

THE TAILWIND TIMES

August 2009, Vol. 17, No. 8

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Can We Each Find Just One More Way This Year to Support Cycling?

By Bob Beane

Yes, it's that time again. It's time for your editor to question, challenge and encourage you to do just one more meaningful thing for your sport. Trust me, it's not that hard, and it can even be fun!!! In *most cases*, it doesn't take all that much time, effort or money, and you might find that you also end up feeling really good about yourself for doing it (kind of like the satisfaction you get after a really good ride). There are just so many little, or not so little, ways that you can benefit bicycling.

There is a lot that needs to get done (organizing and leading rides, running the club, advocacy, education, supporting the industry, bike-commuting to work, etc.). But, we have over 350 members!!! So, it only takes a modest extra contribution by each of us (and a noticeable extra effort from a select, fanatical few) to really "Up the Ante". There are a number of meaningful ways we can all participate. If we (collectively) do enough of them, we can even get recognized as a club by the League of American Bicyclists.

My **challenge for the next year** is to have each PMBC member **do one EXTRA thing for cycling**. Here are just a few ideas:

Basic

- Find one friend/acquaintance to join our bicycle club. A single membership is \$15 per year, family is \$20.
- If you haven't already, join the Coalition of Arizona Bicyclists, which performs bicycling advocacy in this state, provides cycling-related input to various governmental agencies (ADOT, Maricopa Association of Governments, various municipalities), provides and supports educational efforts related to bicycling, and represents you to the League of American Bicyclists and Congress. Memberships are \$25 or \$30 per year for single/family. www.cazbike.org.
- Make an extra visit to a local bike shop for a professional tune-up on your bike, or to buy a new pair of tires or floor pump.
- Subscribe to an additional bicycling-related publication, such as *Bicycling Magazine* or *VeloNews*.
- Join the League of American Bicyclists (www.bikeleague.org).
- Ride in one *extra* major event that is put on by a club in our area.
- Help a young person or a person wishing to improve their health to get started in the sport.

Intermediate

- Volunteer to work SAG at one major club event. Believe me, if you have never done this before, it will give you a whole new appreciation for those who put on these events each year. Your biggest surprise will most likely be the number of times you hear "thank you" during the ride.
- Attend an out-of-town major bicycle race or event (see Page 6). Tucson studies the economic impact of El Tour, and California measures the economic contribution of the Tour of California. This data is increasingly being used to justify such events and the roadway improvements/maintenance to allow them to take place more safely.
- Attend a Coalition of Arizona Bicyclists meeting to hear what current issues are and listen for some way you might contribute. Meetings are generally held in the evening on the third Monday of each month. www.cazbike.org.

Advanced

- Become a club ride leader (full time or "back-up"). Be sure that you have taken the Road 1 course and/or have sufficient experience in bicycling to do this safely, and know what the protocol is for leading a ride.
- Volunteer as a club board member or officer for a year.
- Be a leader or co-leader of a major club ride. If you're really ambitious, start a *new* ride for the club or a charity.

This list of suggestions is by no means "all inclusive." It's just a start. But, I think it does illustrate that there are many ways that each of us can give a little more back to cycling...just by doing one or two extra things next year. If all of us did that, think what a difference it would make!!! This time next year, I'm going to ask all PMBC members what **extra** thing you did...If we get enough good answers, **we'll apply to the League of American Bicyclists for "Club of the Year" in our Region**. Wouldn't that be cool!!!

Sunrise/Sunset (Phoenix, AZ)

Aug 1 5:41 a.m./7:28 p.m.
Sep 1 6:03 a.m./6:53 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 (mkkirk9942@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 – hogangoat7@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)



The Memorial Ride for Safety XII
Saturday Oct. 24, 2009

The 2009 theme is **Share the Road**. Join The Coalition and Phoenix Metro Bicycle Club for this great ride and to get the word out to motorists. The routes are 100K and 35 miles through Carefree and scenic vista's North in the Tonto National Forest, Pinnacle Peak and up to Sears Kay Ruins. The Start/Finish is by AJ's market at Pima and Pinnacle Peak Rd. Your entry fee will include a ride map, 2 rest stops, and a Bar- B-Que meal at the finish.

