

THE TAILWIND TIMES

April 2009, Vol. 17, No. 4

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Valley Bike Month Events Scheduled for April

By Bob Beane

A number of events have been scheduled for April to celebrate bicycling in one form or another. Here are the ones we've found, so far...

- **Apr 4 (Sat) - City of Chandler Family Bike Ride** - 9:30 a.m. (registration), 10 a.m. to Noon (ride). Get the young tikes out of bed and take them on a seven-mile scenic ride on the city's Paseo Trail with a Radio Disney children's bike safety rodeo. The event is absolutely free. Chandler Park & Ride Lot, 2100 S. Hamilton St., Chandler 85286 . For more info: www.chandleraz.gov
- **Apr 4 (Sat) - Peoria's Pioneer Days Bike Ride** - 8:30 a.m. (registration), 9 a.m. (ride). Valley residents of all ages are invited take a six-mile bike tour in conjunction with the annual Peoria's Pioneer Day celebration. The event features a Radio Disney and Valley Metro children's bike safety rodeo. Do stay for the Peoria's Pioneer Days Parade at 10 a.m.! All riders must wear a bike helmet and no training wheels are permitted. The event is free. N 83rd Ave and W Washington Street, Peoria 85345. www.peoriaaz.gov
- **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 into the main route. Both courses feature an approximately 4-mile climb as participants begin the final leg. www.pbaa.com
- **April 5 (Sun) - Bike-a-Palooza** in Tempe - Going on from 7:00 a.m. until noon, this event will include a free bicycle expo and safety fair, a 13-mile community ride, bicycles and parts for sale (**CAzB Swap meet**), an obstacle course for training for kids and demonstrations on how to properly load your bike on the bus.
- **April 11 (Sat) - Avondale Spring Bikefest 2009** - 9 a.m. - 11 a.m. This educational festival will educate your young ones on the importance of bicycle safety and will include a fair featuring helmet fittings, bike-on-bus demonstrations, prizes from the Easter Bunny, and a bike decorating contest. There will be great entertainment by Radio Disney. City of Avondale City Hall, 11465 W. Civic Center Drive, Avondale 85323
- **April 18 (Sat) - City of Mesa Bike4Life** - 8 a.m. (registration), 9 a.m. - Noon (ride and fair). The City of Mesa Bike4Life is an exciting community fair filled with games, entertainment, activities, helmet fittings, safety information and vendor [exhibits](http://www.mesaaz.gov) about bicycling for health; and a 6-mile round-trip bicycle ride to the Mesa Red Mountain Multi-Generational Center along Mesa's Adobe Road "bike freeway." The event is free. O'Conner Elementary School, 4840 E Adobe Rd, Mesa 85205. www.mesaaz.gov
- **April 19 (Sun) - Glendale Family Bike Ride** - 7 a.m. (registration), 8 a.m. - Noon (ride and fair). Join your fellow Glendale neighbors at this free 12-mile or 6-mile bike ride which features [kids zone](http://www.glendaleaz.com/transportation) entertainment, a live band, D.J., and Green Living Fair. Be sure to bring plastic grocery bags to recycle in exchange for a free T-shirt. All riders must wear a bike helmet. Sahuaro Ranch Park, 9802 N. 59th Ave., Glendale 85302. www.glendaleaz.com/transportation
- **April 22 (Wed) - Bike to Work Day (Tempe's version)** - Celebrating the bicycle by riding to work, **Tempe Mayor Hugh Hallman** along with members of the Tempe City Council will ride from **Whole Foods Market** (NW corner of Rural Road and Baseline Road) to the Transportation Center in downtown Tempe. The celebration begins at 6:00 a.m., and the ride will begin at 7:00 a.m. There will be free breakfast and t-shirts for the first 400 riders. Also, the Tempe Bicycle Action Group will lead rides from several other breakfast locations to the Transportation Center (from Wildflower Bread Company at the SW corner of McClintock and Guadalupe, Berning's Fine Jewelry at the SW corner of McClintock and Warner, and IKEA near the NW corner of Warner and Priest). www.tempe.gov/tim and www.biketempe.org for more information.
- **April 26 (Sun) - Great Bike Chase** - Pre-ride activities at Margaret T. Hance Park in downtown Phoenix, followed by a three-mile fun bike ride to see the Arizona Diamondbacks play the San Diego Padres at Chase Field. Pre-ride activities will begin at 9:00 a.m. at Margaret T. Hance Park, 1134 N. Central Avenue. The ride to Chase Field will begin at 11:00 a.m. A \$14 fee covers the ride and a game ticket. For more information, visit www.ValleyMetro.org or call 602-262-7433.

