

THE TAILWIND TIMES

November 2009, Vol. 17, No. 11

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What's New in the World of Bikes?

By Bob Beane and Interbike Attendee Rick Marquis

PMBC Club member and owner of **Javelina Cycles** in Ahwatukee, **Rick Marquis**, recently journeyed to Las Vegas for the **2009 Interbike** show to see what's new in the world of bikes and related technology. Not surprisingly, Rick observed that industry displays (both number of vendors and booth size) were down a bit, reflecting weakness in the overall economy. However, that did not deter leading edge companies from rolling out some interesting new stuff. Here are a few examples:

- **Road bikes – Shimano Di2 (Dura-Ace Electronic Shifting)**, which was actually first introduced in August, 2008, was a feature on high-end (\$10K or so) bikes. Shimano claims 1,500 miles between recharges, or a month or two if riding mileage is low. **Tubeless road tires** are also available from Hutchinson and being pushed by Shimano (who makes wheel sets). The tubeless tire is touted not so much for reduced flats as for the comfort of the ride, as tires are inflated to 80-90 psi versus the 110-120 psi which is common for tubed tires. **Carbon frames** continue to go up in quality and down in weight, and seem to be gaining further market share as they get stronger and lighter, many with “lifetime” warranties.
- **Mountain bikes and other – SRAM XX** (ten speed, front fork push-button lockout) and **650B wheel sizes** (versus 29”) were the MTB “buzz”. Urban, folding and electric bikes were also prevalent among the non-traditional bikes at the show.

News from the League of American Bicyclists from the American Bicyclist Update, September 28, 2009

- LAB members are encouraged to take a short **survey** to give the League feedback on membership interests and suggestions for future priorities. Join the LAB, and take the survey at www.bikeleague.org
- **Downtown Long Beach Associates** is being honored for their **Long Beach Bicycle Plan**. Equally impressive is the educational and informative web site for Long Beach bicycle riders. This site, which is geared toward beginning and visiting bicyclists, is viewed at www.bikelongbeach.org/Bike101, and is one of the best cycling-related web sites your editor has ever seen. It could be a model for Arizona cities and towns.
- **NYC Vehicular Homicide Symposium – What we need in Arizona**: A symposium addressing the lack of prosecution of at-fault drivers who injure or kill “vulnerable parties”, including bicyclists and pedestrians, was held in October. This symposium examined roadblocks to prosecution as well as strategies for improving the justice system and how to provide improved measures for deterrence.
- **Tennessee Builds Partnership to Reduce Traffic Deaths – In yet another step that Arizona might emulate**, the State of Tennessee has formed a multi-agency/constituent partnership to examine and recommend ideas to help reduce traffic-related deaths in that state. The group will focus on Education, Engineering, Enforcement and Emergency Response in an attempt to reduce fatal crashes by 10% or more by 2012.
- **Bicycle Commuting Trends** – Portland, OR, increased bike commuters from 1.76% to nearly 6% from 2000 to 2008. Overall, Arizona decreased to .87%, but remains above the national average of .55%. Tucson leads the state with 2% bike commuters. Phoenix is just under 1%. Good news: Arizona increased bike/pedestrian-focused spending by a factor of 3 times from 2000 to 2008, so hopefully benefits in increased commuting and safety will show up in the statistics of the next few years. (Source: American Community Survey)

Sunrise/Sunset (Phoenix, AZ)

Nov 1 6:47 a.m./5:36 p.m.
Dec 1 7:15 a.m./5:20 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@q.com.

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)

NOVEMBER 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 6:30-8:00 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: watukeewheelers@gmail.com

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)

Nov 7 (Sat) – Heart of Arizona (BullShifters) – 104 mile century or 125 mile sanctioned Brevet. **Page 5** & www.bullshifters.org.

Nov 7-8 (Sat/Sun) – Adrenaline Titus 12 & 24 hours of Fury – 12 and 24 hour individual and team mountain bike races on McDowell Mountain Regional Park's 10-mile competitive track in Fountain Hills. He/she who completes the most laps wins. For more info, visit www.4peaksracing.com.

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.

Dec 5 (Sat) – Free Ride (PMBC) – PMBC's annual Free Ride to thank our members for another great year of cycling in Arizona. Lunch after the ride! And, yes, it is totally free (well, we may twist non-member arms to join the club, but that's it).

