothin' else. We had a lot of left over food and I want to really thank Randy for taking the food to the Paz de Cristo Community Center (Broadway and Country Club / Mesa - Homeless Shelter) and THEN taking the serving items back to Tom's BBQ - there was literally a TRUCK-FULL of those items. This was on top of helping at registration and lunch - dedication. Lunch folks: Julie, Cindy, Linda, Randy, Shelly."

"Clean-up was the area I was negligent in: I want to say special thanks for pitching in to help cart the big items around to Dennis and Marilyn, John Kevin (I'm so glad you brought the trailer), Randy, Ruth, Jan, Rich, Cindy and Gerry, Sue and Ron. The ROUTE: The route was great - riders really liked it. Maps/Signs: Wow Rich - the maps were great and the signs were truly awesome. The riders REALLY, REALLY liked them. I was thinking about what I like in a ride and one of the main things is not worrying about where I'm going, just enjoying the breeze and motion of my legs. Having those great signs really makes the ride totally pleasant (along with a strong tailwind and never a headwind and all downhill...)"

"Pre-stuff: Thanks Laura for buying all the sag food and delivering it to my house (and your hubby, John). It's a lot. Other folks bought food: Ann, Ruth, Shelly, Cindy - thanks for stepping in! Jan - thanks for helping me wrap all the utensils and organize all the goods in my garage. 34-Miler Koko Ride - Once again, Kathy led a group of riders on the 34-mile ride - for many of these folks, their first big ride. Can you remember...? It's wonderful and I know from talking or emailing some of them, that they REALLY appreciate this - it's a special thing about our club and rides. It calms folks who don't know anyone, aren't sure what to expect, don't know if they will really make a full 34 -miles - wow. That's a LOT of miles, if you are near the start of your riding fun..."

(continued on Page 2)

We heard a lot of comments that the ride was well organized. Mary Ellen really appreciated that comment, because it was a lot of work. As she noted "I also believe that about 90% of the purely organization credit goes to Jane (and Paul) for so many years of perfecting the nuances. Anything that went smoothly is to Jane's credit and anything that was problematic is just something I needed to learn about so it could be fixed before it happened."

Here were just a few comments from the riders themselves:

- Mary Ellen, thanks to you and all the volunteers for putting on a first class century today... the food was great (always important) and you did a great job ordering perfect weather. Being involved with our club's century back in **Pennsylvania**, we know that an awful lot of work goes into a successful event... Cheers to you. Regards, Ed Rockland
- Dear Mary Ellen, My wife Karn and I rode the Casa Grande Century yesterday. It was her first century and it was perfect for her. We both enjoyed it immensely. Good organization, tasty food at Lunch, friendly folks at the food stops (as well as nice riders) and the most amazing SAG system. We had 3 flats between us and within minutes of each one someone was there to check in on us and provide a pump or tube if needed. We came to Phoenix for the weekend to get away from the 6 feet of snow we have received in **Spokane** over the last month. It was a great getaway, thanks largely to your organization. Thanks again for a great event and a very special getaway for us. Paul Fish and Karn Nielsen
- Mary Ellen, Thanks to you and all the volunteers that make that ride happen every year. It was my 3rd year doing the 100 mile course and I thought it was extremely well done. I enjoyed the previous 2 years also. The course markings were excellent. I pretty much didn't need the map. The sag stops are awesome. I had some mechanical issue with my handlebars and was able to get help twice along the route and was told that they'd be on 87 with tools if I needed to make more adjustments. It was a very enjoyable day and the course was as good as you can make a 100 mile course. I didn't find any sections that were too annoying with traffic or bad roads. Thank you! Laura Nagy

Supporting Member Profile – Pat's Cyclery

By Bob Beane

Each month in 2009, we'd like to profile one of our supporting members. These are the bike shops, their owners and employees and other folks and organizations that support our cycling events and clubs in central and northern Arizona. This month, we are profiling an annual supporter of our biggest ride (the CGC), **Pat's Cyclery of Mesa**.

Pat's has been in existence and supporting cyclists for longer than most of us have been alive ("**Serving the East Valley since 1947**"), let alone riding! Pat's is an annual supporter of our club, and deserves our support and patronage.

Pat's Cyclery is run by **Don and Ken Patterson**. Their support for organized bicycle rides extends back into the **1950's** when rides used to take place between Tempe and Tucson on three speed bicycles. More recently their support vehicle carries a lot of replacement parts. Ken says, "when supporting the old MS 150 I would encounter more serious damage to the bicycles because the riders on charity rides sometimes are novice riders who turn into one another resulting in my spending a lot of time restoring a wheel or derailleur that would normally be replaced in a bicycle shop. I started maintaining a checklist for support of major rides so we are prepared for tandem and recumbent repairs as well as the more typical road bike".