Supporting Member Profile – DNA Cycles

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 **DNA Cycles** of Mesa and Scottsdale.

DNA Cycles is a fairly new entrant in the Valley cycling scene, but now has two shops in the metro-Phoenix area. The **Mesa** shop is located at 2031 N. Power Road, Suite 101 (Power & McKellips), in Mesa (480-924-BIKE). The **Scottsdale** shop is located at 7077 E. Mayo Blvd, Suite 100 (just west of Scottsdale Road, south of the 101) in north Scottsdale (480-515-BIKE).

DNA has an extensive web site that includes a list of bikes they sell, with photos (including Specialized road, comfort and MTBs, Colnago road, Yeti MTBs, Salsa MTBs and Haro BMX), sponsored events, extensive cycling links, and an amusing staff profile section.

DNA's **Mesa store Grand Reopening** is listed as March 27 & 28, beginning at 10:00 a.m. each day to include door prices and Specialized bike demos, and more...

DNA Cycles also sells clothing (including Shebeest for women), helmets, eyewear, and wheels (including Zipp), and has a variety of bike repair and fitting services to choose from.

Lance Armstrong's Return Road...Will Crash be a Boulder or Just a Pebble?

By Bob Beane

During his quest to win the **Tour de France seven times in a row**, **Lance Armstrong** seemed immune to the crashes and misfortunes that felled other major contenders. While **Jan Ullrich**, **Joseba Beloki**, **Bobby Julich** and others suffered the pain of the road, Armstrong seemed to ride in a protective bubble. Even the **famous mussette bag crash** produced only minor road rash and a briefly dislodged chain. That was then, this is now...maybe.

After being involved in a **Stage 1 pile-up during the Vuelta de Castilla y Leon on March 23**, Armstrong emerged with a broken collarbone that required surgery. "I'm alive. Hurts like hell for now. Surgery in a couple of days" was his Twitter comment. And, as he left the Valladolid University Hospital in Spain, he added "I think for the Giro it's a very big problem."

Giro organizers and Astana team management remained hopeful, with Johan Bruyneel refusing to rule out Lance's participation in either the Giro or the Tour de France. **After finishing 7th in California, and seemingly being in great early season form**, it remains to be seen whether this crash will be viewed, in retrospect, as merely a pebble in the road, or the boulder that blocked Armstrong's storybook ride back to the highest levels of cycling competition. After seeing teammates **Levi Leipheimer** and **Alberto Contador finish 1st and 2nd** in the following day's time trial, Lance has to be ruing the crash and relishing the prospect of a rapid recovery and return.

Sunrise/Sunset (Phoenix, AZ)

Apr 1	6:16 a.m./6:49 p.m.
May 1	5:40 a.m./7:11 p.m.

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.

Versus Early Season TV Coverage of Cycling

Here is the tentative Versus cycling coverage schedule for this spring. Please check local listings to confirm times:

- **Criterion International** – Sunday, March 29, 5:00 pm ET.
- **Tour of Flanders** – Sunday, April 5, 5:00 pm ET.
- **Paris-Roubaix** – Sunday, April 12, **4:00** pm ET.
- **Liege-Bastogne-Liege** – Sunday, April 26, **3:00** pm ET.
- **Fleche Wallone** – Sunday, April 26, 3:30 pm ET.
- **Tour of Romandie** – Sunday, May 3, 4:00 pm ET.

In addition to the **Tour de France**, Versus also has plans this year to cover four days of the **Dauphine Libere** and three days of the **Tour de Suisse**, which are the two major "tune-up" races for the Tour de France.

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: (2009 Officers) President: John Oplinger – 928-671-0070 or JOplinger5200@msn.com
Vice President: Eric Kessler – hogansgoat7@cs.com, Secretary: Chuck Gerke – 623.974.9918, Chuckruthgerke@aol.com,
Treasurer & Membership: Betsy Turner – 623.979.8110 bettur@qwest.net

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)

APRIL 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)

Apr 4 (Sat) – El Tour de Phoenix (PBAA) – 74 and 26-mile courses, all routed throughout Mesa, Arizona, and beginning at [Red Mountain Park](#) 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 5 (Sun) – Tour de Tempe Community Ride & Bike Festival (City of Tempe and various co-sponsors) – Free community ride. Registration begins at 7:00 am, ride begins at 8:00 (typically, a 12-15 mile relaxed pedal). See www.tempe.gov/tim for details

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 and/or Pages 5 & 6.