Dec 5 (Sat) – Dawn to Dusk Scottsdale – One, two and four-person team MTB racing on the 15.5-mile Pemberton Trail in McDowell Mountain Regional Park. For info: www.dcbadventures.com.

Dec 13 (Sun) – Muddy Buddy Ride and Run – Two-person teams compete over a 6-7 mile course taking turns running and MTBing. There are obstacles and mud to conquer along the way. Get down and dirty at McDowell Mountain Park along with up to 900 other contestants. For more info, visit www.muddybuddy.com.

Jan 10 (Sun) – Casa Grande Century – Why do we ride a century in January? Because we can!!! Join PMBC and a veritable hoard of Valley and other cyclists on the trek from Sun Lakes to Casa Grande and back. **See Page 7 for all the details.**

The Heart of Arizona

Saturday, November 7, 2009

Start times: 7:30 brevet, 8:00 century

The **HEART** is back again! Please join the BullShifters as we host this incredible event for the 3rd year.

Ride Options:

104 mile century –the old route that you so enjoy
125 mile (200 km)RUSA sanctioned Brevet

Cost:

\$40 Bull Shifter, ABC, GABA/PMBC, RUSA members
\$45 for non-members
\$10 late fee if signing up after October 18th

You get:

- o Beautiful route
- o 4 sags on route
- o Roving support
- o Great schwag (for pre registered riders)
- o Hot dogs & hamburgers at the finish
- o Cheerful and helpful volunteers
- o Memories to last a lifetime

Ride Description:

Both distances will start and end in Congress and head out on the same route. Early on, you'll get to stretch your legs as you mostly descend to the Santa Maria River along the picturesque Joshua Tree Forest Parkway. There, you'll find the first sag. You'll want to tank up here cuz the fun, er, climbing is about to begin!

For the next 16 miles you'll roll and climb through some of Arizona's finest to your second sag. From there, the 200k riders will head left UP the hill to Bagdad and back. Meanwhile, the century riders will start the 6 mile descent (woo hoo!) back to the Santa Maria River. Enjoy it while it lasts since the 10 mile climb to Hillside awaits on the other side of the river! Never fear though, the Bull Shifters will be waiting for you at the top for your 3rd sag of the day.

From here you'll roll past numerous ranches to your 4th sag near Kirkland Junction. At the junction, 200k riders will hang a left for an out-and-back to the sleepy town of Wilhoit, just at the base of White Spar Mountain. Century riders will go right and head for Yarnell. There's a pretty big climb to get to Yarnell, but your reward is the thrilling 7 mile descent of Yarnell Hill! This is what you've worked for all day long. After the e-ticket descent, you'll have a couple miles of soft peddling and story telling with your riding buds as you cruise on in to the finish.

At the finish, the Bull Shifters will be cooking up some grub so you can feed your tired bodies while reminiscing about your day's events. Sit back, relax, and have a burger or hot dog and Coke on us. You've earned it by riding either 104 miles with 6000' of climbing or 125 miles with 7100' of climbing!

Directions:

US-60 to Wickenburg, SR-89/93 N (6 mi.) to SR-89 N (10 mi.) to Congress. Left on SR-71 (0.3 mi.) to Start

MapQuestmap: <http://tinyurl.com/58arz2>

Famous (or not) Bicycling Quotes Trivia Quiz

It has been suggested by unnamed persons in some quarters that bicyclists belong to some “fringe element” of society, and that no self-respecting adult would ride around on a bicycle. On the contrary, it has been estimated that over 40,000,000 people just in the USA ride a bike at least once each year, not to mention the hundreds of millions who ride in places such as Europe, China and India.

Here are a few of the more notable examples that suggest that “said persons”, rather than those who ride bikes, are out of touch.