GABA/ABC/CAzB members pre-registered only -----\$25.00
 Non - members pre registered only -----\$30.00
 Day of Registration ----- \$30.00
 Tandem members pre -registered \$35.00 Day of ----- \$45.00

Pre-Registrations must be in by Oct. 10, 2009. Make check payable to PMBC

Registration starts at 7:00 AM Ride at 7:30 for 100K and 8:00 - 35 mi.

The Safety Ride and the safety message grew out of the tragic cycling accident Winston Benson had approximately 12 years ago and the many more since then in Arizona. The Coalition of Arizona Bicyclists is an organization dedicated to educate bicyclists, motorists, and government officials on all issues concerning bicycling.

www.cazbike.org

Join PMBC and the Coalition (CAzB) for a ride that benefits all AZ Bicyclists. Ride goes rain or shine call Rich at 602 953-2585. Sign and mail to:
 Safety Ride 5509 E. Everett Dr. Scottsdale, AZ 85254

By completing the following information and paying the registration fee I acknowledge that the registration process is not complete until the morning of the Event when I complete and sign the "Release and Waiver Form". Anyone under the age of 18 wishing to participate must have a parent or guardian present to sign the Release and Waiver Form.

Name: _____ Distance Riding _____

Address: _____

Phone: _____ email _____

AUGUST 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)

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 5-7 (Sat-Mon) – Blue Loop Tour (GABA-Tucson) – This is the annual 3-day tour through the mountains of eastern Arizona and western New Mexico. Cycle from Clifton, AZ to Glenwood, NM on Saturday (62 miles, 4800 ft of climbing), from Glenwood to Alpine, AZ on Sunday (58 miles, 5346 ft of climbing), and then back to Clifton on Monday along the Coronado Trail (96 miles, 6800 ft of climbing). For full details, visit www.bikegaba.org.

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.

Oct 17 (Sat) – 22nd Cochise County Cycling Classic (PBAA) – 45, 92, 157 or 252 miles!!! www.pbaa.com.

Oct 24 (Sat) – Memorial Ride for Safety XII (CAZB/PMBC) – See Page 3 of this newsletter for details/registration form.

Nov 7 (Sat) – Heart of Arizona (BullShifters) – 104 mile century or 125 mile sanctioned Brevet. www.bullshifters.org.

Nov 14 (Sat) - McDowell Mountain Century (ABC) – www.azbikeclub.com for information and registration.

Nov 21 (Sat) – 27th El Tour de Tucson (PBAA) – 35, 67, 80 or 109 miles around Tucson. www.pbaa.com.

Bicycle Tour of Colorado 2009

By Jay Stewart

On June 21st through the 27, PMBC members Cheryl Kelly and Jay Stewart joined some 1900 cyclists for the Bicycle Tour of Colorado. This year's ride was considered by many veteran riders to be one of the toughest routes in recent history; mostly due to the high mountain passes, heat, cold and wind.

Starting in Glenwood Springs on day one the riders awoke to a beautiful day following an all night rain storm that left the roads very wet for the first 20 miles of the 36 mile climb to the top of McClure pass at 8,755', with 3,500' of elevation gain. The descent to Hotchkiss at 5,500' was a treat.

Day two saw another hard climb to 10,839' at the top of the Grand Mesa, where many felt the effects of elevation sickness as their bodies tried to adapt to the much thinner air, myself included. Once at the top, the riders were treated to great panoramic views and another thrilling ride down the mountain to the Colorado River and then a headwind for the last twenty miles into Grand Junction.

On **day three** the route climbed a total of 3,500' to Montrose. This stage was very similar to riding in Arizona, having a high desert, open landscape, warmer temperatures and a stiff breeze all day. This route found many hardened, high elevation riders choosing to sag most of the distance to town while the PMBC riders felt right at home in those conditions. You can imagine though, how good the hot tub and swimming pool at the hotel felt after the ride.

