

THE TAILWIND TIMES

October 2007, Vol. 15, No. 10

In this Issue:

Our Lead Out: Have You Volunteered, Yet? Giving back to Cycling for all you get...

10th Annual Memorial Ride for Safety (PMBC/CAzB) Full/Half Metric Century coming on **October 13** (Page 4)

Heart of Arizona Full Century or 125 mile Brevet (Bullshifters) coming on **October 20** (Page 6)

Palo Verde Nuclear Full or Half Century (West Valley) coming on **October 28** (Page 5)

The (rest of the) Ride Calendar: The Oct ride schedule ...Bring your **spin** or your **hammer**... (Page 3)

Trivia Test, "Did you know?", Another Colorado Experience, "Show Me" Tour, Landis decision...and more

Have You Volunteered, Yet?

By Bob Beane

It amazes me that the club rides and events that I attend keep getting bigger, and bigger, and yet most of the volunteers that make them possible are the same folks I saw last year...and the year before...and so on. I have recently been on the receiving end of pleas from several cycling organizations to help locate additional volunteers for a number of activities and events, so I have decided to issue this reminder, and challenge, to all of you who are reading this who have not already done your "fair share" this year, in some way, to support cycling. **It's time for YOU to volunteer.**

I put "fair share" in quotes, because I think that each person needs to ask him/herself "how much do I get out of the efforts of my local club, advocacy organization, major event organizers, etc.?" If you ride a lot, especially in weekly club rides and/or organized events, and you haven't volunteered to assist in some way in recent months/years, you are the primary target of this message. But, nobody who reads this and rides in Arizona is off my "hook". I'm simply suggesting that you look at the extent to which you benefit from club activities, advocacy efforts, and improving cycling conditions and opportunities, and find a proportionate way to give back. My personal opinion is that every club member should volunteer to help in at least one event (ride, meeting, social activity) each year. Your ride leaders, officers, board members and advocates do so much more than that...and they deserve more help.

Why am I issuing this challenge? Because, a lot of people who have been shouldering the load for as long as I've been riding here (nearly 20 years, now), are getting a little tired of being asked to do it all...over and over again. It's not that they don't enjoy leading your club rides, putting on the major events, meeting with state and civic leaders to advance conditions for cycling...they'd just like some more help from the rest of the pack. Just like riding in a pace line, it's a lot easier to do the ride with ten or twelve in the group than three.

And, I've heard all the excuses for not volunteering over the last 15-20 years, so let's not even go there. Lack of experience, limited time, virtually nothing should deter you from asking how you might be able to help. There are volunteer opportunities at all levels of time and effort, and every little bit helps, so I can virtually guarantee that we can find one that is just right for you. Just ask your weekly ride leader, club officer/board member, advocacy representative, etc., what kind of help they need. If you don't know who those people are, check page two of this newsletter, or contact me. I'll find someone for you to talk to who will help match your availability and schedule with a volunteer opportunity.

Here are just a few example opportunities on the near-term horizon that I know of, and there are surely many others:

- **Cycling Advocacy** – The Coalition of Arizona Bicyclists works to improve cycling conditions (on road, legal climate, etc.) for all cyclists in Arizona. www.cazbike.org is the Coalition web site, and a phone number and e-mail addresses for all officers and contacts are available there.
- **Bicycle Club Leadership** – See page two of this newsletter for the contact information for the primary clubs served by this newsletter. The PMBC web site at www.sportsfun.com/gaba has links to other cycling clubs/organizations in AZ.
- **Major Event: Memorial Ride for Safety, Saturday, October 13** – Thanks to all those who volunteered on 9/15!!!
- **Club Members Special Event: Free Ride, Saturday, December 1** – Contact Glen Fletcher at wgfletcher@cox.net.
- **Major Event: Casa Grande Century, early January 2008** – No, it's not too early to contact Jane Larson to volunteer to help put on this 400+ rider event, which is now one of the top 10 recreational cycling events in Arizona. It takes over 20 volunteers to make this event happen, and getting an early start on planning/organizing is a key to a successful ride.
- **PMBC Social Activities** – A request has come from a group of members to increase the cycling-themed social activities (sharing of slides/video/reports from cycling trips, viewing of cycling DVDs with pot lucks, etc.). Persons are needed to help with determining activity schedules, locations and coordinating a registration/RSVP process for these events.