Please match the following quotes with their celebrity source, each of whom is or was a full grown adult that also rides, rode, and/or appreciated the act of riding a bicycle:

Quotes (courtesy of *The Quotable Cyclist*, edited by Bill Strickland):

1. “Nothing compares to the simple pleasure of a bike ride.” _____
2. “When I see an adult on a bicycle, I do not despair for the future of the human race.” _____
3. “As a kid I had a dream – I wanted to own my own bicycle. When I got the bike I must have been the happiest boy in (hometown), maybe in the world. I lived for that bike. Most kids left their bikes in the backyard at night. Not me. I insisted on taking mine indoors and the first night I even kept it by my bed.” _____
4. “You not a bike rider, you nobody.” _____
5. On his purchase of a custom bike: “I’m not going to be doing any Tour de Frances or big mountain bike courses, but it’s good to mix things up.” _____
6. “It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them. Thus you remember them as they really are, while in a motor car only a high hill impresses you, and you have no such accurate remembrance of country you have driven through as you gain by riding a bicycle.” _____
7. “When you get second place, you say ‘I could have won it here, I could have won it there.’ When you win, you never say anything; it’s finished.” _____
8. “Get a bicycle. You will not regret it...if you live.” _____
9. On fitting in to the pro peloton: “Learn to swear in different languages. Other riders will appreciate your efforts to communicate. They’ll also know who you’re talking to.” _____
10. “Variable gears are only for people over forty-five. Isn’t it better to triumph by the strength of your muscles rather than the artifice of a derailleur.” _____
11. “I thought of that while riding my bike.” _____
12. “Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world.” _____

Sources:

- A. Greg LeMond, three-time Tour de France winner.
- B. Mark Twain.
- C. Henri Desgrange, founder of Le Tour de France in 1903.
- D. John Lennon of the Beatles.
- E. President John F. Kennedy.
- F. Famous cycling coach Eddie B.
- G. H. G. Wells, author of *The War of the Worlds*.
- H. Susan B. Anthony.
- I. Ernest Hemingway.
- J. Robert Millar, former Scottish pro cyclist and Tour de France King of the Mountains winner.
- K. Shaquille O’Neal.
- L. Albert Einstein, author of the theory of relativity.

(For the answers, see Page 11 of this newsletter...)

Nomination Committee Proposes 2010 PMBC Officers

The PMBC Nominating Committee for 2010 officers has accepted this year's nominations and proposes the following slate of officers for next year, which includes two outstanding new candidates and two experienced officers who have agreed to lead for another year:

- President – Ron Waller (incumbent)
- Vice President – Ken St. John (new candidate)
- Secretary – Cindy DiMassa (new candidate)
- Treasurer – Mike Kirk (incumbent)

.Nominating Committee members are:

- Glen Fletcher – wgfletcher@cox.net
- Sue Fassett – suefassett@att.net
- Bob Beane – marco3@cox.net
- Lance James – lance@lancejames.com
- Neal Thomas – NBThomas@aol.com

Did You Know?

- **15 States have a “safe passing law” similar to Arizona** – Nine more states have bills currently under consideration. The movement began in Florida, which saw 125 cyclists killed on the road in 2008 (more than any other state).
- **South Mountain Community College and REI** are teaming up to conduct a **Bike Repair & Maintenance class** at the SMCC main campus from 8:00 am to noon on **Saturday, November 7**. The cost is \$35. Call Tony at 602-305-5772 or e-mail antonio.espinoza@smccmail.maricopa.edu for information and to sign up.
- **Tennis star John McEnroe uses cycling to stay fit** – At the age of 50, “Johnny Mac” may be more fit than he was in his 20's when he was winning all those tennis matches. Get the *dirt* (he's mainly a MTBer) in November's *Bicycling Magazine*.
- **You can get to know Big George better in *A Ride with George Hincapie*** – This 81 minute documentary is directed by a Sundance Film Festival award-winning director, and includes footage of George as a young racer, as well as comments from Lance Armstrong, Phil Liggett, Paul Sherwen, Dave Zabriskie and many others who have coached, ridden with, and witnessed many of Hincapie's races over the years. **See the trailer and order the DVD** at www.hincapie.com (\$29.99).
- **Christian Vande Velde's DVD *Blood Sweat + Gears: Racing Clean to the Tour de France*** was just released in October and is available at www.amazon.com for \$29.95.
- **Lance Armstrong just signed as spokesman for Michelob Ultra** – It only makes sense that the InBev Belgians, new owners of Anheuser-Busch, would sign the world's most famous cyclist to a three year marketing deal. After all, what do Belgian's like more than beer and cycling? It seems a perfect fit, since Michelob Ultra sponsors cycling and running events all over the USA. One of the first TV ads will feature Armstrong cycling up a hill as we hear “some people see mountains – or large obstacles – while others see bumps.” (as reported in the AP and on Yahoo sports)
- **Armstrong and Colorado's Governor meet again to discuss road race in 2011** – Another meeting between Lance Armstrong and Colorado Governor, Bill Ritter, took place in early October, in a continuing attempt to bring back a Coors Classic-type stage race in Colorado just before the World Championships in August of 2011. Stay tuned!!!
- **El Tour de Tucson** is featured in the *Bicycling Magazine* November ride calendar. For all those who are riding, we hope the weather is as good this year as it is in the promo photo!!!
- **Women's road bikes for under \$1,000** – Speaking of *Bicycling Magazine*, the November issue compares the **Trek 1.2 WSD**, the **Fuji Finest 2.0**, and the **Specialized Dolce Triple**, all women-specific and less than a grand. The Trek 1.2, weighing in at 20 lbs (2-3 less than the competition) is their pick. For all the details, pick up a copy of the November issue.
- **So, you think you can ride a bike?! . . .** check this out:

<http://link.brightcove.com/services/player/bcpid1137883380?bctid=21337502001>

Casa Grande Century



January 10, 2010

100, 62 and 34 mile Options



Sponsored by Phoenix Metro Bicycle Club

There are three routes: 103-mile century, 62-mile metric century and a 34-mile ride. There will be rest stops, SAG support and a hot lunch at Dave White Regional Park in Casa Grande.

You can register by downloading the flyer and registration form at the PMBC website. You can also register at www.active.com* until 5PM, January 2, 2009.

MAIL YOUR COMPLETED REGISTRATION FORM AND YOUR CHECK, WAIVER AND COMPLETED

REGISTRATION FORM TO:

**Phoenix Metro Bicycle Club
P.O. Box 26788
Tempe, AZ 85285-6788**

REGISTRATION INFORMATION AND FEES*

- PMBC/GABA/ABC members before December 29, 2009: **\$20.00.**
- Non-members before December 29, 2009: **\$25.00.**
- PMBC/GABA/ABC members after December 29, 2009: **\$30.00.**
- Non-members after December 29, 2009: **\$35.00.**
- The 34-mile ride is only \$15
- Tandem: add \$15 for the additional rider
- Fee includes snacks, sag support, and lunch in Casa Grande.
- *Additional fees for using [Active.com](http://www.active.com) may apply.

AN APPROVED HELMET IS REQUIRED. HEAD PHONES ARE NOT ALLOWED.

Please join us for the first century (or metric century) of the year.

Please bring enough spare tubes for your ride. There will be SAG and sweep vehicles on all routes to assist you. The sweeps are also available for the weary and downtrodden!

Download the Registration Form and ride waiver from our website at

www.pmbcaz.org

This ride is a great first century or metric century. The terrain is flat, the roads have low traffic, and if history repeats itself, the weather will be sunny with a high of 70. What more could you want?

How about SAG stops with water, fruit and snacks, and the century and metric riders get a hot lunch at Dave White Regional Park in Casa Grande? You'll also get a route map and the first 200 registered riders receive a PMBC commemorative gift.

There are three ride options: A Full Century (100 miles), a Metric Century (62 miles) and a 34-mile ride. The 34-mile ride is out-and-back and flat. The 62-mile ride is out-and-back, with a slight hill. The 100-mile ride is mainly a loop and flat.

WHEN - Sunday, January 10, 2009.

Registration at 8:00 AM - 9:00 AM. (Sleep in for once and enjoy starting when it's close to warm!) There is no mass start, so you can leave any time after you register.

WHERE - Start and finish at the **Safeway store at 4970 S. Alma School Road, Chandler**. It is on the northwest corner of Alma School Road and Chandler Heights Road, 1 mi. N. of Riggs Rd. Please park at the edges of the lot so we don't block Safeway customers.

Directions:

From Phoenix or Tucson: Take I-10 to Riggs Road exit, then go three miles east to Alma School Road, then one mile north to Chandler Heights Road.

From Scottsdale, Mesa and Tempe: Take Loop 101 south past Chandler Blvd. to Loop 202 exit, then go east two miles to Alma School Road, then south four miles to Chandler Heights Road.