Don was dumbfounded once by a rider on the "Tour de Farm" who insisted on thorn resistant tubes, he only had regular tubes on the truck, the rider chose to go home rather than use the lightweight ones. These days Don is usually doing the SAG support while Ken rides the event. Don insists that this is going to change.

Shop Name:	Pat's Cyclery
Since:	1947, in Mesa at 929 East Main St. (between Mesa Dr. and Stapley, just east of Horne)
Shop Hours:	Mon-Sat, 9:00-6:00, Closed Sunday
Phone Number:	480-964-3330
Web Site?:	Yes, http://patscyclery.com
Bicycles Sold:	Trek Bicycles (including WSD-Women's Specific Design), Diamondback, Sun unicycles, and more...
Other Products of Note:	Childrens, comfort, cruisers, recumbents and the Trek T900 tandem...lots of accessories, racks, clothing, and other cycling-related goodies
Services:	Repairs, tune-ups, bicycle sales and fitting.
Past PMBC Support:	Casa Grande Century SAG support, including a boat-load of spare tubes.

Purposes and Objectives of our (GABA legacy) 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...

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).

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.

Moving or changing e-mail addresses? Please let PMBC Vice President Tom Adams know any change of e-mail address so that his posting notices will find you.

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. While we encourage submissions from club members and guest writers, 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)

Feb 1	7:24 a.m./6:00 p.m.
Mar 1	6:56 a.m./6:25 p.m.
Apr 1	6:16 a.m./6:49 p.m.

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@yahogroups.com For more info contact Kathy Mills at kmills67@cox.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-Legacy clubs, and we offer member-discounted rates to each other’s members for major rides.

MAJOR RIDES/EVENTS UPCOMING IN ARIZONA OR NEARBY LOCALES (most involve rider registration fee or donation)

Feb 8 (Sun) – Laveen Country Challenge – 63, 30 and 15 mile. Registration opens at 7:00 am. Metric Century begins at 8:00. \$20 ride fee, with optional T-Shirt and BBQ after the ride. Laveen Lions Club. Registration forms at www.bullshifters.org.

Feb 8 (Sun) – Picacho Century (GABA-Tucson) – All riders sign-in at the intersection of Cortaro & Silverbell on the NW side of Tucson, and then proceed to the start point of one of the following options: 100, 65, 35 or 15 miles. All rides turn-around at the lunch stop near Picacho Peak. www.pbaa.com

Feb 13-16 (Fri-Mon) - 7th Annual Jane & Paul Tour to Tucson & Back Tour.

The 2009 4-day "J&P 7th Tucson Tour" is scheduled for the President's day weekend from Fri 2/13/09 until Mon 2/16/09. It's an almost painless introduction to bike touring. We ride about 60 miles per day and stay in motels each night. We provide a SAG vehicle, route maps, motel and restaurant recommendations, but "I'm not your Mom!".

This year our route is clockwise: Scottsdale-Florence-Tucson-Casa Grande-Scottsdale. Since you pay your own expenses, there is no ride fee, but you'll be expected to drive SAG for 10 or 20 miles and kick in \$10 for gas money. If you are interested in joining us and earning your touring "Artie", email Tom Adams, tla85258@gmail.com

Mar 7, 8 (Sat, Sun) – Arizona Senior Games Cycling Events – Time trial and road race events will start at 40th St and Pecos Rd in Ahwatukee at 8:30 am on Saturday and 8:00 am on Sunday. For more information and to register, visit www.seniorgames.org.

Mar 8 (Sun) – Tucson Tour de Cure (ADA) – Start/Finish is at Rancho Sahuarita, 10 miles south of downtown Tucson. Take I-19 south to exit 75. Ride options are 100K, 50K, 30K, and 10K Family Fun Ride (www.diabetes.org/tour)

Mar 14 (Sat) – Mining Country Century (PMBC) – Start/Finish is at Main St and Magma, Superior, AZ. Registration and pre-registered rider sign in is between 8:00-9:00 a.m. For detailed ride information, see Page 6 of this newsletter or www.pmbcaz.org.

Mar 14 (Sat) – Phoenix Tour de Cure (ADA) - Start/Finish is at REACH 11 Sports Complex, Cave Creek and Deer Valley Roads. Ride options are 63 mile, 35 mile and 10 miles. (www.diabetes.org/tour)

Mar 22 (Sun) – Around the Tanks (West Valley Bicycle Club) – 70 miles around the White Tanks Mountains, with lunch after the ride, starting at 7:30 am from White Tank Regional Park in Waddell, west of Phoenix. Pre-register and get your admission to the park included in your ride fee. For details of the ride and registration information, see the ride posting at www.pmbcaz.org or contact John Oplinger (928-684-3331, JOplinger5200@msn.com) or Betsy Turner (623-979-8110, bettur@qwest.net).