Apr 25-26 (Sat-Sun) – Triangle Ranch Overnight (GABA-Tucson) – 58, 42 or 15 miles per day, depending on start point. SAG, snacks, poker run and overnight accommodations. Visit GABA-Tucson’s web site and/or contact: Catherine Crandall 520-400-8476, catcran@cox.net for more information.

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.

May 2 (Sat) Desert Classic (ABC) - Co-hosted by Oggi’s Pizza & Brewery, ride options are Century, Metric Century & 34 miles in the Northwest Valley/Lake Pleasant/New River areas. Ride starts and ends at Oggi’s Pizza & Brewery, South of Loop 101, on the east side of 67th Avenue. The first 130 riders will receive a custom made pair of socks from the Sock Guy! www.azbikeclub.com.

May 2 (Sat) 11th Annual Sedona Century Bike Tour – (Absolute Bikes and The Old Town Mission) – **Cancelled per the web site**, but Absolute Bikes is said to be putting on a replacement event so check www.absolutebikes.net Sedona link for details.

May 2-3 (Sat-Sun) Salt River Canyon Tour (GABA-Tucson) - Join us for spectacular scenery and challenging hills on a tour from Globe up through the Salt River Canyon. With over 8,500 ft of climbing on the 1st day into Show Low, this ride is advised for strong and experienced riders. Scott Audilet 520-834-3801, centuries@bikegaba.org.

May 8 (Fri) – Mt. Lemmon Ski Valley Hill Climb (GABA-Tucson) – 16th Annual climb, with four SAG stops, followed by lunch at Summerhaven. www.bikegaba.org.

May 17 (Sun) Santa Fe Century - A hundred miles of history pass under your wheels as you bicycle down the ancient Turquoise Trail through the old mining towns of Madrid and Golden, across the mineral rich Ortiz and San Pedro Mountains, across the Estancia Valley through the villages of Cedar Grove and Stanley and on to the very old village of Galisteo, and 100 miles after you start, wheel back into Old Santa Fe. In addition, there are 25, 50, & 75 mile "out & back" routes and an easy 50 mile ATB loop with 6 miles of country dirt road. www.santafecentury.com .

July 11-12 (Sat-Sun) White Mountain Tour (PMBC) - The White Mountain Tour is a two-day fully supported tour and includes sag support, plenty of good snacks and luggage delivery to your hotel or campsite. The tour takes place in the cool White Mountains of eastern Arizona and will take you through Pinetop/Lakeside, Show Low, Vernon, and Springerville/Eager on the first day. On the second day the tour takes you from Springerville/Eager up to near the Sunrise Ski Resort. From there it’s a nice downhill ride back to the start. Tour details are still being worked out so watch [Major Events](#) for further information.

July 25 (Sat) – Taylor House Century (Absolute Bikes/Taylor House) – Flagstaff area ride options include a 95 mile route, 65 mile route or the 45 mile route. Absolute Bikes and The Taylor House are organizing a century bike ride to benefit The Taylor House, a home away from home for friends and families of patients of the Flagstaff Medical Center. www.absolutebikes.net.

July 26 (Sun) – Durango 100 Century – Durango, CO to Farmington, NM and back, or shorter 85 and 50 mile options. For more info, and to see pictures of last year’s ride, visit www.durango100.com.

Answer to the Challenge 2009

More than a bike ride—A cult happening

Friday, Saturday & Sunday April 24, 25 & 26, 2009

There are three types of riders who attempt this ride. The racers start at first light, stop only for Cytomax and water and arrive in beautiful downtown Strawberry (population 35) ready for a full afternoon of activities. The tourists actually take time to look at the great scenery, enjoy the generous sag stops, and arrive just early enough for a nap before dinner. The clueless realize at mile 45 on the first day that they should be somewhere else.