Climbing out of Montrose on **day four** to the top of 7,950' Cerro Summit was made much harder than it should have been due to the strong headwinds that at times could knock a person off balance while standing alongside their bike taking a break. As we neared the top, the winds started to shift and small streams of water were found running alongside the road and at one point a small waterfall about 20 feet high that cascaded over the rocks found many riders stopping to enjoy the refreshing coolness that the tumbling water provided. After a steep descent to the rest stop there was another steep climb through a rugged canyon along a scenic river. At the top of this difficult climb the riders were rewarded with a breathtaking view of the Blue Mesa Reservoir. With nearly 4,000' of climbing in the first 50 miles we opted to ride a sag vehicle to the next rest stop, but as luck would have it, we ended up in a van with riders who could not finish the day and were sagged all the way to Crested Butte. We really didn't complain, much.

Day five was a much needed and appreciated day off in Crested Butte. Situated at 9,000' and surrounded by mountain peaks reaching 14,000' makes this a breathtaking spot, in more ways than one, and a great place to spend a day off the bike. Home to the Mountain Bike Hall of Fame and many historic points of interest found no one staying in their tents or hotels. Many friends were made and many tales were told as the riders walked around the town and met at the fat tire festival and bike week festivities that were running in conjunction with the Tour.

Day six was the toughest day of the ride and it was vital that we had the previous day off. After a 20 mile downhill ride to the Taylor River that meanders through the canyon we emerged on top of the Taylor Park Dam at 10,000'. The elevation dropped to 7,500' before the start of the climb to Cottonwood Pass. This section was 14 miles of all weather dirt road and climbed to 12,126' to the top of the Continental Divide. The last five or six miles of this climb were done in the rain and at the summit there was sleet mixed in with the rain. At this point officials determined that the 40 or 50 riders at that point would not be allowed to ride down the other side to the finish in Buena Vista and most were loaded into the back of U-Haul trucks like so many "heads of lettuce" as Cheryl described it. Jay was fortunate enough to get a ride in a sag vehicle with his bike, but, that is a story in itself best told by Cheryl.

The **final day**, once more over the Continental Divide at Independence Pass found many riders feeling the effects of the previous days ride. Cheryl was one of these and we wisely opted to get a sag ride over the top of the pass where we finished the downhill portion back into Glenwood Springs.

Over the seven days of this Tour we rode nearly 420 miles, climbed over 20,000' and had some of the most breath taking views and experiences one could imagine. This was truly a life changing adventure well worth the effort.

One learns so much about oneself, how to climb mountains, and an appreciation for what it takes for the professional riders to go through three weeks of getting back on the bike every day to complete the Grand Tours. From now on, the climb to the TV towers at South Mountain may seem like a freeway on-ramp.

Support Cycling...Go to a Major Race (and Have Fun!!!) By Bob Beane

Mike Kirk, Steve Miller and Jim Siart know. **Lance and Janet James, Dan Muchow and Linda and I** know. **Neal Thomas especially knows** (though he did once earn the “honorary” title of *Director of Dubious Publicity* for making Lance Armstrong swerve during the Tour de France). Going to a big-time bike race can be a lot of fun! And, it helps to support our sport.

Choosing a race to attend usually boils down to (1) time, (2) distance, (3) money and (4) peripheral activities (i.e. what else can I do in the other 95% of the time that riders aren't actually right in front of me?). Each race has its own “vibe”. For example, the **Tour de France** has lots of **Belgian beer, French wine, Devils with pitchforks and crazy Americans in PMBC jerseys and bright wigs** (see related photo) running alongside riders on mountain peaks. If you are crazy enough, this is the place where your fanaticism is most likely to be immortalized in a **World Cycling Productions DVD**. It also has many “holy grail” cycling opportunities as tour groups cover some of the same epic climbs and routes that Tour riders do...though at a slightly slower pace.

