

THE TAILWIND TIMES

July 2009, Vol. 17, No. 7

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It's July...It's Tour Time!!!

By Bob Beane

We get some of the best of both continents in July. We get to watch the **world's biggest bicycle race** unfold in France, and we can escape the desert heat to participate in **one of Arizona's cool, green summer tours** at the same time. What's not to like?!

The **PMBC White Mountain Tour takes place on July 11 & 12**, cruising through the Pinetop/Lakeside, Show Low, Springerville and Hon Dah communities, with an optional first day extension to the New Mexico border. The WMT includes SAG stops and support en route, luggage transfer, and a dinner with door prize drawings and planned entertainment. If you have not already registered, we suggest that you do that ASAP before motels and/or camping spots are filled. See pages 5 and 6 for all the information related to this cool, high-altitude touring experience.

Since 1903, the month of July has heralded the most storied bicycle race in the world, the **Tour de France (July 4-26** this year). Once again, **several PMBC members will be at the Tour**, and we hope to spot them "in club kit" on the **Versus TV broadcasts** as we **view key Tour stages at club-organized, no-host get-togethers at local sports bars (Stage 1, Saturday, July 4, at Big Daddy's (BBQ) Smokehouse Sports Grill, 40th St and Chandler Blvd in Ahwatukee, 11:30 am – 1:30 pm). Watch the PMBC web site and ride reports/announcements for other dates and locations to follow.**

Legend has it that the Tour de France began as a means to spur newspaper sales during the slow summer vacation period in France. Surely, the founders would be amazed at how their attempt at publicity has developed a life of its own over a century plus a few years. They would also be pleased with the high drama expected this year:

- The **Astana** team, including **Alberto Contador** (2007 winner), **Levi Leipheimer** (bona fide American contender) and former 7-time champion **Lance Armstrong**, will be competing (with or without Kazakhstan sponsor funding) after the team was **unfairly denied entry in 2008** as more-or-less a sponsor punishment for past rider sins that had nothing to do with the present riders, coaches and managers. Expect Astana's all-star team to be very motivated this year.
- **Cadel Evans** will try once again to become Australia's first TdF winner, after being out-supported but still coming very close last year.
- The **Schleck brothers, Andy and Frank**, will certainly be hovering around the top of the GC standings, looking for an opportunity to put **Luxembourg** in the Tour history books again (In 1958, Luxembourger **Charly Gaul** destroyed the competition on Mont Ventoux. Then, after losing 15 minutes due to a tire puncture later in the race, he sealed his only Tour victory with a **historic solo attack** on the stage to Aix-les-Bains and a clear victory in the final time trial.
- **Denis Menchov** of **Rabobank** was very impressive in his **Giro d' Italia win**, and has been touted for several years as a possible TdF winner.
- **Christian Vande Velde** of the USA (**Garmin-Slipstream**) had a top five finish last year, but is coming back from injury. Will he be smiling on the train to Paris at the end of this year's Tour, or have his podium plans been de-railed for 2009?
- **Mark Cavendish** of Great Britain will be out to win the Green (sprinters) jersey by making it all the way to Paris this year along with bagging multiple stage wins along the way. His teammate, **George Hincapie**, may just be in a position late in the Tour to go for an opportunistic stage win, as well.

Each year, **VeloNews** publishes an outstanding guide to the Tour de France (this year, \$8.99 on the news stand...ouch! That's another good reason to subscribe to VN in order to receive it at no extra charge). This guide outlines the stages, teams, and expected contenders in great detail, so it is an invaluable reference as well as a quality souvenir of each Tour. Your editor has reviewed this year's guide and route details, and predicts **the following stages to be among the most decisive**:

- **Stage 1 TT (Saturday, July 4):** It is unlikely that huge gaps will open in a 15.5Km time trial, but some climber-contenders could lose a minute or more to riders such as **Contador, Leipheimer and Armstrong**. That deficit could affect tactics later in the mountains. Also, this stage will help determine the order for the team time trial on Stage 4, so placing can be very important to contending teams. **Plan to watch the fireworks on the road before the ones in the sky on July 4!!!**

