

THE TAILWIND TIMES

August 2007, Vol. 15, No. 8

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The Really Good News from the 2007 Tour de France by Bob Beane

Some segments of the European press, no doubt in search of greater newspaper sales, declared the Tour de France “dead” on July 26 after the dismissal of Michael Rasmussen. Apparently, they weren’t aware that TV viewers and roadside fans continued the trend of record ratings and attendance that began along the roads of England and then spread to Belgium, Spain and France. Why shouldn’t we just abandon the Tour? Aren’t we cycling fans disgusted with illegal performance enhancements? *Yes*. Don’t we want those riders banned from cycling competition? *Absolutely*. We really want only fair, competitive races that showcase the legitimate talents of the best cyclists in the world...The Tour de France remains the premier event in our sport. And, there is too much good about it to write it off because of a handful of cyclists who try to get through the three weeks while using unfair means to bolster performance. So, I’m tightening my safety belt, but staying put.

As the events and teams increase the frequency and quality of testing, and as they and the fans grow increasingly intolerant of cheaters, there will be non-compliant riders caught and expelled from racing until the shift of mindset is completed. I don’t for a minute expect that all cheating will ever go away. But, I will not blame the Tour de France for all of this, and, more importantly, I still want to applaud and celebrate the efforts of the guys who compete clean, including those who bust their backsides for three weeks just to finish in relative anonymity. They create a beautiful spectacle for my favorite sport, while pushing themselves to the limits of their capabilities. Every sport needs a pinnacle of achievement...In ours, it is the Tour.

So, let me take you back to some of the *really good news from this year’s Tour de France*...and, there is plenty:

- **Record attendance and TV viewers** – That keeps sponsors in the game, especially as other difficult issues are sorted out. But, it also demonstrates that more people have cycling on their radar. Since we all can’t be Tour riders, but most of us can ride, maybe this increased audience will mean that more people will take up commuting by bike and riding for health and fitness. In a time when there are increasing questions about how much damage our carbon emissions are doing, and in a time of record obesity in the USA, that would surely be a good thing. And, selfishly, I can’t think of much that improves a driver’s driving around cyclists more than taking up cycling.
- **An International Celebration** – Even excluding “wins” of Rasmussen and Vinokourov, there were stage wins by riders from the USA, Switzerland, Italy, Australia, Belgium, Norway, Germany, Colombia, South Africa, Spain and France. Some of the more notable ones follow. And, there were great non-winning rides in support of their respective teams by Americans Levi Leipheimer and Chris Horner, Ukrainian Yaroslav Popovych, and Dutch rider Michael Boogerd. Suffice it to say, there was something for almost everyone and every participating country to cheer about.
- **A True Warrior** - Robbie McEwen: Like him or not, this Aussie has great “fire”, and the heart of a champion. As a cyclist, how can you not just revel in a guy being dropped by a crash, injuring his wrist, then, after being pulled back to the peloton by his team, working up through the whole bunch to win the Stage 1 sprint...*going away!*...I don’t think even Phil Liggett and Paul Sherwen had enough superlatives to describe the ending to that chapter!!! It was something remarkable to see, *especially* in the slow motion replay.
- **Reward for the Helper** – Lead-out men are heroes who (almost) never see the limelight. In Stage 2, Belgian Gert Steegmans was so strong that Tom Boonen appeared not able to come past him. For once, the lead-out rider got the glory! I never knew this guy’s name. Now, he will always be remembered as the man too strong for Boonen to pass.
- **Surprised by the Yellow Jersey** – Nobody was surprised when the Swiss Fabian Cancellara won the Prologue. After all, he is the World TT Champion. But, when he attacked off the front of the peloton at 500 meters to pass four breakaway riders and win Stage 3, the peloton, commentators and cycling fans everywhere were simply stunned. Nobody yet seems to be able to come up with another time when the Yellow Jersey has pulled off such a move.
- **First for a Whole Continent** – When Robbie Hunter of South Africa won the sprint into Montpellier on Stage 11, he became the first ever rider from the continent of Africa to win a stage of the Tour de France. North America came on board in the 1980’s. Now, Africa has arrived. I suspect that eastern Asia is only a few years away.
- **Young/New Riders in Jerseys** – Whether it was the gutsy breakaway attack of Linus Gerdemann of Germany, or the remarkable climbing of Alberto Contador of Spain and Juan Mauricio Soler Hernandez of Colombia, an exciting new generation of riders showed themselves in this Tour wearing White, Yellow and Polka Dot jerseys.