The **Tour of California** (Linda and I have attended three of four, so far) has a similar vibe to the Tour de France, though nothing quite matches the grandest of the Grand Tours. There are tons of people, some in character, especially at the top of the major climbs and at the finishes. The competition includes many Pro Tour teams, so many of the “big names” are there. Photo and autograph opportunities are amazingly good, especially at the prologues and/or time trials. Depending on the stages you choose to attend, there are “peripherals” such as **great dining** (e.g. San Francisco), **wine tasting** (e.g. Napa/Sonoma Valleys) and **cycling** (e.g. Solvang). With the Tour of California moving to May in 2010, watch for an increased list of options to appear.

The Tour de France has just concluded and the Tour of California is still ten months away, you say. Why tell me this, now? Well, because there are **several major races in the next few months in the USA**, and you can probably get some good deals on airfare and hotels if you act soon. **Here are three suggestions:**

- **Tour of Utah (Aug 18 – 23)** – This Tuesday evening through Sunday Tour all takes place within roughly 100 miles surrounding **Salt Lake City**. There is a Tuesday night prologue and a Friday evening individual time trial at the Miller Motorsports Park to complement the remaining road race stages and Sunday afternoon criterium. This year's field is planned to be the strongest ever, including **Ouch, BMC, Trek/Livestrong, BMC, Rock Racing, and Fly V-Australia**, among others. Riders possibly in attendance include **Floyd Landis, Ben Jacques-Maynes, Tom Zirbel, Taylor Phinney, Jeff Louder, Jackson Stewart, Victor Hugo Pena** (former TdF yellow jersey), and **Ivan “The Cuban Missile” Dominguez**. **Editor's suggestion:** Plan a three-day weekend. Fly into SLC on Friday in time to catch the TT at 6:30 pm and have a late dinner after racing concludes around 8:15. On Saturday morning, drive to Park City for breakfast and watch the 11:00 am start and parade laps around town. Then, rent mountain bikes and tour the nearby rail trail or drive around the mountain to catch the (estimated) 3:00 pm finish at Snowbird. Stay overnight at one of the area ski resorts, and enjoy a morning hike before catching the 2:00 pm final criterium in downtown SLC which should finish around 3:30.
- **Tour of Missouri (Sep 7-13)** – This seven stage race begins with a Monday circuit race in St. Louis, ends with a Sunday circuit race in Kansas City and features a Friday TT in Sedalia (western Missouri). Teams scheduled to attend include **Astana, Garmin-Slipstream, Saxo Bank, Columbia-Highroad, Quickstep, Cervelo and Liquigas**, so lots of the “big dogs” from the Pro Tour peloton will be racing. **Editor's Suggestion:** Plan a three-day weekend. Take an early morning flight to Kansas City to reach Sedalia (population 20,000) by TT start at 2:00 pm. Stay overnight nearby and ride on the Katy Trail (national landmark rail trail conversion) on Saturday. Return to KC Saturday evening for some famous BBQ, jazz and overnight stay (KC's Westin Crown Center, closest to the Sunday race, is offering a \$99 room rate for race fans).
- **USA Crits Finals (Sep 24)** – This Thursday afternoon/evening event will take place at the **Mandalay Bay Resort** and Casino in Las Vegas and will coincide with **Interbike**, which is being held at the nearby Sands Convention Center. **Editor's Suggestion:** Take Thursday and Friday off. Fly to Las Vegas early on Thursday. Hang out near Interbike and see how many autographs you can get. Watch the races Thursday afternoon/evening. Stay Thu/Fri nights at the **Red Rock Resort/Casino**, just 10 miles from the Vegas Strip, and splurge on the road biking/massage package for two.

Adventures in Wisconsin and Minnesota...Door County Ride (and more) Submitted by Tom Adams

We completed the 5-day Door County ride in 4 days! Aren't we fast?