(Continued from Page 1)

- **Stage 4 TTT (Tuesday, July 7):** There is a lot of pride associated with the **Team Time Trial**, which may be the only chance some of the team “domestiques” have to stand on the podium. On this stage, expect a fierce battle between **Astana, Columbia-High Road and Garmin-Slipstream (each with an American contingent and strong TT riders)**.
- **Stage 7 (Friday, July 10):** This 224Km (140 mile) stage from Barcelona, Spain to Arcalis finishes atop a Hors Category (beyond category) climb to **Andorre Arcalis**. This stage will be the first big solo “throw down” for the **GC (general classification)** leaders and the **King of the Mountains** contenders. **Expect all hell to break loose on the final climb**, especially if anyone sees weakness in a major contender or if time needs to be made up by a “big man” who is feeling good. This is the kind of stage where **Lance Armstrong** used to separate himself from the field during his 7-year domination of the Tour.
- **Stage 9 (Sunday, July 12):** This 161Km (101 mile) stage is not likely to be truly decisive...unless one of the major contenders is feeling sub-par. It is likely to narrow the KOM (King of the Mountains) contenders, as it climbs the Category 1 **Col d' Aspin** and the historic, Hors Category **Col du Tourmalet** en route to a flat finish in Tarbes.
- **Stage 15 (Sunday, July 19):** A 207.5Km (130 mile) stage with, count them, six categorized climbs (including the Category 1 uphill finish at Verbier) is a stage that will wear on riders prior to the final, decisive climb. This stage is not likely to determine the overall winner, but it will eliminate some pretenders from contention and may virtually lock a podium position for one or two cyclists.
- **Stage 18 TT (Thursday, July 23):** This time trial is a bit far from the end of the race, and before the climb of Mont Ventoux, to decide the race. However, it could be critical in positioning riders for tactics on Ventoux. If a contender performs poorly, here, it creates that much more pressure to make up time on the Ventoux. If a leading rider, such as **Alberto Contador** or **Levi Leipheimer** separates himself from a number of other contenders, then the Ventoux climb becomes, tactically and psychologically, much less complicated.
- **Stage 20 (Saturday, July 25):** While most of the contenders will have previously been eliminated, the Tour will be decided, here, by those who remain near the top of the GC. **Mont Ventoux** is an epic climb, **never before placed as the penultimate day**, and minutes can be gained or lost in the race to its treeless top.
- **Stage 21 (Sunday, July 26):** There should be no serious racing on this day, other than the final sprint for the prestige of winning the final stage. I expect a gap of at least a minute between the top three finishers, with no incentive to disrupt a relaxing coronation promenade into Paris. Having said that, there is something emotionally stirring about watching the remnants of the starting peloton take laps on the Champs-Elysees after three of the hardest weeks of cycling anyone could imagine. This is the day to celebrate each rider who makes it to the finish, first or last. Don't miss it!!!

Oddest Tour de France Trivia

From “Le Tour...a century of the Tour de France” by Jeremy Whittle

So you're a “wanna-be” Tour de France trivia buff? And, you already know about the **longest** Tour, **fastest** Tour, **most wins** (Lance Armstrong, of course), etc. You need new material. Or, maybe you're just a little bit curious about some of the **strangest** things that have ever happened during Le Tour? Here is a short list of some of your editor's nominees for **oddest Tour trivia**:

- **Hero to cheat?** – Many folks know that the **first ever winner of the Tour de France in 1903** was 32 year-old chimney sweep, **Maurice Garin**. Not so many people know that he was **disqualified after finishing first in 1904...**after the organizers discovered that he and several other riders **shortcut a stage by riding a train...**
- **Sabotage?** – Yes, rabid fans tried to sabotage opposing riders in early years. In the 1905 Tour, **over 200 pounds of nails and tacks** were found on the road **in just the first stage of the race**.
- **Unlucky rider #1** – In 1913, **Eugene Christophe broke his forks in the Pyrenees**, and had to **walk 14 Km** down the mountain to repair them at a village forge. When a young boy helped him by operating the bellows, Christophe was given a time penalty *in addition to the 4 hours he had already lost* (no replacement bikes, and no help allowed in 1913).
- **Amazing feat, mysterious death** – The first Italian cyclist to ever win Le Tour was in 1924. **Ottavio Bottechia** didn't just win, he **led the race from beginning to end**. He was killed in mysterious circumstances during a training ride in 1927.
- **Ooh La La** – The Tour is known for having celebrity starters. In 1933, that celebrity was **Josephine Baker**, the African-American exotic dancer who was the talk of Paris during the height of her performing career.
- **Let's take a dip!!!** – In past races, when the Tour has traveled near the Mediterranean, the peloton has been known to temporarily suspend racing in order to take a quick plunge in the sea. That was the case at **St. Tropez in 1950**.
- **Unlucky rider #2 – Gino Bartali** of Italy looked to be in great form for the overall in 1950, but he had been kicked and punched by French spectators on the way to his stage win at St. Gaudens (residual World War Two sentiments...), so both Italian teams withdrew in protest costing Bartali a potential GC win or podium finish.
- **Unlucky rider #3, and unlucky team!!!** – **The first Dutchman to wear yellow, Wim Van Est**, plunged into a ravine on the descent of the Col d' Aubisque in 1951. He was pulled out using a chain of the team's spare tubes, which ruined the tubes in the process and forced the entire team to abandon the race.
- **Unlucky rider #4 – Eddy Merckx**, yes THE Eddy Merckx, was punched in the liver by a spectator and later crashed near the start of stage #17 in 1975, probably costing him a record 6th victory. He carried on, eating only soup, to finish 2nd.

Versus TV - Tour de France (Cox 69, Directv 603 in the East Valley) Please check local listings to confirm times:

- **Daily Live Coverage** – Generally begins at 5:30 am in AZ, but some mountain stages begin earlier.
- **First Race Action Replay** – 9:00 to 11:00 am, most days (not Stage 1).
- **Mid-day Replay Coverage** – Generally begins at 11:30 am in AZ, except for rest days and the final day.
- **Afternoon Replay** – 2:00 to 4:00 pm, most days.
- **Expanded Prime Time Coverage** – 5:00 to 8:00 pm, most days.
- **Late evening Replay Coverage** – 9:00 to midnight, most days.

Sunrise/Sunset (Phoenix, AZ)

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

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@gmail.com), Mike Kirk, Treasurer (mkirk9942@aol.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)

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.

EVERY WEDNESDAY (NEW!!!): WATUKEE WHEELERS represents the latest expansion of PMBC rides. Start times are generally 7:00-8:00 a.m. The primary ride start is currently **Corpus Christi Church parking lot** (Knox and 36th St.), but start locations may vary. Road rides are 25 to 30 miles, at a 12-15 mph average pace (no drop). Contact Roseann Wagner to be added to the ride notice e-mail: bluebike@earthlink.net.

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.

Sunday Kokopedalli “No Drop” Rides (20-22 miles, with longer options):

1st & 3rd Sundays from Chaparral Park, Scottsdale.

2nd Sunday from Kiwanis Park, Tempe.

4th Sunday: **Note – The group is trying several new locations around the East Valley. Contact Kathy Mills for details.** Ride times and details at <http://groups.yahoo.com/group/kokopedalli> and at www.pmbcaz.org/rideschedule.html. More info? Contact Kathy Mills kmills67@cox.net 480-235-5052.

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)

July Tour de France Viewing Parties – See Page 1, and check the web site/ride announcements for future dates/locations

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. See [Major Events](#) at www.pmbcaz.org for **further information and registration**.

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.

Aug 21-23 (Fri-Sun) – Grand Canyon Overnight (ABC) – This ride includes SAG, a Saturday night chili dinner, and camping at Mather campground for \$30 (ABC and GABA legacy clubs), \$40 for non-members. For full details, visit www.azbikeclub.com.