(Continued on Page 2)

- **Closest Ever Podium Finish** – Never before have the top three riders finished this close...within 31 seconds. The final time trial produced probably six or more “best efforts” from top-10 riders, including the top three. Leipheimer’s stage win was the 4th fastest in Tour history, and both Cadel Evans and Alberto Contador gave everything in their duel for 1st and 2nd.
- **Paris** – If the Tour should ever go away or change, such that the final stage into Paris no longer happens, the world will lose something magical and inspiring. Many interviewed Tour riders say that merely turning onto the Champs-Elysees gives them “chicken flesh” (goose bumps). This isn’t just the guys that win jerseys, it’s the 100+ riders for whom just getting to the Tour is a career-defining achievement and reward. As a sport, and as cycling fans, we *can’t* lose a magic plateau that gives so much emotional reward to the honest, clean riders at the top of their game.

The Tour is definitely *NOT* dead. I still see much to applaud and celebrate. I believe that **our best course as fans is to support the sport and its greatest events by attending and watching, while at the same time expecting and demanding that the UCI, teams, riders and events work to make it both more difficult and very unprofitable to cheat.** If that means unannounced testing of 100% of the peloton throughout the race, so be it. The Tour remains a race for ALL the people and ALL the cyclists who hold the race, and our sport, high. Vive le Tour, and Vive Cycling!!!

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)

August 1	5:41 a.m./7:28 p.m.
September 1	6:02 a.m./6:54 p.m.

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.

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

Kokopedalli “No Drop” Rides (20-22 miles, with longer options): Ride locations include Scottsdale (Chaparral Park), Mesa (Gene Autry Park) and Ahwatukee (various). Website: <http://groups.yahoo.com/group/kokopedalli> Get emailed ride reminders by sending a blank email to kokopedalli-subscribe@yahogroups.com For more info contact Kathy Mills at 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)

Aug 4-5 (Sat-Sun) PMBC – Flagstaff Woodlands and Crater Tour – See Page 4 of this newsletter, and/or www.sportsfun.com.

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

Aug 26 (Sun) Silent Sunday at South Mountain - The Phoenix Parks and Recreation Department is sponsoring Silent Sunday, which will close the park's main Central Avenue-access roads to motor vehicles from 5 a.m. to 11 p.m. The park roads will be reserved for the entire day for all non-motorized recreational activities! Come on out and enjoy a car free bicycle ride in the park.

Sep 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!

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

September 16 (Sun) Prescott Cycling Club - Jerry Doss Memorial Skull Valley Loop Challenge -Cyclists are invited to join the Prescott Cycling Club (GABA Prescott) for a cool, mile high, road ride in the pines. The Skull Valley Loop Challenge is a 54 mile loop that goes through Prescott, Iron Springs Road to Skull Valley, Kirkland Jct. and then to White Spar into Prescott. A 100 mile option is also available. For the most up-to-date ride and registration information visit Prescott Cycling Club.

Sep 23 (Sun) Silent Sunday at South Mountain – See Aug 26.

Sep 29 - 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

Oct 13? (Sat) PMBC and CAzB – Memorial Ride for Safety IX – Metric Century (60 miles) and 35 mile options with lunch after the ride. Proceeds from this ride support the Coalition of Arizona Bicyclists, which works on behalf of all cyclists to improve cycling conditions within the state of Arizona. Look for confirmed date and details in next month's newsletter and on the web site.