Mar 27, 28 (Sat, Sun) – Arizona MS Ride – Starts at 7:00 am each day at Heritage Park in Florence. There are multiple route options, and a Saturday night dinner, live music, party and overnight. Donations/pledges required. For more information and registration, visit: <http://bikeaza.nationalmssociety.org> .

Apr 4 (Sat) – El Tour de Phoenix (PBAA) – 74 and 26-mile courses, all routed throughout Mesa, Arizona, and beginning at [Red Mountain Park](http://www.pbaa.com) in Mesa. Routes extend into the beautiful and rugged backdrop of the Salt River Recreation Area and Tonto National Forest. The 74-mile event is a perimeter ride around Red Mountain and the 26-mile course feeds onto the main route. Both courses feature an approximately 4-mile climb as participants begin the final leg. www.pbaa.com

Apr 24-26 (Fri-Sun) – 26th Annual Answer to the Challenge (PMBC) – The annual three-day challenge for the very fit recreational cyclists and racing caliber riders among us. See the Major Events listing at www.pmbcaz.org.

Apr 26 (Sun) – Tour of the Tucson Mountains (PBAA) – 70-mile (around the Tucson Mountains) and 27-mile courses, both beginning at the Town Hall of Marana, NW of Tucson. www.pbaa.com.

A Note on Membership Questions from PMBC Vice President Tom Adams

We usually update our membership list at the end of the month. When we process the memberships, we'll send you a membership postcard. If you paid and haven't heard back from us by the first week of the next month, or if you have any questions about your membership, please drop me an email at tla85258@gmail.com.

2009 Amgen Tour of California – Updates

By Bob Beane

In 2009, the Tour of California will open on **Valentines/President's Day weekend (February 14/15)** with a prologue in downtown **Sacramento**, and will finish the following weekend in **Escondido**. Full details of stages with route maps, start and estimated finish times, activities and more are available at www.amgentourofcalifornia.com. The USA's best cycling rag, **VeloNews**, has also published an 80 page official event guide along with their March issue (mailed mid-January). And, it is chock full of insider scoop.

In its fourth year, the Tour of California expands to **nine days and 800 miles**, and boasts the strongest field ever to race on American soil. The added "buzz" this year is that **Lance Armstrong** will be back, re-joining the "Discovery", now **Astana**, team headed by **Johan Bruyneel**, which includes two-time Tour of California winner **Levi Leipheimer** (2nd in last year's Vuelta a Espana). Just confirmed is the full list of teams:

- **AG2R-La Mondiale** (ProTour, France)
- **Astana** (ProTour, Luxembourg, Lance and Levi are scheduled to ride in CA, so get ready to rock!)
- **Liquigas** (ProTour, Italy, will Ivan Basso begin his comeback in California?)
- **Quick Step** (ProTour, Belgium, Aussy Allan Davis is fresh off a win at the Tour Down Under, and they have more bullets in the gun...)
- **Rabobank** (ProTour, The Netherlands)
- **Team Columbia-Highroad** (ProTour, USA, George Hincapie and British sprinter Mark Cavendish are scheduled to ride)
- **Team Saxobank** (ProTour, Denmark, formerly known as CSC, With Cancellara, Voight and O'Grady, among others)
- **Garmin-Slipstream** (ProTour, USA, features Vande Velde, Zabriskie, Wiggins, Millar and Farrar, to name a few)
- **BMC Racing** (Pro Continental, USA, includes Tony Cruz and Jackson Stewart)
- **Cervelo TestTeam** (Pro Continental, Switzerland, includes 2008 Tour de France winner Carlos Sastre)
- **Bissell Pro Cycling** (Pro Continental, USA, Ben Jacques-Maynes and Tom Zirbel)
- **Jelly Belly** (Pro Continental, USA)
- **Ouch presented by Maxxis** (Continental, USA, formerly Health Net Maxxis, Tim Johnson and Rory Sutherland)
- **Team Type 1** (Continental, USA)
- **Colavita-Sutter Home** (Continental, USA)

Clearly, **AEG** and the sponsors are working VERY HARD to establish the Tour of California as the **#4 race in the world** (behind the three-week-long Grand Tours of France, Italy and Spain). And, assembling a roster of teams such as the above, plus TV coverage as outlined below, goes a long way to achieving that goal.