<http://picasaweb.google.com/tla85258/090621DoorCounty?feat=directlink>

On the 3rd day, Tim and Betty called and said they were on their way up to see us, so I asked Tim to drive the RV from where it was parked in Sturgeon Bay up to our motel in Sister Bay. That way we were able to get an earlier start on Friday for our trip to Manitowoc, where we toured the submarine and Maritime Museum and Milwaukee. The next day we did the Tour de Jane. She went to college at Marquette in Milwaukee, and hadn't been back since she graduated a few years ago. Although we were riding on Saturday morning, the traffic was still pretty scary in downtown Milwaukee. That evening we dropped J&P off at the Brat Stop, where we met Jane's brother, who drove them back to Lemont.

<http://picasaweb.google.com/tla85258/090625TourDeJane?feat=directlink>

Sunday Scotte and I continued on the Tour de Sobieski, through my old friend Dave Sobieski's home ground of Oshkosh, Omro, Berlin and Redgranite, WI. We spent about 4 hours touring the EAA museum, which was wonderful. While we did manage to find Dave's family farm where he grew up, nobody was home. I've heard him tell stories about feeding the cows there for the last 30 years, so I wanted to see the place. Of course, the cows are long gone, and David himself has come a long way from the farm!

<http://picasaweb.google.com/tla85258/090628TourDeSobieski?feat=directlink>

Monday we headed for the Hostelshoppe in Stevens Point, WI. It is a Mecca for recumbent bikes, and the manufacturer of Volae recumbents. They have a huge selection of trikes as well. Scotte tried several trikes, while I tried a Volae. Tuesday we rode the Green Circle Trail around Stevens Point, then headed W towards MN.

Wednesday we were headed for Rob's in Minneapolis when we had a crash. We were making a left turn into a farm driveway when the van following us tried to pass, and clipped the left front of the RV. We weren't injured, and the other driver was only slightly injured, despite rolling over twice, but the left front axle of the RV was badly damaged, and it will be some time before it is fixed. We left it at the Ford dealer in Osseo, WI and the next morning Tim drove down, rescued us and delivered us to Rob's.

That evening we joined Rob and Nancy for a Twin Cities Bike Club (TCBC) ride through Minneapolis.

<http://picasaweb.google.com/tla85258/090701WICrashMN?feat=directlink>

Did You Know?

- **Sonia Sotomayor is a bicyclist** – The Supreme Court justice nominee and Senator Chuck Schumer (D-NY) apparently took time to discuss bikes and their favorite routes (among other issues) during a meeting between the two in June.
- **Lance Armstrong to form new Radio Shack team for 2010** – The intra-team Astana conflicts between Lance Armstrong and Alberto Contador will soon be no more. Armstrong has announced a major sponsor deal with Radio Shack for next year, and is widely rumored to have his long-time team director Johan Bruyneel signed on to manage the team. Lance is thought to have commitments from a number of the current Astana riders, including Levi Leipheimer and Andreas Kloden, and is actively shopping for top talent to round out the squad. One notable name in that group is rising star Taylor Phinney, who is currently on the Livestrong development squad.
- **Paula DeFreitas, Ron McFadden among PMBC and other cyclists riding with Floyd Landis in Ahwatukee** – During July, Floyd Landis and members of the Ouch! Pro Cycling Team visited South Mountain Cycles in Ahwatukee. Included in the visit was a little spin around the "hood" in which it is rumored that Paula "dusted" Floyd in a sprint. It is also rumored that Floyd didn't know where the finish line was (just kidding, Paula...). **A photo of our PMBC/Strada stars with Floyd should accompany this newsletter.**