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Oct 20 (Sat) ABC – Bullshifters - Heart of Arizona – www.bullshifters.org.

October 28 (Sun) - West Valley Bicycle Club - 17th Annual Palo Verde Nuclear Century

As the West Valley's signature ride the Palo Verde Nuclear Century is one of the best rides in the Valley! Options of 100 and 50 miles. The ride starts at Estrella Mountain Park and takes riders on relatively flat roads with relatively little traffic out to the far West Valley and around the Palo Verde Nuclear Power Plant. See [Major Events](#) for more information.

Flagstaff Woodland and Crater Tour Saturday-Sunday, August 4-5, 2007

Sponsored by Phoenix Metro Bicycle Club

Join PMBC for two days of pedaling in the pine trees and cinder cones near Flagstaff. With average high temperature of 80 and low of 49 degrees in August, this tour will help you escape the heat of the desert and enjoy the cool mountain breezes August 4-5, 2007. This tour will consist of two rides, starting at two different locations, with accommodations and evening meals on your own.

Day 1: Woodland and Lake Ride

Drive up Friday night or Saturday morning in time to register at the dock at Lake Mary. Registration is from 7:00 to 8:00 AM. Ride starts at 8 AM. Directions: Before reaching Flagstaff on I-17 driving north, take the Lake Mary Road exit and turn right. Follow the road until you see the lake on your right and then look for the large parking lot with boat dock and restrooms.

Ride Options:

1. Short 20 miles around Mormon Lake,
2. Medium 40 miles around Mormon Lake and south to Happy Jack,
3. Long 75 miles around Mormon Lake and south to Clint's Well.

The rest stops will be at the south junction of Lake Mary Road and Mormon Lake Road and near the Ranger Station at Happy Jack.

Accommodations

After the day's ride, relax at a campsite in the forest or your cozy hotel room in Town. Check the [list below](#) or the website www.flagstaffchamber.com for a list of options – from cabins to motels.

Saturday Evening

Join other cyclists Saturday evening at 6 PM at a local restaurant (The Horsemen Lodge or Black Bart's Steakhouse).

Day Two: Craters and Ruins Ride

Challenge the hills of the Wupatki and Sunset Crater National Parks. Start at 9:00 AM when the National Parks open. Directions: Take Santa Fe Blvd or I-40 northeast through Flagstaff and then head north on Highway 89 about 10 miles. Turn right towards the Sunset Crater park entrance. Meet approx. one mile off of Highway 89 near the entrance to Sunset Crater National Park.

Day Two ride options:

1. Sunset Crater/Wupatki Ruins 49-mile loop. Take Highway 89 north and downhill to the Wupatki Ruins entrance and then climb back up to the Craters. Very hilly and high altitude climbing. Rest stops will be at the turnoff from Hwy 89, at the Wupatki Visitor Center parking lot, and at the Strawberry overlook.
2. For less miles, but still a few hills, the short option will skip the ruins and stay in the pine trees near Sunset Crater with a fast downhill to the rest stop at the Strawberry overlook and a challenging return climb back to the park visitor center. Bring \$5 cash in your jersey pocket for entrance into the National Parks.

Cost for the rides:

Both days: Members \$20, Nonmembers \$25. After July 31 late fee \$5.

One day only: Members \$10, Non members \$15. After July 31 late fee: \$5.

The cost covers the food for the rest stops and volunteers. Volunteers are needed to help with a support vehicle and rest stops.

Mail the [registration form](#) and fees to:

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

For Lodging and Camping Information visit www.sportsfun.com and click the "Major Events" link.

Questions? Contact [Kathy Mills](#), Ride Leader, evenings, 480-759-7675.

PMBC Loses Long Time Member, Buddy Pylant...