Stages are as follows:

- Sat, 2/14 – Prologue (Sacramento)
- Sun, 2/15 – Stage 1 (Davis to Santa Rosa)
- Mon, 2/16 – Stage 2 (Sausalito across the Golden Gate Bridge and south to Santa Cruz)
- Tue, 2/17 – Stage 3 (San Jose to Modesto)
- Wed, 2/18 – Stage 4 (Merced to Clovis)
- Thu, 2/19 – Stage 5 (Visalia to Paso Robles)
- Fri, 2/20 – Stage 6 (Solvang individual time trial)
- Sat, 2/21 – Stage 7 (Santa Clarita to Pasadena)
- Sun, 2/22 – Stage 8 (Rancho Bernardo to Escondido)

TV Coverage:

This year, **Versus will have live coverage of all stage finishes, along with scheduled evening recap coverage of all stages from 2/16 – 2/20**. Most live coverage begins at either 1:00 or 2:00 pm, PST, and evening coverage is currently scheduled for 8:00 pm PST. Please consult your local TV schedule for exact times and details...but, **whatever you do, don't miss it!!!**

Mining Country Challenge

AN APPROVED HELMET IS REQUIRED FOR ALL RIDES LISTED



16th Annual Mining Country Challenge - 66 and 96 Mile Options Saturday, March 14, 2009

Sponsored by Phoenix Metro Bicycle Club

Volunteers are still need to help out with this ride. We are always looking for SAG support, helpers, food servers, tire changers or whatever you can donate of your time. Please contact [Charlie Davis](#) or [Jack Graham](#) if you would like to help your club put on this ride.

The official 2009 Mining Country Challenge Flyer and Registration Form is not available yet ... Please check back later.

Saddle up, Pardner, it's time to hit the trail, and some trail it is!

We're not talking about some easy little jaunt into the desert on some mule with no name (apologies to America) with a pick and shovel hung over your shoulder. No siree! However, when you see what you'll be climbing, you may want to reconsider that mule! Or maybe get a mountain goat!

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 Winkleman, 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 Winkleman 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 leftout - 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.

For some interesting history of the Kearny / Winkleman / Ray area that you will be riding through, [click here](#).

WHEN

- Saturday, March 14, 2009.
- Registration and starting times not yet available.

WHERE

- Ride starts in Superior, Arizona
- Registration and the Start will take place near the intersection of Main Street and Magma Ave. Look for the signs and the registration table.
- 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.

REGISTRATION FEE

- To Be Determined

ADDITIONAL INFORMATION

- For more information contact email [Charlie Davis](#) or [Jack Graham](#).

Did You Know?

- Have you ever heard of **Alan Peiper**? Alan is an Aussie, with a blue collar upbringing, a career as a high level pro domestique (1983-1992) and is currently a **Team Columbia-High Road** boss. His "palmares" (achievements) as a rider include a **win of the Tour of Sweden, 3rd in the Tour of Flanders, 3rd in the Tour of Belgium** and stage wins in **Sweden, the Dauphine, Paris-Nice, Belgium, Britain, Ireland,** and the **Giro**, along with several workhorse efforts in support of other riders in the **Tour de France**. Alan knows a bit about the relationship between pro cycling and the economic situation, and was quoted as follows at the **2009 Tour Down Under**: "Riders who opted to cheat (dope) have to be made aware of the consequences of their actions both for themselves and for others involved in the sport. It's not just them that is being affected. **If one rider tests positive then 70 people lose their jobs** because the sponsorship stops. Once they start to realize that ... I think everything will change." Peiper believes things have changed with cycling now one of the cleanest and most heavily-controlled sports. "Compared to a few years ago we're on a fantastic track," he said. (But) In any part of society there's always an element that doesn't play by the rules. Whether it's speeding in traffic or stealing something from a super market. You can never change the whole of society." Your editor first came to know Alan Peiper via a Tour de France video in which he displayed his humorous side. There is much more to his story, which he relays in his autobiography titled "**A Peiper's Tale**." If you would like a free copy, several are available from your Editor.
- **American Andy Hampsten** had his biggest day in the Tour de France on Stage 14 of the 1992 race. As described by commentator Phil Liggett, "The man of the day...there's no doubt who that is. Andy Hampsten has pulled off the ride of his life there and thank Heaven the organization has held the crowd back. Because, you need all the air you can get when you climb to the top of Alpe d'Huez."
- One of **Bob Roll's** best days as a cyclist came before getting on his bike to join the Team. Here's how he described it on January 3, 1991: "Hooeyyyy!!! Just signed a one-year contract with the **Motorola Cycling Team!** Lord have mercy. I'd been sitting around at Doom's Gate looking down both barrels of poverty since August 10, when I got a letter from the club (7-Eleven Cycling Team). I was out of work. Suffice it to say, since then I was seriously frowning. But, the rattling death train I've been so seriously conducting just got derailed by a thin fax from Motorola. **All twisted Euro' dogs...tighten down your bootstraps-Bobke's back!!!** *From Bobke II by Bob Roll* (Editor's Note: Like or Loathe him, the Bobke is a character...this event no doubt was key in propelling him to Lance fan-hood and TdF commentatorship).

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"**.

Phoenix Metro Bicycle Club
PO Box 26788
Tempe, AZ 85285

West Valley Bicycle Club
PO Box 8125
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