Sep 27-Oct 3 (Sun-Sat) – “2009 Ride for the Old Pueblo” (Page to Tucson,GABA-Tucson) – There is optional bus transportation from Tucson to the start in Page on Saturday, October 26. This ride covers 530 miles and 27,297 feet of climbing over six days (rest day on day 5 in Show Low). The shortest day is 63 mile, the longest is 97. SAG stops and nightly meals are included. Lodging options range from camping to hotel/motel. For full details, visit www.bikegaba.org.

PMBC 2009 WHITE MOUNTAIN TOUR

The **WHITE MOUNTAIN TOUR** has been attracting participants for more than 20 years. It's a two day supported ride which includes sag support, emergency mechanical support, bathrooms at each rest stop, plenty of good snacks and luggage delivery to your hotel or campsite. Saturday night's dinner is also included in the entry fee.

The **cost** of the two-day event is **\$70.00**. A special rate for **PMBC/GABA/ABC** club members is only **\$60.00**. A **\$20.00 late fee** applies to **all** riders if registration is received post marked after **July 1, 2009**. For your convenience you can also register through www.active.com. If you are camping, there is an **additional fee of \$5.00** for Saturday night.

There is a [list of local hotels](#) for Friday night in Pinetop-Lakeside and Show Low. For Saturday night motels in Springerville/Eager are [listed](#). Camping is available Saturday night. The site includes showers and bathroom facilities at the Round Valley Middle School in Eager.

Saturday's dinner, which is included in the entry fee, will be served from **5:00-6:30 PM**. Non-riders and family members can purchase dinner for an additional fee of \$15.00. **This year the dinner has been moved to Round Valley High School Cafeteria in Eager.**

Registration on Saturday is 7:00 - 8:30 AM. No mass start. This year we will again start and finish at Hon-Dah. 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. 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/Eager for 63 miles for day one. Riders can also select a 100 mile option for 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. **Luggage Pickup** will start at **8:00 AM** on Sunday for the return trip and will be at Hon-Dah Casino by **10:00 AM**.

If you have further questions please contact the ride coordinator [Silverio Ontiveros](#) or call him at 602-237-2745.

WHEN

- Saturday & Sunday, July 11 & 12, 2009.
- Registration from 7:00 AM to 8:30 AM on Saturday.

WHERE

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

ONLINE REGISTRATION:

- Register online at www.active.com.

REGISTRATION FEES

- _____ PMBC/GABA/ABC club members - \$60.00
- _____ Non-Members - \$70.00
- _____ Late Fee, after July 1, 2009 - \$20.00
- _____ Saturday night camping add \$5.00

YOU MUST COMPLETE AND SIGN THE WAIVER.

Mail your check, with the completed [registration form and the signed and completed waiver](#) to:

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

MAKE CHECKS PAYABLE TO: Phoenix Metro Bicycle Club

ADDITIONAL WHITE MOUNTAIN TOUR INFORMATION

- For more information contact [Silverio Ontiveros](#) or call him at 602-237-2745.

LODGING OPTIONS

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
- Hon-Dah Resort - 1-800-929-8744
- 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

FRIDAY NIGHT LODGING

in [Show Low](#) (about 10 miles from start)

- Apache Pines Motel - 928-532-4328
- Bear Mountain Inn - 928-368-6600
- Best Western - 928-537-5773
- Day's Inn - 928-537-4356
- Downtown 9 Motel - 928-537-4334
- Hampton Inn - 928-532-4444
- Holiday Inn - 928-537-5115
- KC Travel Lodge - 928-537-4433
- Kiva Motel - 928-537-4542
- Lake of the Woods - 928-368-5353
- Motel 6 - 928-537-7694
- Rainbow Ends - 928-368-9004
- Snowy River Motel - 928-537-2926
- Sleep Inn Hotel - 928-532-7323
- Whispering Pines - 928-367-4386

SATURDAY NIGHT LODGING:

in [Springerville](#) / Eager

- Camping is available Saturday night for an additional \$5.00.
The site includes showers and bathroom facilities at the Round Valley Middle School in Eager
- 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.whitemountainscape.com

The Complete Bike Book (by Chris Sidwells)

A book review by Bob Beane

It isn't much of an exaggeration to say that this \$20.00 (or so) book covers just about everything cycling-related other than a calendar of current rides and race results. Topics include the history and evolution of cycling (with sketches and photos of early pre-bicycles and bikes), reasons to ride, clothing, riding techniques, riding etiquette (road and trails), touring, annotated galleries of ALL kinds of bikes (including most of the usual suspects, plus folding, tandem and trials bikes), riding in traffic, bike maintenance, on/off bike fitness information...OK, you get the idea. It's almost all there, and in easy-to-understand format.