- **Vuelta a Espana (Tour of Spain) to be broadcast live on Internet in AZ** – Universal Sports (not yet available on TV in AZ) has just announced that it has signed a four-year contract to broadcast the Vuelta live on TV and Internet. This year, the Vuelta will begin on August 29 in Assen, Holland and will end on September 20 in Madrid. (www.universalsports.com)
- **Tour of Ireland, Aug 21-23** – Lance Armstrong with Astana and Mark Cavendish with Columbia-HTC are scheduled to ride, and VeloNews.com (and maybe Versus on TV) are scheduled to broadcast this year's economy-shortened version.
- **Imagine the Possibilities!!!** – Trail advocates in Omaha, Nebraska and Council Bluffs, Iowa saw their dreams realized on September 28, 2008, when the Bob Kerrey Pedestrian Bridge opened, connecting pedestrian/bicycling path networks across state lines and the Missouri River. The bridge was named for Senator Kerrey, who was instrumental in securing \$18 million in federal highway funds to jump-start the \$22 million project. According to Council Bluffs Parks and Recreation Director, Larry Foster, the once-criticized use of taxpayer money has exceeded all expectations in usage and, because of its stunning architecture and night-time lighting, is now a "postcard" for the city and the area. The bridge links hundreds of miles of trails, and trail users, on both sides of the Missouri River.
- **The Ladies Passed the Men** – For the first time in the 14-year history of the concurrent running of the men's Philadelphia International Championship and the women's Liberty Classic, the men's pack was temporarily neutralized while the ladies passed them 36 miles into their own race. Apparently, Germany's Ina Teutenberg was in a hurry to "seal the deal" on her third win in five years.
- **A Message from Gary Bohnee regarding Tour de France (and Tour of the Gila) Photos:** Mr. Beane, Although not on a bike like Neal and Steve, my wife and I traveled across the pond to catch a few of the stages of the tour. Bumped into the boys in Barcelona and followed the next three stages in Andorra and into France. I have posted a few photo's from the journey. When my wife arrives back next week, I'm sure there will more to post. If members are interested in viewing they can go the following link to flickr. www.flickr.com/photos/airwarrior. Enjoy! Gary Bohnee (Editor: Thanks Gary!!!)

Final White Mountain Tour Thoughts from Ride Leader, Sil Ontiveros

I want to thank all of our hard working and dedicated volunteers. Everyone took their assignments seriously and did their best to ensure safety of our riders but also maintaining a "Fun" atmosphere. Thanks to everyone!

Ted Vawter will be sending us the mileage of each of his volunteers (I believe 5 ham radio operators.) I believe their service to the tour was invaluable. We were able to respond to the needs of cyclists and the rest stops faster than without the improved communication. The Ham Radio Operators expressed that they enjoyed working with us.

Evie and George, once again were a big hit with the riders. The riders love them. Thanks to the two of you for your commitment to cycling and making the WMT a fantastic ride. This year they also became the campground Mom and Dad. They kept everyone under control and minimized the wild party in the gym. Manuel Garcia the custodian was impressed that there was not trace of us being on the campus. **Russ**, I hope you are feeling better. **Robert and Gilbert** enjoyed working with you and also hope you are feeling better. Your trailer worked great and you are a wonderful person and take your responsibility seriously. No one lost their luggage. Please email you mileage to me.

Tom, thanks for helping our one armed-bandito with rest stop #3 on Saturday. I am just sorry we only had nine cyclists get to your rest stop but for those nine riders you were a welcomed sight. Please email your mileage for your volunteer work.

Once again my daughter, **Sarah** and my brother-in-law and Sister-in-law **Jim** and **Jan** have always come to our rescue when we need help conducting these events. I cherish their support and their love. Please send me your mileage.

Last but not least, **Susan** you are a great partner. Thanks for getting me focused on what is important and making sure I am civil in my communication when I am under stress. Everyone needs to know that it wasn't Silverio that coordinated this ride it was the Ontiveros Family with our Matriarch Susan keeping us stable.

Rider Comments:

- I just wanted to let you know how much I enjoyed this week-end's event. It was only by accident that I learned about it and I'm glad I did. I would have liked to have gone the whole 100 miles on Saturday, but Arizona's Mother Nature (wind) thought differently, but that didn't dampen the fun. The people manning the aid stations and running Saturday night's dinner was just icing on the cake. It is obvious that you have a good bike club in Phoenix - I only wished I lived closer to participate in more PMBC events. I've already told friends about the great time we had and I hope to bring them back to next year's event. Thank you for putting on a great event. Pat & Bill McQuade
- Dear Silverio, This is to thank you and your team for putting together a great ride experience. Best wishes, Bob and JoRita DeFrancesco

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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