As many of you have now heard, we lost one of our own on Friday, July 20. Buddy Pylant passed away in his sleep Friday morning. Buddy had been a member of PMBC for many years, most recently serving as a ride leader for our Mining Country ride earlier this year. That service was a reflection of the life he led, having served our country in the military, served his community many times over as a volunteer for the MS Society, and having served his family and friends with a loyalty rare in today's world. Services were held on July 26 and 27 in Mesa, Arizona. A recent photo of Buddy was posted along with the [July 21st Saturday Cycling Report](#), and can be viewed via this link. Another photo from the 2007 RAGBRAI is shown along with the announcement of his passing on our web site.

We send our condolences to Marilyn, his wife of 36 years, along with a sincere expression of our gratitude for Buddy's friendship and service to our club and the larger cycling community. His sudden passing, as we say in this sport, has left a noticeable gap in the paceline...From our large cycling "family" to his family and friends, we share in your loss and we'll miss Buddy very much...

Tour of California Pro Race Announces 2008 Stage Start/Finish Locations

If you've been reading these newsletters over the last 18 months or so, you know that your editor is a *BIG* proponent of actually attending major professional cycling races...for the fun, for the inspiration and to support the sport. Not everyone can afford to make the trip to France, Italy or Spain for a three week Grand Tour. But, one of the Top 10 UCI-rated races in the world now takes place in neighboring California. After having attended portions of both the 2006 and 2007 editions of the race, your editor can personally attest to the quality of the organization of the race and related events. And, with at least eight ProTour teams and the top domestic US teams expected in 2008, the racing provided by 144 of the world's best cyclists should again be *outstanding*.

Here are the recently announced start/finish cities for the February, 2008, 700 mile **Tour of California**:

- Prologue, Sunday, Feb 17 – Palo Alto (New location, Home of Stanford University)
- Stage 1, Monday, Feb 18 – Sausalito to Santa Rosa (Huge finishing crowds, home turf of **Levi Leipheimer**)
- Stage 2, Tuesday, Feb 19 – Santa Rosa to Sacramento (Look for "Ah-Nuld" to award the yellow jersey)
- Stage 3, Wednesday, Feb 20 – Modesto to San Jose (Some serious climbing along the way)
- Stage 4, Thursday, February 21 – Seaside to San Luis Obispo (Racing along the coast)
- Stage 5, Friday, February 22 – Sovang (Individual Time Trial...a separation point for the contenders)
- Stage 6, Saturday, February 23 – Santa Barbara to Santa Clarita (Serious climbs toward the end, huge crowds)
- Stage 7, Sunday, February 24 – Santa Clarita to Pasedena (Road race with circuits before the finish, new!!!)

What else do you really need to know? Nearly 2 million spectators in 2007...Largest cycling event on US soil with the strongest field...Mega screen TVs near the finish allow spectators to follow the race en route...Levi won in 2007 in preparation for his Tour de France podium bid, Paolo Bettini (World Champion) attended as did team CSC, Liquigas, T-Mobile and other top Euro dogs.

Do yourself a favor and make plans to see at least one stage in person. **Versus Network** has announced that they will cover the event for the second consecutive year, but that will likely be limited to one hour evening edited replays of selected highlights.

For additional information as it becomes available, or to view the announcement video, visit www.amgentourofcalifornia.com.

Did You Know...

