

THE TAILWIND TIMES

June 2007, Vol. 15, No. 6

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White Mountain Tour - July 21st and 22nd, 2007

Sponsored by Phoenix Metro Bicycle Club

This tour has been attracting participants from out of state, as well as in-state riders for more than 20 years and has become a favorite for many. Temperatures ranging from the low 60's to the mid 80's, great support for the riders and Saturday night's dinner social make this ride one you will want to do again and again!!

The White Mountain Tour is a **two-day fully supported tour** and includes sag support, emergency mechanical support, plenty of good snacks and luggage delivery to your hotel or campsite. Saturday night's dinner and a raffle ticket are also included in the entry fee.

The cost of the tour is **\$50.00** for GABA/ABC club members. **\$55.00** for non-members. A **\$10.00 late fee** applies after June 30th.

Saturday night's dinner, which is included in the entry fee, will be served from **5:00-7:00 PM**. Non-riders and family members can purchase dinner for \$17.00 per person. The dinner menu includes Steak, BBQ chicken, beans, pasta salad, garden salad, watermelon, biscuits, cobbler and ice cream. Umm, Ummm, better than home! After dinner there will be an Amateur Talent Contest and Raffle. There will be prizes for those willing to showcase their talents, those not so bold, will have a chance to win raffle prizes. Dinner will be at the traditional location at the Round Valley High School in Springerville.

For **Saturday night lodging** there will be **free camping** which includes showers and bathroom facilities at the Round Valley Middle School in Eagar. For those wanting the more comfortable confines of a motel room, make your reservations at one those [listed below](#), we will deliver luggage there by 2 PM.

Luggage Pickup will start at **8:00 AM** on Sunday for the return trip.

The Start & Route. This year we will again start and finish at Hon-Dah. **Registration on Saturday is 7:00am till 8:30. No mass start.** 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, about 34 scenic miles, (stop in and say high to the gang, maybe buy a cold soda or ice cream). If you are a casual rider, you might 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/Eagar for 63 miles for day one.

!!!New This Year!!! For those hardy enough, we are planning an **Optional Loop of 40 miles**. Yes, that's right, you will have the option of doing a **Full Century** or the traditional **Metric Century** on 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.

WHEN: Saturday & Sunday, July 21st & 22nd, 2007, Registration from 7:00 AM to 8:30 AM on Saturday.

WHERE: Hon Dah Resort and Casino (parking and registration behind the hotel), Located at the intersection of AZ highways 73 and 260 south of Pinetop.

(continued on Page 4...)

Purposes and Objectives of GABA and our member 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...

West Valley Bicycle Club (GABA Chapter): Jared Williams, Pres (623) 330-0220, Chuck Gerke, Secy (623) 974-9918, Betsy Turner, Treas (623) 979-8110, Gene Marchi, Ride Information (623) 546-8112.

Phoenix Metro Bicycle Club (GABA Chapter): Jay Stewart, Pres (480) 893-0303; Tom Adams VP & Mailing List (tla85258@yahoo.com), Quyen Nguyen, Treasurer (calypso850@yahoo.com); Jane Larson, Secy (Jlreports@qwest.net); Bob Beane, Newsletter Editor, (480) 961-1951, (marco3@cox.net).

Moving or Changing e-mail addresses? Please let your home chapter know – The Post Office will not forward the Tailwind times and e-copies won't find you unless we know where you are!!!

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 2003 or older versions, information by 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. 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: www.sportsfun.com

Tucson: www.bikegaba.org

Prescott: www.prescottcycling.org (e-mail: pcc@prescottcycling.org)

Flagstaff: www.flagstaffbiking.org

Newsletter Production...A Very Special Thank You

Those of us involved in the production of the newsletter would like to thank **Toby House**, a non-profit agency servicing adults with serious mental illness in Maricopa County for over 27 years. These fine people are responsible for the reproduction and mailing preparation of the **TAILWIND TIMES** you are reading.

Sunrise/Sunset (Phoenix, AZ)

June 1 5:19 a.m./7:33 p.m.