FOR ADDITIONAL INFORMATION

Email Mary Ellen Coe mary.ellen.coe@medtronic.com or phone 480-239-8226.



Phoenix Metro Bicycle Club

THIS IS AN IMPORTANT DOCUMENT THAT WAIVES YOUR LEGAL RIGHTS.

NAME OF EVENT: Casa Grande Century Bike Ride Date: January 10, 2010

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: _____

I HAVE READ AND ACCEPT THIS RELEASE

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: _____

I HAVE READ AND ACCEPT THIS RELEASE

PARENT/GUARDIAN SIGNATURE _____ DATE: _____

(Only if participant is under the age of 18)

Phoenix Metro Bicycle Club

Casa Grande Century Bike Ride Registration

January 10, 2010

This is a mail-in registration form for the Casa Grande Century Bike Ride. Please sign the attached waiver, complete the registration form and mail it with your check to *Phoenix Metro Bicycle Club*.

**Phoenix Metro Bicycle Club
Casa Grande Century
P.O. Box 26788
Tempe, AZ 85285**

Please complete the following registration fee schedule:

If registering before December 29, 2009

| PMBC/ABC/GABA Members only: | | | Non-Members: | | |
|-----------------------------|------|-------|--------------|------|-------|
| 103 Miles | \$20 | _____ | 103 Miles | \$25 | _____ |
| 64 Miles | \$20 | _____ | 64 Miles | \$25 | _____ |
| 34 Miles | \$15 | _____ | 34 Miles | \$15 | _____ |

If registering after December 29, 2009

| PMBC/ABC/GABA Members only: | | | Non-Members: | | |
|-----------------------------|------|-------|--------------|------|-------|
| 103 Miles | \$30 | _____ | 103 Miles | \$35 | _____ |
| 64 Miles | \$30 | _____ | 64 Miles | \$35 | _____ |
| 34 Miles | \$15 | _____ | 34 Miles | \$15 | _____ |

If you are you riding a Tandem add \$15 for the second rider _____

Total Registration Fee: _____

Reminder: All riders are required to wear an approved helmet. Head phones are not permitted. Obey all safety and road laws. Even though SAG support is offered, riders are expected to carry sufficient tubes, tools, etc., to complete the ride.



The Amazing New American Cycling Star: Tyler Farrar by Bob Beane

VeloNews has finally cleared up *one* mystery...**how you pronounce Tyler's last name**. If you are old enough to remember **Charlie's Angels**, it is pronounced just like our (sadly, recently deceased) dream/poster girl's first name "Farr-ah" (They have *not* explained why he is so fast). Beyond the clarified pronunciation, and long blond hair, any similarity ends. Our cycling "Farrar" is male, 22 years old, from Wenatchee, WA, and may become the **best ever American sprinter**, if he stays healthy and motivated.

Davis Phinney won over 300 races (mostly in the USA), and crossed the pond to legitimize his "class" by winning a stage in the Tour de France. **George Hincapie** has won sprint finishes throughout the USA, as well as in the Ghent-Wevelgem classic. "Fast" **Freddie Rodriguez** was signed by several ProTour teams during the early 2000's to lead out their top sprinters.

None of these riders beat a sprinter of the caliber of **Mark Cavendish** in a top tier race, none won a Grand Tour stage at the age of 22, and **none won as many races in Europe in their career as Farrar did in 2009, alone**.

Time will tell. Injuries, complacency and distractions of many varieties can derail the train to destiny. But, this kid seems to be on a mission to become something we've never seen: **The first American sprinter to be considered the best in the world**. It seems that his only competition, one of the best ever, is Mark Cavendish. It should be quite the show in 2010 to watch those two compete.

Tour de France Route Announced – Pyrenees and Individual TT will Decide Podium for 2010 Event

Starting with a 5-mile Prologue in the Netherlands on **July 3**, working its way south and east to the Alps, and finishing with **four days in the Pyrenees** then an individual TT from Bordeaux to Pauillac before Paris, the 2010 route will include an above average 23 mountain passes and only one individual time trial (excluding the prologue on day one).

With a nod to the 1910 route, the course will retrace the first-ever crossing of the Pyrenees, including the four legendary passes of that year: Peyresourde, Aspin, Tourmalet and Aubisque, the then-named "**Circle of Death**". And, the **Tourmalet will actually be scaled twice!!!** Christian Prudhomme, race director, said of the route "We wanted to make sure that anything could happen anywhere," after supposedly being disappointed with the amount of control over the race achieved by the top riders in 2009.