I've never seen such a book that is both appropriate for new cyclists as well being a virtually complete guide and reference for cyclists that have been riding or racing for 20+ years. The writing is clear, the photographs and diagrams are outstanding, and the organization and layout of the book are exquisite. Author **Chris Sidwells** does justice to his credentials as a journalist, author and racer of bikes (in multiple forms and venues). Sidwells' years of riding and contributing articles to prominent cycling publications clearly come through in this book, and publisher DK Publishing made sure that the final product measures up to the content.

The forward to the book is written by **Ned Overend**, the American mountain biker and Xterra champion who won the first UCI World Mountain Biking championship in 1990. As a side note, Sidwells happens to be the nephew of the late British cyclist Tom Simpson, who tragically died while racing the Tour de France in 1967.

Here are just a few topical areas included in the book among the myriad that could be mentioned:

- **History** – The book briefly chronicles the evolution of bicycles from the patent of the two-wheeled, foot powered pre-bicycle Draisine in 1817, to the consensus “first real bicycle”, the safety cycle invented by James Starley in 1885, through the modern day racing and mountain bikes. Appropriate homage is paid to the invention of the pneumatic tire (John Boyd Dunlop) and Tullio Campagnolo, among others. Diagrams and photos clearly illustrate the changes along the way.
- **Bike set-up** – Remembering back to my first serious road bike purchase, one of the most daunting issues was trying to figure out whether I was purchasing the correct size bicycle and how to set it up (seat height, seat angle, handlebar positioning, etc.) for comfort and maximum efficiency. The book covers well the basics of this important subject in a mere two pages and six photos. How much time (and discomfort) this would have saved?!
- **Diet** – While whole books are written on this subject, Sidwells outlines the basics in two pages with a very specific table highlighting an example diet for a 132 lb woman and a 165 lb man. The importance of eating and drinking on training rides is clearly outlined, as is the “30 minute window” for maximum benefit from post-ride replenishment.
- **MHR, lactate threshold, training weaknesses, etc.** – Again, whole books are written on training methods, but for 98% of us the six pages of “basic, intermediate and advanced” training programs outline the vast majority of what is needed.
- **Tools, bike cleaning, basic maintenance and safety checks** – Several pages on each of these topics, as well as many other more complex tasks, are included. In each case, numerous photos and diagrams powerfully augment the text.
- **Glossary, directory and index** – Just as you would expect from the main body of the text, the Complete Bike Book ends with a robust glossary, an extensive directory of other cycling-related reference publications, and an easy-to-use index.

As mentioned above, I've not found a better single-volume reference for either the beginner or experienced cyclist than The Complete Bike Book. The **American edition** was published in 2003, and is currently listed for sale, new, for \$17.95 on line at www.dk.com. **Your editor highly recommends this book** for any new cyclist, as well as recommending it as a birthday or holiday gift for the seasoned road dog in your family.

Safe Cycling Tips from Arizona Bicycling Street Smarts

In 2004, the ADOT Bicycle and Pedestrian Program, in cooperation with Bicycling Magazine/Rodale Inc, published a pamphlet that contains numerous tips for safe cycling. Here are a few examples of items it contains that you *may not know*:

- **How safe is riding as a part of traffic?** – Scientific studies over the years have determined that cyclists who ride as part of the normal flow of traffic have **five times fewer crashes** than those who make up their own rules. If you ride predictably (to drivers and other cyclists) you will most likely fare much better, and you are much more likely to preserve your legal rights in the event of an accident.
- **How far to the right should you ride?** – Arizona law says “as far to the right as is practicable”. What the heck does that mean? Generally, the usable part of the road for a bicyclist begins where you can ride without increased danger of falls, jolts or flat tires. That is the standard interpretation of this legal phrase. The most common caveat is where the road is too narrow to allow vehicles to pass you safely, which is when most cycling experts recommend taking the center of the lane to discourage unsafe passing.
- **Where to ride when you are going as fast as the cars?** – When there is no bike lane, it is actually safer to ride in line (i.e. in traffic) when going down a hill or other situation where you are riding as fast as cars. You are more visible “in line” than riding along side vehicles, where you are potentially in the driver's blind spot.
- **Riding straight through intersections with right turn and optional straight/right turn lanes** – When going straight through an intersection that has multiple/optional right turn lanes, you should generally be in the lane that is the farthest to the right that still allows vehicles to go straight through the intersection.
- **Turn signals** – Cyclists are legally required to signal turns, just as motorists are. The only difference in arm signals is that a cyclist **may** signal a right turn by extending the right hand and arm horizontally to the right **as an alternative** to extending the left arm and hand upward as a driver would do. **Either form of right turn arm signal is legal** for cyclists.

A Message from PMBC President, Ron Waller

It's the middle of summer already. It seems many of our members have gone back to Maine or Pennsylvania or wherever "home" is to get away from the heat. For me, the White Mountain Tour is as far away from the Valley I am going to get this summer. I hope to see many of you there.

If you haven't yet signed up it is not too late. The website can provide you all the information on local hotels, camp sites, etc. The member who is doing all most all of the work to make the 2009 WMT is Silverio Ontiveros. On Saturday, July 11, the ride starts at the Hon-Dah Casino near Pinetop and finishes in Springerville. We have a catered meal Saturday night and a special "Tour de France" viewing. Sunday we return to the Hon-Dah Casino via a different route. Club volunteers will take all of your equipment to your destination in Springerville. It promises to be a great ride and record numbers are expected. So book now. You can download registration information from the club website or go to ACTIVE.com.

Our club survives on the contributions and efforts of its members. This year we started an Appreciation Award to the most deserving volunteer. For 2008 our honoree was Matt Kas. I know there are other volunteers deserving of recognition too, and there is a great deal of need for more help. Please contact a club officer if you would like to help. Kas was our 2008 Cycling Samaritan. George & Evie Martinez shared the 2008 Volunteer award. Another group which deserves our support the local bike shops in the valley. As the president I often get to ride with new cyclists. Their number one question is almost always "Where do I get work done to my bike?" The [Tailwind Times](#) and our web site list those which support PMBC. Check them out.

We have ordered additional jerseys and shorts. Go the PMBC website and download the order form.

<http://www.sportsfun.com/gaba/jerseydesign.html>

Ride smooth - be safe.

Ron Waller, President



"New Westside Ride" Starts at Lifetime Fitness, NE corner of McDowell & Bullard *By Mike Smith*

Another great Westside ride...The route has open roads, two decent hills (about 1,100 feet of climbing), two water/store stops, is uncongested and has few traffic lights to contend with. The group has been around for over seven years and has been relatively unknown until recently. Thanks to good word of mouth, more and more riders are joining in and almost without exception we hear the new comers, most coming in from the East Valley, say that it's the best regular ride in the Valley. We don't have the prestige or the "in your face" competition that the BOS ride offers but we do offer a very quick and growing A group and an easy-going, pleasant B group. All new riders are welcome and we make sure they don't get dropped from the B group. We have our competitive moments so there are five sprint points along a 50-60 mile route (with several out and back points to enable riders to regroup) but we all focus on having a great and safe time. Our mission is fitness and camaraderie so we ask anyone with an attitude to leave it at home and be prepared to support each other when they ride with us.

In recent weeks we've had 45-50 riders with about a 50-50 split of A and B riders. The primary teams being Colovita, Swiss American, and the old Phoenix Consumers Cycling Club members. We have a good mix of men and women with tri-athletes, new riders and Cat 2-5s riding with an occasional pro and even former euro pro peloton riders. In short we have someone in our group that everyone could relate to or may have even met before. All are welcome and we look forward to seeing new faces. We just ask you to leave the attitudes at home.