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

Tip of the month:

- **Sidewall/Slice Flats...Getting Home** – Because of the amount of sharp stones and construction debris on Arizona roads, many flats result from tears or slices to the tire. Most of us don't carry spare tires, and a spare tube protruding through a slice or sidewall tear is likely to pop. One way to "patch" a tire that has had a slice is to use a dollar bill. If the slice is small enough, fold the dollar bill in half and seat it between the tube and tire directly over the slice. This will help prevent the tube from protruding through the slice or tear, which will help avoid a "bubble" in the tube and a near certain flat. Another alternative, if scissors or a pocket knife is available, is to cut a section of the flatted tube to similarly seat between the new tube and tire. I've even heard of duct tape from a nearby business being used on the inside of a tire. With these methods, inflate the new tube to a moderate but lower-than-normal pressure. You won't set a speed record, but it might increase your chances of getting home. Oh, carrying a cell phone to call a friend for a ride isn't a bad way to go, either...

JUNE RIDE SCHEDULE

****Please Note: Helmets are MANDATORY for all rides*

****Liability Waivers: If Ride Leader asks for riders to sign, and you don't, you are NOT part of the ride
(Includes most major club/event rides. For a more comprehensive ride schedule visit www.sportsfun.com)*

REGULAR CLUB RIDES (generally free to members, prospective members and guests)

EVERY MONDAY, WEDNESDAY & SATURDAY: Bike rides are held throughout the West Valley. For information on meeting places, times, etc., call Gene Marchi (623) 546-8112.

EVERY SATURDAY: SATURDAY CYCLING – Kiwanis Park, Tempe (SW of Mill & Baseline, across from the sand volleyball courts). 25-40 mile rides with optional breakfast stop. Contact Sue Fassett at (602) 758-0722 or suefassett@att.net.

EVERY SUNDAY: SPIN CYCLE starting at Desert Breeze Park, located between McClintock & Rural, and Chandler & Ray, on Desert Breeze Pkwy. For more information, contact Glen Fletcher at wgfletcher@cox.net.

START TIMES FOR SATURDAY CYCLING AND SUNDAY SPIN CYCLE: Jan 8:30, Feb 8:00, Mar 7:30, Apr/May 7:00, June-Aug 6:30, Sep/Oct 7:00, Nov 7:30, Dec 8:00.

EVERY SATURDAY: SUN LAKES BICYCLE CLUB – Starts from the Cottonwood Clubhouse on Robson Blvd between Dobson & Alma School, south of Riggs Rd. (Exit 167 from I-10). 35-40 mile breakfast ride at moderate pace. For information call Bob Prochaska at (480) 895-2601.

MONDAY-FRIDAY: PINNACLE PEAK PEDALERS – Rides of one or more days around the Valley and/or state. For information regarding upcoming rides call Vern Hines at 480-204-1419.

Kokopedalli “No Drop” Rides (20-22 miles, with longer options): Ride locations include Scottsdale (Chaparral Park), Mesa (Gene Autry Park) and Ahwatukee (various). Website: <http://groups.yahoo.com/group/kokopedalli> Get emailed ride reminders by sending a blank email to kokopedalli-subscribe@yahoo.com For more info contact Kathy Mills at khendricks67@earthlink.net or 480-235-5052 for details. See <http://www.sportsfun.com/gaba/rideschedule.html> for ride schedule.

ARIZONA BICYCLE CLUB – The Arizona Bicycle Club is a Phoenix-based club that shares ride/event schedules with GABA clubs, and we offer member-discounted rates to each other's members for major rides.

MAJOR RIDES/EVENTS UPCOMING (most of these rides involve a rider registration fee or donation)

July 21-22 (Sat-Sun) PMBC – (NOTE DATE CHANGE) Dave Freund Memorial White Mountain Tour www.sportsfun.com.

July 21 (Sat) Absolute Bikes – Taylor House Benefit Ride – 45, 65 or 95 miles. Flagstaff. www.absolutebikes.net/flag

Aug 25-26 (Sat-Sun) ABC – Grand Canyon Tour – www.azbikeclub.com or Richard Utterback (602) 264-9318

Sept. 1-3 (Sat-Mon) GABA-Tucson - Blue Loop Tour- 55, 60 & 90 miles in central mountains of Arizona and New Mexico! Very little traffic! Lots of hills and scenic vistas! Starts in Morenci, to Glenwood (NM), then to Alpine, and back to Morenci down the famous Coronado Trail on the 3rd day!