- Before **Alberto Contador**, both **Greg LeMond** and **Andy Hampsten** won the **White Jersey of "Best Young Rider"** in the **Tour de France** during their career. **Lance** never did. LeMond went on to win three TdFs, while Hampsten's best finish in that event was 4th. Hampsten, however, did win the **Giro d' Italia**, which no other American has ever done. Since the White Jersey was introduced in 1975, only five of those winners have also achieved Yellow jersey as overall victor of the Tour. In addition to LeMond, and now Contador, the other three are Laurent Fignon, Marco Pantani and Jan Ullrich.
- The **2007 "El Tour de Tucson"**, which will take place on Saturday, November 17, has been designated the League of American Bicyclists 2007 National Bike Rally. Record attendance is expected. For information and downloadable entry forms, visit www.pbaa.com.
- The first ever **Tour of Missouri** is scheduled to take place **September 11-17**, and is to cover 600 miles in six days with five ProTour teams (including Discovery Channel) and 120 cyclists contesting the event. Details have been "thin" so far, and the State of Missouri is putting on the event despite (as of this date) no title sponsor. For additional information, visit www.tourofmissouri.com. A planned 2007 Tour of Utah was cancelled, due to lack of sponsorship.
- **Beer!!!** – In an article at www.bicycling.com titled "Good for What Ales You", author *Emily Furia* suggests that beer (in moderation) is good for cyclists, as it is a good source of silicon to help build our bones. She recommends three specific beers for three reasons: (1) Harpoon I.P.A. (Benefits: Sponsor of Pan-Mass challenge, Pedro's MTB Festival, and numerous other cycling events), (2) Guinness Draught (Benefits: High in vitamin B reputed to help prevent heart disease, lower calories than Bud, and about the same alcohol content as Coors Light), (3) New Belgium Fat Tire Ale (Benefits: Brewery is helping to save the earth by running on wind power and giving cruiser bikes to employees for commuting).
- **Aliens at the Tour?** – According to commentator Paul Sherwen, aliens visit at night to make the messages (ala crop circles) in the fields of France! (Was that thought conceived while doing the taste testing for Ms. Furia's article above?).
- **Check your TiVo or Tape** – Once again, Neal Thomas (in PMBC jersey) and the infamous potato made Versus Tour coverage. While the riders clearly shifted to the left, I am happy to report no injuries or lost time from the encounter.

White Mountain Tour 2007 - The Adventure Continues by Jay Stewart

Remember the first time you rolled out of the driveway on a bike and rode away from the safety of your home and took a Tour of your neighborhood? What did you feel, a sense of apprehension, excitement, trepidation? After that first adventure you probably came back filled with excitement and sense of triumph. Having overcome your initial fears you want to go out and do it again! No matter how old you are, or how far you go you gradually learn more and more about overcoming your limitations and what it takes to carry yourself to your destination and back safe and sound.

On July 21st, 132 riders showed up at the Hon-Dah Resort in the White Mountains to continue the two day adventure known as the White Mountain Tour. For more than twenty years this ride has been the place to test your sense of adventure and to escape the heat of the low desert areas in Arizona.

At registration Saturday morning 25 riders made the last minute decision to sign up and join in the Tour while 17 that had pre-registered made the mistake of listening to the weather man, or did not have the ceremonial rain jacket that magically keeps the rain from falling, and stayed home. Ask your adventurous friends how great the weather really was during the ride.

It was a great help having experienced volunteers. Cindy Stewart and Leslie Nelsons' past experience really made the registration process flow smoothly with no shouting or fighting amid the anxious participants. Forty of the 132 riders opted to take the new 90 mile extended loop through St Johns that was suggested, promoted and mapped with a detailed cue sheet by "Mr. Potato" (aka Neal Thomas) who happened to be spotted again at the *other* Tour while we were out on our own escapade. Thanks Neal, the riders really liked the extra miles, just ask Jackie! Next year, promote some sag help, please?

The shortage of SAG vehicles help prompt the decision to send Capt. America, aka Leon Smith, and Suzie Culver out to look after the 90 plus riders on the shorter 65 mile route through Vernon. By 8:00 am the Capt had already fixed two flats and he and Suzie continued till late afternoon helping with breakdowns, water and tired riders.

George and Evie Martinez returned again this year to help and took care of all of the riders at the Vernon lunch with the help of Deb, a nice lady who fell off her bike a few weeks earlier and came out to help even with a broken collarbone. Whoop! Hooo! She's living the adventure! Another young lady, whose name I forgot so you will remain the "anonymous Samaritan", came with her rider husband for the first time and also helped out at the SAG stop. I hope you had a good experience and will join us again next year.