Currently our start time is every Sat 6 AM at the Lifetime Fitness just north of I-10 off the Bullard exit, on the NE corner of McDowell and Bullard. If you want to experience a new ride with very light traffic, mostly rural areas, friendly riders, good roads/bike lanes and a little bit of climbing (Estrella Mt Ranch and Verrado) please have a look at the website...

<http://members.cox.net/westvalleycycle/> (article forwarded by Betsy Turner, WV)

Redo of Highway 179 Will Transform Sedona/Village of Oak Creek into Road Biking Mecca by Bob Beane

By sometime next spring, or early summer, a truly significant “makeover” of Arizona Highway 179 (from about two miles outside the Village of Oak Creek to the “Y” main intersection in Sedona) should be virtually completed. This project has been years in planning, with plenty of spirited debate and community input received from many quarters. The end product, I believe, will be nothing short of remarkable...*especially if you are a road cyclist*. As an organization, **we can thank the Verde Valley Cycling Coalition**, which provided much of the cycling perspective and was instrumental in developing donations and a grant to cover the first three years of bike lane sweeping to help make those lanes possible. And, we can thank **ADOT** for the process taken that allowed all this input to be received, assimilated and melded into the result which I’ll describe below, with examples included in **accompanying photos**.

There are aspects of this project that benefit many constituencies, including “roadies”, bicycle commuters and mountain bikers. There are also benefits for residents along the highway, people who use that road to drive to work in Sedona or VOC, and tourists who are visiting the area. The **design of the highway corridor was synergistic in addressing each of these groups’ concerns**, with some of the hallmark features as follows:

- **Road Improvements and Bike Lanes** – If there ever was a highway that I would NOT have ridden on a road bike, the old Hwy 179 was it. From VOC to Sedona, the road featured an absence of shoulders and bike lanes, blind corners and high traffic volume. While high traffic volume will remain, a number of the grades and corners are being improved and, most importantly, bike lanes will run on both sides of the road from roughly two miles south of VOC all the way to the main intersection (the “Y”) in Sedona. The only break in bike lanes is at roundabouts, where cyclists will need to decide if they are comfortable negotiating those with traffic, or whether to use “exit ramps” from the bike lanes to adjoining sidewalk/paths until past the roundabout (read more below).
- **Bike path** – A combination sidewalk/bike path is available on at least one side of the road from VOC to Sedona whenever there is not a MTB path that could be used as a second option to the bike lanes (e.g. in the area between Bell Rock and Little Horse parking area there is a wide MTB trail, so no sidewalk/path exists). This gives less experienced cyclists an off-road alternative, though it does require use of an MTB for the non-sidewalk portion of the route.
- **Roundabouts** – All traffic lights between VOC and Sedona have been removed. A series of roundabouts will be used to slow traffic at the intersections (15 mph speed limit) but keep it moving, actually reducing commute times in most cases. This should allow experienced cyclists to stay on the road and safely negotiate the roundabouts with vehicular traffic.
- **Bicycle “Exit” and “Re-entry” Ramps** – For cyclists who are not comfortable negotiating roundabouts with traffic, ramps have been placed prior to those intersections to allow transition to the sidewalk/bike path and then back to the bike lane once past the roundabout.
- **Scenic View Parking Areas and Left Turn Lanes**– A number of paved parking areas, with turnouts and return ramps, have been created to provide designated places for tourists to pull off the road to park and view scenery and/or take photos. Combined with curbs at the edge of the road, this is designed to prevent traffic from stopping at random points and thereby slowing traffic and blocking bike lanes. Left turn lanes should also reduce bike lane incursions by vehicles.

The transformation of this highway already has some cyclists utilizing the new bike lanes for training and commuting, as witnessed on a recent visit to the area. And, **Bike & Bean** (www.bike-bean.com, 928-284-0210) already has a stable of **Jamis, Scott and Felt road bikes** available for rental at their main shop (6020 Hwy 179, Village of Oak Creek) and their Hillside shop (671 Hwy 179, Sedona, 928-204-5666), though they may consolidate all road bikes to the VOC main shop, soon. Group rides are already taking place from Bike & Bean in VOC to Beaverhead Flat Road to Cornville to 89A (now, with wide paved shoulders) to Sedona and back to Bike & Bean via Red Rock Crossing and Verde Valley School Road (pending completion of the bike lanes from Sedona).