Sept. 15-16 (Sat-Sun) GABA-Tucson - Sonoita-Bisbee (Fall) - Ride leader: Dick Shaeffer

Sept. 29th - Oct. 6 GABA-Tucson GREAT ARIZONA BICYCLE ADVENTURE. 27th Annual. 7-day, approx. 500-mile camping tour across Arizona. Call our info line: (520) 349-5932. Ride chair: Dorothy Barth or cross-state@bikegaba.org

For a listing of major bicycling events throughout the West, visit www.bbcnet.com and view the Western States Bicycle Ride Calendar. This listing is by date, and includes primarily metric and full century rides, but also lists double-centuries and multi-day tours. Rides are typically shown with mileage options, altitude gain, sponsoring club/organization, and contact/registration info.

Humor: In 1998, Lance Armstrong was struggling with his post-cancer return to racing. For some reason, he called Bob Roll to join him and coach Chris Carmichael in a mini-training camp in Boone, N.C. As they neared their cabin “home base”, it went like this...

BR: Lance, how did you find this place?

LA: We raced through these hills during the Tour DuPont.

BR: How did you find this cabin at the top of this hollow?

LA: Through the Internet.

BR: Under what? Dentistry Anonymous? (Roll and Chris Charmichael start to laugh...)

LA: Laugh now, you freaks, but tomorrow we're doing ergometer tests.

MAIL REGISTRATION FORM AND FEES TO:

- PHOENIX METRO BICYCLE CLUB
PO BOX 26788
TEMPE, AZ 85285-6788
- See Page 7 of this newsletter for a registration form, or download the Official Tour Flyer and Registration Form in Microsoft Word .doc format: [WhMtTourFlyr06.doc](#) (86K).
- The above registration form is a Microsoft Word Format (.doc) document. If you have trouble downloading, viewing or printing this document you may use the [text registration form](#).

MAKE CHECKS PAYABLE TO:

- Phoenix Metro Bicycle Club

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
- 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
- Hon-Dah Resort – 1-800-929-8744

FRIDAY NIGHT LODGING

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

- Apache Pines Motel - 928-532-4328
- Best Western - 928-537-5773
- Day's Inn - 928-537-4356
- Downtown 9 Motel - 928-537-4334
- Holiday Inn - 928-537-5115
- KC Travel Lodge - 928-537-4433
- Kiva Motel - 928-537-4542
- Motel 6 - 928-537-7694
- Snowy River Motel - 928-537-2926

SATURDAY NIGHT LODGING:

in [Springerville](#) / Eager

- Free camping in the town of Eager, includes restroom and shower facilities at Round Valley Middle School. Sleep in the gym, or pitch your tent on the nicest lawn in town.
- 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.whitemountainescape.com

ADDITIONAL INFORMATION

- For more information contact [Jay Stewart](#) or afternoons and evenings at 480-250-1613.

Did You Know...?

- **Trail de Paris...Paris, Texas, that is** – The Rails-to-Trails Conservancy recently donated 20 miles of continuous, rail-banked corridor in support of an effort to establish a 147 mile linear state park containing a recreation-oriented trail in northeastern Texas. Sections of the trail are already completed, notably in Paris, Texas, and plans call for the trail to link twenty small communities, creating a destination venue for cycling and ecotourism.
- **Maricopa County Plans to Connect Parks by Off-Road Trail** - In February 2000, the Maricopa County Board of Supervisors formed the Maricopa County Trail Commission and unveiled their plans to develop a Regional Trail System. The trail system plan was compiled in three stages over a period of nearly five years. It represents a comprehensive system of non-motorized trail corridors that will help guide the planning process as Maricopa County moves through the 21st Century. The route would include McDowell Mountain Regional Park and Utery Mountain Regional Park. A project team was assembled to identify corridors to link parks in the north and west in Phase One. In Phase Two, **Maricopa Trail** was chosen as the name for the primary trail loop connecting the regional parks and full-time trail planners and a program manager were hired. The main task for Phase Three was to complete the primary loop incorporating Estrella Mountain Regional Park, Buckeye Hills Regional Park, and Phoenix's South Mountain Park into the system. Secondary tasks included identifying connections to external trail systems, prioritizing the proposed corridors, and looking at future trail corridors throughout the County. The Phase Three document, the *Maricopa County Regional Trail System Plan*, supercedes all previous plans. The *Maricopa County Regional Trail System Plan* was adopted by the BOS on August 16, 2004.
- **Car-Free Sundays at South Mountain Park** (from LeRoy Kopel)- Phoenix Parks Dept has scheduled a "Silent Sunday" car-free day at South Mountain Park once a month thru the end of the year: May 27, June 24, July 22, Aug 26, Sept 23, Oct 28, Nov 18, Dec 23. The more cyclists who show up the more likely they will continue. A link to the Phoenix Parks Dept is: <http://phoenix.gov/parks/hikesoth.html>