Don't be clueless. This ride covers 325 miles and 22,000 feet of climbing over three days. The first day from Scottsdale to Strawberry climbs about 10,000 ft. The second day to Prescott climbs another 6,600 ft. and crosses the inevitably windy Prescott Valley. Distance on the third day is 127 miles. Be prepared for cold in the mountains and heat crossing the desert. And sometimes (rarely) snow.

The crew from Landis Cyclery will transport your bags and provide sag stops with snacks and water. They will also pick you up if you can't go on, but space is very limited. If you start, be prepared to finish!

LODGING Strawberry accommodations are limited. If all hotels are full, call Cheryl Holland at the Windmill Corner Inn. She can suggest other B&B's and lodges in the Strawberry/Pine area.

Windmill Corner Inn 928-476-3064

Strawberry Hill Cabins 928-476-4252

Strawberry Lodge 928-476-3333

Pine Creek Cabins (in Pine) 928-970-9511

Prescott baggage drop-off and pickup will be at America's Best Value Inn, Sheldon St. (formerly Super 8) which fills up early. Close by hotels are:

America's Best (Sheldon St.) 928-776-1282

Motel 6 (Sheldon St.) 800-466-8356

Best Western (Gurley St.) 800-528-1234

Colony Inn (Gurley St.) 928-445-7057

WHEN Friday, Saturday, Sunday, April 24, 25 & 26, 2009. Check in opens at 5:00 AM. First riders out at 5:30, last sag leaves at 6:30. Slower riders (you know who you are) please start early.

WHERE Landis Cyclery Scottsdale at the SE corner of Scottsdale Rd. & Shea Blvd.

For additional information send e-mail to Dick Landis at rlandis@qwestoffice.net

***SAVE \$10 Help the ride organizer Please pre-register Please pre-register
Please pre-register
REGISTRATION FORM***

Make checks payable to Phoenix Metro Bicycle Club
Mail to Dick Landis c/o Landis Cyclery, 2180 E. Southern, Tempe, AZ, 85282

REGISTRATION FEES PMBC/GABA/ABC/USCF--\$60.00 Non Members--\$65.00 After 4/18/09 add \$10.00

Name _____

Address _____

City _____ State _____ Zip _____ Tel _____

e-mail address for last minute notices or changes _____

Please sign waiver on reverse side **AND** sign waiver at registration

Please pre-register Please pre-register Please pre-register Please pre-register

Phoenix Metro Bicycle Club Answer to the Challenge April 24, 25, 26 2009
THIS IS AN IMPORTANT DOCUMENT THAT WAIVES YOUR LEGAL RIGHTS,
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY
AGREEMENT, AND WAIVER OF CONSTITUTIONAL RIGHT

In consideration of my participation in any way in the Phoenix Metro Bicycle Club ("Club") sponsoring bicycle activities ("Activity"), I do for me, my personal representatives, assigns, heirs and next-of-kin:

1. AGREE, represent, acknowledge and understand the nature of bicycle 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 hazards of traveling are to be expected.

2. FURTHER AGREE and warrant that at any time if I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

3. 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 or gross negligence of "Releasees" as designated herein; (c) there may be other risks and other social and economic losses either not known to me or not readily foreseeable at this time; (d) 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.

4. HEREBY RELEASE, discharge, and covenant not to sue the Club, any of its directors, agents, officers, members, volunteers, and employees, any other participants, sponsors, advertisers, and, if applicable, any owners or lessors of the premises on which the Activity takes place, and the League of American Wheelmen (all collectively defined as "Releasees"),

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 THE NEGLIGENCE IN RENDERING ANY KIND OF CARE WHATSOEVER.

5. FURTHER AGREE that despite this Release and Waiver of Liability, Assumption of Risk, Indemnity Agreement and Waiver of Constitutional Right, I, or anyone on my behalf, makes a claim against any of Releasees, I will indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney's fees, loss, liability, damage, or cost which any may incur as the result of this claim.

6. FURTHER AGREE that as a participant in any Club activity, I must obey all Arizona traffic laws and must wear at all times an ANSI, ASTM, or Snell-approved helmet.

7. FURTHER AGREE, acknowledge, and understand that this release and Waiver of Liability, Assumption of Risk, Indemnity Agreement and

Waiver of Constitutional Right, shall be applicable to any and all Club activity from this date forward regardless of whether I remain a member of the Club and expressly agree that this "Agreement" is intended to be applicable to any Club activity in which I participate from the date of the execution of this Agreement.