Early in the Tour, the race will cover sections of the spring classics routes for **Liege-Bastogne-Liege** and **Paris-Roubaix** as a tribute to those two races, so the riders will have to deal with cobblestones for the first time since 2004.

Absent injuries, the only major questions hanging over the 2010 competition are formal acceptance of Lance Armstrong's new **Radio Shack** team into the line-up, and the recent feud between the French anti-doping agency and the UCI. The French have recently opened preliminary investigations, reportedly as a result of some odd syringes being found in team medical waste containers. Since no riders tested "positive", your editor's theory is that the French agency is using the syringes, which would seem from their type and contents to have been "planted" (containing diabetes and other drugs seeming to have no relation to performance enhancement) as a political and media ploy to cast doubt on the legitimacy of Armstrong's 2009 Astana team, which took first and third in the race.

Ah, the French!!! Maybe it IS time to establish a major race in Colorado and the western USA as a scenic and equally challenging alternative to Le Tour...

Bicycling Quotes Trivia Quiz Answers (See Page 5):

1. E – President John F. Kennedy
2. G – H. G. Wells
3. D – John Lennon
4. F – Cycling Coach Eddie B.
5. K – Shaq
6. I – Ernest Hemingway
7. A – Greg LeMond
8. B – Mark Twain
9. J – Robert Millar
10. C – Henri Desgrange
11. L – Albert Einstein
12. H – Susan B. Anthony

Some Out-of-State Riding Opportunities to Put on the “Must Do” List...

- **Las Vegas, NV** – After you’ve had your fill of gambling and late nights (or, maybe before), try taking a road bike ride in **Red Rock Canyon Conservation Area** just outside Las Vegas (www.blm.gov/nv or 702-515-5350). The fee to bring your SAG wagon into the area is \$5, and the scenery is Sedona-ish with low-traffic roads. You might bump into **chef Rick Moonen of RM Seafood at Mandalay Place** (voted best seafood restaurant in Las Vegas for 2009), who was quoted in *Sunset Magazine* as saying that he bikes there “9 days out of 10”.
- **Napa Valley, CA** – In the northern end of Napa Valley is the town of Calistoga, known historically for hot springs and as a starting point for many tours of the Valley’s wine country. One touring option for those of us who prefer tours of the two wheel variety is the self-guided **Calistoga Cool Wine Tour** offered by **The Calistoga Bike Shop**. \$80 per person includes rental of a Bianchi, a customized tour that includes six boutique wineries, tasting fees and a SAG wagon to bring your purchases back to the bike shop. For info: www.calistogabikeshop.com or 707-942-9687. Tip: At the end of the day, catch local winemakers, chefs and “la gente” popping a cork at **Calistoga Hot Springs** (entrance fee drops to \$10 after 7:00 p.m., and folks grab a table poolside). www.calistogaspa.com, or 707-942-6269 for more information.
- **Summit County, Colorado** – Most people go to Summit County to ski (Breckenridge, Copper Mountain, Keystone, etc.). Your editor goes there to ride a bike. It’s my **favorite place to ride a road bike in the whole USA**, and many people feel the same way, both road and mountain bike riders. It has also been selected a USA Today “Top Ten place to take your kids for a bicycle ride”. As a “roadie”, I love the incredible scenery, high altitude (9,000+ feet base altitude) and (mostly) off-street paved pathways that connect the above-mentioned ski towns to Frisco, Dillon and Silverthorne, and continue up over Vail Pass and down to Vail (note that the ride down to Vail from the pass can burn brake pads, and the ride back up will surely burn your leg muscles...so go “over the top” only if you would feel comfortable riding a Tour de France-caliber HC climb on the way home). Combine morning rides with summer music festivals (jazz, bluegrass, orchestral, etc.), great mountain-village food, and you get the idea. For more info and to plan your trip: www.gobreck.com,

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. www.javelinacycles.com

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, 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@q.com**.

Phoenix Metro Bicycle Club
PO Box 26788
Tempe, AZ 85285

West Valley Bicycle Club
PO Box 8125
Glendale, AZ 85312