From "A Peiper's Tale" by Allan Peiper and Chris Sidwells

(Editor's Note: Allan Peiper, currently a Team Director for T-Mobile, was an Australian journeyman cyclist at the highest level. His career at that level began with a 3rd in the Junior World Track Championships in 1977 and ended after the 1992 season, in which he completed both the Giro d' Italia and the Tour de France. Allan had a number of stage wins and high places in major tours, and rode on teams with Phil Anderson, Sean Yates, Robert Millar, and Neil Stephens, but it was mostly the career of a domestique to the stars of the peloton...and it was a hard road. Here is one excerpt from his recollections of the 1992 Giro...)

"In my last year of racing as a pro I rode the Tour of Italy. On one stage I got away on my own, just after the points sprint and not long after the start. It was a 240-kilometre stage with the finish on top of the Terminillo pass, a 20 kilometre climb. I was just going for it with everything I'd got, to see how long I could last.

Once I had a lead of 12 minutes on the peloton, Miguel Indurain's Banesto team began riding on the front. My director, Jose De Cauwer, drove up alongside their team car and asked them why they were riding after me when I was two hours behind on the overall classification. They said they weren't riding after me, they were just making tempo.

It was a blistering hot day, and I won quite a few primes during my 200-kilometre ride to the foot of the Terminillo. I was determined to get there before the rest, and I did, but they were close. I could hear the thud of the blades on the helicopter that hovers above the peloton, relaying the TV pictures into countless homes. It was getting closer and closer, with a phalanx of warriors beneath it, after my blood.

They caught me just as the climb started and, one by one, the different groups passed me by. Finally, the last group caught me – the one with the sprinters in it, big guys who can't climb but have to survive in the mountains so that they can fight out the bunch finishes in the days to come. My legs had gone; it was all I could do to ride with the group.

A few kilometers from the top I cracked completely, and tears began to stream down my face. I didn't think I would be able to ride to the finish – it was all uphill and I was grinding to a halt. The fear of being unable to finish, and the hopelessness of my situation shattered my spirit.

Then there was a hand on my back and a push. Then another, and another. Even Super Mario Cipollini – who always pissed me off on mountain stages by sitting on the back of the group on the flat then riding at the front on the climbs for the cans of Coke the fans offered – even Mario gave me a push, and a word of encouragement. I made it to the finish, but only because of the pushes from those men, some of them the same ones who, earlier in the day, had chased me with such spite to end my escape.

After the race is over, whether we've won or lost, we are like brothers who have fought together. There is nothing like it."

The History of the League of American Bicyclists

By Barbara Sturges, League Member

The League began as the League of American Wheelmen (LAW) in 1880, and was responsible for defending the rights of cyclists from its start. The League of American Wheelmen is credited with getting paved roads in this country before the reign of the automobile.

By 1898, the League of American Wheelmen had more than 102,000 members including the Wright Brothers, Diamond Jim Brady, and John D Rockefeller! The League has had its ups and downs --- it actually ceased to exist on two occasions, but was resurrected each time. Since its most recent revival in 1965, the League (renamed the League of American Bicyclists in 1994) has focused its programs on education in addition to advocacy.