8. RELEASE, WAIVE and otherwise disavow any protection of Article 18, Section 5, of the Arizona Constitution, which allows for the defenses of contributory negligence or assumption of the risk to be a question of fact and to be left for the jury consideration and expressly acknowledge that the waiver of this constitutional right and the execution of this release shall forever bar my rights to make a claim, sue or otherwise file any type of litigation against Releasees.

I EXPRESSLY ACKNOWLEDGE WAIVING THE AFOREMENTIONED CONSTITUTIONAL RIGHT. Initial Here:

I have read this Agreement, fully understand its terms, understand that I am giving up substantial rights **including waiving a constitutional right**, 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 and/or waiver of any and all liability and/or constitutional right to the greatest extent allowed by the 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.

PRINTED NAME OF PARTICIPANT: _____ PHONE: _____

ADDRESS: _____ City: _____ State: _____ ZIP: _____

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: _____ City: _____ State: _____ ZIP: _____

PARENT/GUARDIAN SIGNATURE _____

DATE: _____

(Only if participant is under the age of 18)

Safe Cycling Tips and Reminders mostly compiled by the Editors of *Bicycling Magazine* (and a few learned on the road)

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 us, these may be well-known and routine items. If so, consider this your annual spring reminder. Please review 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.

Sports Illustrated Covers the Tour of California (...and the return of some guy named Lance)

Even if it did take the "Lance Armstrong Returns" story line to get them there, the Tour of California reached another milestone in media coverage when the **March 2, 2009 issue of *Sports Illustrated*** dedicated a five-page spread to Lance's return within the context of that race. In a very well written (and researched) piece by Austin Murphy, we learned many things in three pages of text, including:

- **TV ratings were up 70%-100%** from last year, and Bike/TOC-related web sites experienced Tour de France-like traffic.
- Spectators numbered an estimated **2.0 million**, up from 1.6 million last year (despite worse weather in the early stages).
- Respect for the race and the fans continue to increase among the riders. Quoting Jens Voigt of Saxobank: "It was amazing. The fans seemed to say 'If the guys can suffer on the bike, we can stand here (in bad weather) and wait for them.'"
- Fan creativity rivals what is seen at the Tour de France...from Big Hair Superfan, to the Texas Longhorn (to Neal Thomas in PMBC jersey with potato) to my personal favorite, a six-year-old at the top of the snow banked penultimate climb with a sign that read "**CHAINS REQUIRED**", cycling fans were out in force.
- **After a 134 mile stage**, and in the midst of an effort that saw him support Levi Leipheimer's third TOC win while finishing seventh himself, Lance Armstrong took 40+ minutes of his evening to **visit cancer survivors** rather than simply resting his legs and focusing single-mindedly on the race.

VeloNews Debuts New 2009 Race & Ride Guide

In bike shops and on magazine racks through early June, will be the new *VeloNews Race and Ride Guide for 2009*. This outstanding **96 page issue** includes races to watch, tours/events to ride, and loads of equipment/gear features. For serious cyclists, it is worth the \$6.99 retail price. Or, get a *VeloNews* subscription quickly and ask for a copy.

Did You Know?