Bike & Bean owner Jim Monahan is so confident that these road improvements will result in this area becoming a new road cycling “Mecca”, adding to the current hiker and MTB visitor base, that he has purchased the 14 unit **Quail Ridge Resort** (www.quailridgeresort.com, 928-284-9327) with the intent of creating an adventure sports destination resort. The resort is located two blocks from Bike & Bean in VOC, with views of Bell Rock and Courthouse Rock from the property, hiking trails immediately adjacent, and MTB trails across the street. Verde River float trips are also a half hour away, and jeep tours are plentiful in the area. Monahan said that the nine chalets (kitchen, one bath, downstairs bedroom and loft, sleeps up to six) will rent for about \$200/night, and five efficiencies (kitchen, one bath, sleeps up to three) will rent for about \$100/night. There is a pool, two outdoor Jacuzzis, a fire pit, a small stage for possible acoustic entertainment and several outdoor seating areas where guests can relax in the evening.

Absolute Bikes manager Steve McClain is likewise very positive about the Hwy 179 changes. His bike shop in VOC (6101 Hwy 179, Suite C, 928-284-1242, www.absolutebikes.net) rents Specialized touring bikes and has plans to beef up their non-MTB rental fleet. Absolute Bikes plans to **bring back the Sedona Century in 2010**, and use Hwy 179 as part of the new route.

According to the Verde Valley Cycling Coalition, not all desired features and facets of the Hwy 179 road design were achieved as a result of cyclist input. However, from the vantage point of a Phoenician not involved in the process, it is hard to imagine a much bigger “**win**” for the **Arizona cycling community** than what is being achieved as a result of this highway’s complete and utter transformation. Your editor, for one, is teary-eyed thrilled about the prospect of traveling this highway and taking in some of its world-renowned scenery from the seat of a road bike. Surely, this project will become a **showcase for what a highway reformation project can be**, given a willing highway department, a broad and reasonable public input process, and efforts of local cycling advocates. I look forward (hopefully) to someday seeing Arizona Highway 179 featured in a marquee League of American Bicyclists story, and maybe even as a feature article in the *Arizona Highways* magazine or the *Arizona Republic*.

PMBC Sends Condolences

PMBC has learned that Arizona cyclist **Cindy Pool** has died after being hit by a truck in Wyoming while on a cross-country cycling trip. Cindy was an avid cyclist, a member of the Strada racing team and a tri-athlete. More importantly, Cindy was a respected teacher in Payson and a wife (of husband Roy) and mom. Our sympathies go out to all of Cindy's family, friends, associates and students. According to an e-mail we received, Cindy was proudly wearing her **AZ State Champion's jersey** and Strada jacket and pursuing her dream of riding across the USA when she was taken from us.

Humor, Anyone?

- **“My grandmother started riding 10 miles a day when she was sixty. She’s 97 now, and we don’t know where the hell she is.”** - *Lifted and modified from a joke by Ellen DeGeneris*
- *The answer of French cyclist, Stephane Heulot, when asked what he learned during three years as a disgruntled domestique riding for the Miguel Indurain-led Banesto team: “Spanish.”*
- *Mountain bike co-inventor Joe Breeze, talking about his two-year-old son: “I’m not ramming the bike stuff down his throat...but he can already say Campagnolo.”*
- *Great Swiss rider Alex Zulle, after a bad stage in the 1995 Tour of Spain: “It was the first time in my career I’ve finished in the laughing group...I saw the ass of guys whom I have never seen the face of.”*
- Advice on fitting into the pro peloton from Scottish pro, Robert Millar, a former Tour de France King of the Mountains champion: **“Learn to swear in different languages. Other riders will appreciate your efforts to communicate. They’ll also know who you are talking to.”**

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 (602) 615-6399 or via e-mail at “pnick44@qwest.net”**.

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