The League's Bicycle Friendly Community program recognizes communities nationwide that support the five E's of bicycling -- education, enforcement, engineering, evaluation and encouragement.

The League's BikeEd program offers the only nationwide instructor certification program. More than 200 new League Cycling Instructors (LCI) were certified in 2005. The League's BikeEd program teaches riders to feel comfortable riding on the road, in addition to bike fit and maintenance.

The League proclaims National Bike Month each May -- this is the 50th year -- and offers posters and "how to" kits on planning events for Bike to Work week and/or day.

The League's magazine, *American Bicyclist*, and website offer information on clubs, rides, classes, as well as fact sheets on topics like group riding, why to ride on the right, how drivers should share the road with bicycles, and many other timely subjects.

The League's 1997 move to Washington, D.C., facilitated working with the government. In 2006, the sixth annual Bike Summit will be held with more than 300 participants. Bicycle advocates, industry executives, and educators use the Summit as a chance to meet with elected officials about supporting legislation to help bicycling, and to network with each other. Attendees from Texas have convinced Senator Kay Bailey Hutchison to co-chair the new Senate Bike Caucus!

Other legislation on which the League has worked recently include a "Conserve by Bike" amendment to the energy bill and the Bike Commuter Act that would extend the transportation fringe benefit in the tax code to bicycle commuters.

The League has advised the National Highway Traffic Safety Administration (NHTSA) on rumble strip design and is working to reduce fees charged to bring bikes on domestic flights.

The League offers members a quarterly magazine and discounts on travel arrangements and at bike shops, and a subscription to *Bicycling* magazine! Member clubs receive promotion of their events and the opportunity for insurance coverage.

To join the League or for any questions, call 202-822-1333 or write bikeleague@bikeleague.org.

Registration Form – 2007 White Mountain Tour

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Age: _____ E-Mail: _____
Entry/s: \$ _____ Addl dinners: _____ x\$17.00 =\$ _____ Total:\$ _____
Fees: \$50.00 GABA/ABC Members
\$55.00 Non-members \$10.00 Late fee after June 30th

Mail completed entry form and check payable to: Phoenix Metro Bicycle Club, PO Box 26788, Tempe, AZ, 85285-6788

For more info or questions contact: Jay.Stewart@Honeywell.com or call 480-250-1613 till late nite.

Your Ride leader, Jay Stewart, League of American Bicyclists, LCI #1196
Ask me about vehicular cycling! Are you a bicycle DRIVER?

Mileage Report: Tom Adams reported that through April he had ridden 1,200 miles in 63 rides and had spent 101+ hours on the bike so far this year. How are you doing?

BIKE TRAVEL CASES:

PMBC owns several hard shell bike travel cases for rental at minimal cost to members for up to four consecutive weeks. Eligibility: Club member in good standing for at least three months, refundable deposit required, and there is one of those legal-type rental agreements to be signed. For reservations or additional information, contact Paul Nichols in person or via e-mail at "pnick44@qwest.net".

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.

TEMPE BICYCLE: 330 W. University, Tempe (480) 966-6896.

BIKE DEN: 4312 W Cactus, Glendale (623) 938-0989. Bianchi, Litespeed, LeMond, Gary Fisher, Univega, Nishiki, Mountain Cycles, BMX and recumbents.

BIKESPORT: 12035 n 59TH Ave, Glendale (623) 979-3474. Schwinn cycling & fitness, Giant, Paramount.

OASIS CUSTOM BICYCLES: 5815 w Hearn Rd, Glendale (623) 978-6787. Linear & BikeE recumbents.

MIKE'S BIKE CHALET: 5761 E Brown Rd, Mesa (480) 807-2944. Cannondale, Giant, road & mountain.

BIKESMITH CYCLE & FITNESS: 723A N Montezuma, Prescott (928) 445-0280. Schwinn, Specialized.

***Supporting members provide annual financial support to PMBC 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, and let them know that you are one of nearly 500 GABA members cycling in central and northern Arizona ...

GABA – Phoenix Metro
PO Box 26788
Tempe, AZ 85285

GABA – West Valley
PO Box 8125
Glendale, AZ 85312