- **20-30 miles of virtually uninterrupted riding, with no cars, exists within 20 minutes of Tempe.** On Sunday, March 15, Linda (Torres) and I rode our tandem on the **Arizona Canal Bikeway** (see last month's newsletter) from Granada Park (20th Street and Maryland in Phoenix) northwest to beyond 51st Avenue and Cactus...and never had to stop for a car or had one drive next to us. When departing Granada Park, go west across the canal on Maryland to take the path on the west side (frequently, there are paths on both sides of the canal...the **key to an uninterrupted ride is to be on the correct side of the canal**). Go northwest on the path, which will drop through tunnels under Hwy 51 and under Glendale Road before you take a pedestrian bridge across to the east side of the canal. From there on, **the key is to take every underpass as you head to the northwest**. If you do that, you will only have to cross two streets between your start and 51st Avenue, *at neither of which we had to stop in either direction*. There are a few parks along the way, and a convenience store or two, in case of bio or refueling needs. Linda commented that the narrow underpass tunnels can be a bit concerning from the back seat of a tandem (point taken...), but she also liked that they provided short climbs during what is otherwise a mere 200 foot altitude change over a one way route of 10-15 miles. It was exhilarating to ride on a beautiful spring morning for over 1.5 hours with no "foot down" requirement...and no cars in the next lane!!!
- **A good home for old bicycles and parts** in the greater Phoenix area is **St. Vincent de Paul**. This charitable organization has a program called **Shifting Gears**, which accepts bikes (and parts) which are cleaned-up, repaired and/or rebuilt. A description of the program is as follows: "Shifting Gears, is a mentoring program for low-income youth. Students attend a workshop for six or more sessions to learn basic bike repair skills from adult volunteer supervisors. Students also attend a bike safety workshop. At the end of the program, **participants may take home one of the bikes they've fixed**. They are **also provided with a helmet, lock and headlight**. The additional bikes that students repair are given to clients of the Ministry to the Homeless to assist them in employment transportation (after steady work is obtained). This program also provides repaired bikes to other agencies that need them for their own clients, and partners with the City of Phoenix, which helps us collect donations of bikes needing repair via the police precinct offices around the city." Bikes and parts may be dropped off at any St. Vincent de Paul store, or call 602-266-HOPE to schedule pickup. www.stvincentdepaul.net.
- **Rising American cycling star, Taylor Phinney** (son of cycling greats **Davis Phinney** and **Connie Carpenter**), set a new American Record in the kilometer individual pursuit in February...**at age 18**. This came a day after he set an American record in the four kilometer pursuit. The World Cup track championships take place in Poland, March 25-29...stay tuned.
- **German cyclist Erik Zabel** finished 2nd...again...in a six-day track event in November of 2008, and then retired from professional cycling in January at age 38. Zabel is a six-time winner of the green (sprinters) jersey of the Tour de France, and became known late in his career for frequently finishing second to the top sprinters in the pro peloton.
- **25mm tires with less rolling resistance than 23mm tires?** As reviewed in *Bicycling Magazine*, a new crop of 25mm tires have been released that promise less rolling resistance than 23mm tires, due to a shorter contact patch and reduced sidewall deflection. Among the tires falling in this category: Michelin Pro3 Race (\$65), Vittoria Diamante Pro Light (\$54), Continental GP 4000 (\$65) and Bontrager Race X Lite (\$50).
- **Right in our backyard:** National Geographic's **Adventure** magazine (among many others) picked mountain biking in **South Mountain Park** for its Arizona weekend adventure (February 2009 issue). Describing SMP as "a municipal park about the size of a small country", *Adventure* touts the 16,500 acres and 51+ miles of trails as "a wilderness experience within six miles of downtown Phoenix." They also mention **crispy fried rattlesnake at Rustler's Rooste** as a post-ride meal, but failed to mention that (this time of year) you might "BYO" from the trail for the chef to cook...
- **Speaking of Mountain Biking on South Mountain...**When you go, you may spot a **16" gray lizard with a bright orange tail**. If you do (as your editor did in March), you have seen the rare **South Mountain Chuckwalla**, which only lives naturally in South Mountain Park. This guy may look a bit gnarly, but is actually of little danger. He's basically a vegetarian, and is more likely to wedge himself in rock openings (in an attempt to hide...possibly camera-shy after being the subject of a prior **National Geographic** special) than to "attack" anyone.
- When interviewed for the February 2009 issue of *VeloNews*, cycling superstar **Alberto Contador** revealed that his favorite meal is "The Spanish potato tortilla that my mom makes." Message to Alberto's mom: There are bike club training tables all over the world that *will gladly pay for that recipe*...
- For the 1987 race, the organizers of the Tour de France concocted **one of the cruelest stages in the history of the Tour: a Stage 18, 36.5K individual time trial up Mont Ventoux**. The character of this monumental impending test of the riders was first uttered aloud and then later captured in *Dancing on the Pedals, the Found Poetry of Phil Liggett*:

Inquisition

It's only a mountain,
one of many you can see
on this French country morning
but for one hundred seventy-one young men
it would be a place
where they would dare
to ask themselves
the questions of greatness

Editor's Note: French time trial specialist Jean-Francois Bernard won the Ventoux stage by nearly 2 minutes, and donned the Yellow jersey, which he surely expected to wear to Paris...until he punctured the next day and was dropped from the leading group. This set up a fevered final-week battle between Bernard, Spaniard Pedro Delgado, Laurent Fignon of France, and Ireland's Stephen Roche (the eventual winner...by a mere 40 seconds). Bernard finished the Tour in 3rd.

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.

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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