Richard Schoonover was there. Many of you know him as one of the oldest riders on the Tour. At seventy plus years old he has pursued the adventures of the Tour since the beginning. Dick finally decided to hang up the helmet and shorts this year and volunteer his help to the riders and share the experience that he has received in the past. Wow! Last year he was riding in the pouring rain, and this year he was sitting in the hot sun at Lyman Lake giving water and encouragement. Dick, you are one of the toughest guys we know!

Tim O'Grady, Ray Stewart and the Twins, Nick and Tanner, humped all the luggage back and forth, some of it twice. The Best Western hotel refused to let the riders' luggage be dropped off saying that they had no bike riders registered. How could they know that? (We have asked them to check the warranty on their crystal ball).

White Mountain Post-Script from Tim O'Grady (volunteer)

Life is a series of involvements, whether it is in the "main event" or from the sidelines, and both positions can have their rewards. As I watched the many riders of this year's White Mountain Tour bike ride, I was able to observe the composure of the seasoned veterans of this ride, and those who were getting ready to experience the journey to Springerville for the first time. I could take satisfaction that I was going to help them all. The job assignment of the volunteer can change at a moment's notice, especially if other volunteers do not show up. But that is OK, because it adds to the excitement. There is no one job more important than another. They all must get done for the main event to come off as smoothly as possible. You do not have to have "professional credentials" to volunteer, just a willingness to see the others enjoy the main event. The volunteer can find themselves having to make command decisions when arrangements go awry. The concern for the comfort and safety of the participants will become the key intention of your efforts, even to the point of staying out on the course until the last rider has made it to their destination. To see the day go smoothly becomes your paycheck.

Who can be a volunteer? All of us; the injured rider who has to take time to heal can use this opportunity to volunteer, the spouse or significant other who does not mind not being at the finish line when their partner arrives, and the rider who has previously participated in the ride and understands the obligation to give back to fellow riders. To say to a volunteer, "You don't understand," is unacceptable. The volunteer certainly understands what it takes to put on the "main event." When will be your time to realize the rewards of volunteering?

Ride safely!

Trivial Pursuits...

Can you name the following rider by his results?

- 3rd place, 2001 Vuelta a Espana (Tour of Spain) Grand Tour?
- Winner, 2002 Route du Sud Stage Race?
- 8th place, 2002 Tour de France
- 9th place, 2004 Tour de France
- 3rd place, 2005 Dauphine Libere Stage Race?
- 2nd place, 2005 Tour of Georgia?
- Winner, 2005 Tour of Germany Stage Race?
- Winner, opening Prologue, individual time trial and overall general classification in 2007 Tour of California?
- Winner, time trial of 2007 Tour of Georgia?
- Winner, Stage 19, 2007 Tour de France?
- 3rd place, by only 31 seconds after three weeks, 2007 Tour de France?

Yes, it's American, Levi Leipheimer...Congratulations, Levi. Ride on!!!

Newsletter Goes Electronic and Ends Mailed Copies:

Times, they have been a changin'...Most GABA/PMBC members in central and northern Arizona are receiving, or now can receive, the newsletter via the Internet. During 2007, we have continued to e-mail a copy, or a link to the web site, to all members who have elected e-mail distribution. We have also posted each month's newsletter on the web site (www.sportsfun.com).

We have generally discontinued mailings effective with the August newsletter. A number of hardcopy newsletters will still be produced and available at PMBC weekly ride locations. West Valley, Prescott, and other affiliated clubs will each decide how many, if any, printed copies they wish to have available for distribution at ride locations.

Should this change provide a real hardship to any member, please contact your Editor. Our goal is not to reduce access to information, but rather to redirect most of the \$200-\$300 monthly printing/ mailing expense to rides and other club activities, given the change in technology and Internet accessibility by most of our members.

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