Your clubs rides, major events, social and other cycling-related activities and opportunities are a reflection of the participation of members of the riding clubs, friends and spouses, advocacy organizations and other volunteers. Communities that have broad-based volunteerism can achieve much without undue strain on any member. Have you taken your turn at the front of the pack? Have you volunteered and contributed in 2007? If not, now is the time.

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 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/West Valley: www.sportsfun.com

Tucson : www.bikegaba.org

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

Sunrise/Sunset (Phoenix, AZ)

October 1 6:22 a.m./6:13 p.m.

November 1 6:47 a.m./5:36 p.m.

This Month's Trivia Test: American Cyclists in the Grand Tours (Answers on Page 7)

1. Ten Americans have won one or more stages in the Tour de France. Can you name them?
2. The Tour de France first took place in 1903, but no American rode in this event until the early 1980s. Where does the USA rank as a country in overall GC (General Classification) wins? 10th? 5th? Or 3rd?
3. Only two Americans have won atop L'Alpe d Huez...One, of course, is Lance Armstrong. Can you name the other?
4. June 5, 1988, is famous in Italian cycling lore as "The Day the Strong Men Cried". On that day, an American made cycling history by riding through a terrible snow storm on the Gavia Pass to take the lead in the Giro d' Italia. He would go on to win that race, becoming the only American to ever win the Giro. Who was he?
5. In 2002, another American finished 2nd in the Giro d' Italia, the only American to date to do so. Who was he?
6. In 1987, this American shocked the European peloton by winning the final stage of the Tour de France in Paris. Do you know who the "upstart" American rider was who pulled off this amazing feat?
7. In 1998, Lance Armstrong finished 4th in the Vuelta a Espana (Tour of Spain), just shy of a podium spot, on his road to recovery from cancer. In 2001, another American finished 3rd in the Vuelta, the first American to reach the podium in that event. Do you know who that rider is?
8. In 1998, Marco Pantani won the Tour de France and Jan Ullrich was 2nd. What American was 3rd?

OCTOBER 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)

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. **See Page 4 for more information and registration form.**

Oct 20 (Sat) ABC – Bullshifters - Heart of Arizona – www.bullshifters.org. **See Page 5 for information/registration.**

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 Page 5.**

November 10 (Sat) – McDowell Century – Century, metric century or half metric century. www.azbikeclub.com for info and to register.

November 17 (Sat) – PBAA – 25th Annual El Tour de Tucson and League of American Bicyclists annual rally. 110, 80, 66 or 35 miles. www.pbaa.com

December 1 (Sat) - PMBC - Free Ride (for club members, only).

January 6 (Sun) – PMBC - Casa Grande Century.

Tips for Newer Cyclists (And Those of Us with Memory Issues) – Going Faster, Longer...

- Make sure tires are fully inflated before every training ride and event (road bikes, generally 110-120 PSI).
- Drink frequently. Dehydration is the most preventable cause of cycling fatigue.
- Breathe deeper, not more rapidly, at times of greater effort.
- Pedal faster, not harder gears, to pick up 1-2 mph in speed for moderate periods of time.
- Use interval training (on the road and/or indoor cycling classes) to increase top-end aerobic capacity and speed.

The Memorial Ride for Safety X

Saturday Oct. 13th 2007

SHARE THE ROAD

The 2007 theme is Safety and **Share the Road**. Join The Coalition and Phoenix Metro Bicycle Club for this great ride. The routes are 100 K and 35 miles through Carefree and scenic vista's North in the Tonto National Forest, Pinnacle Peak but we will not go to Bartlett Lake. We will visit the Sears Kay Ruins towards Seven Springs. The new route will be a little easier and user friendly. The Start/Finish is by AJ's market at Pima and Pinnacle Peak Rd. Your entry fee will include a ride map, 2 rest stops, and a Bar-B-Que meal at the finish. Share the Road Jerseys may be ordered at this event for a reduced amount. The fee schedule for the ride is as follows:

GABA/ABC/CAzB members pre-registered only -----\$20.00
Non - members pre-registered, only -----\$25.00
Day of Registration -----\$30.00
Tandem members pre-registered \$35.00, Day of ----- \$45.00

Pre-Registrations must be in by Oct. 1, 2007
Make checks payable to PMBC

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

The Safety Ride and the safety message grew out of the tragic cycling accident Winston Benson had approximately 10 years ago and we honor all those bicycle fatalities in Arizona since then. The Coalition of Arizona Bicyclists is your voice with all levels of government concerning bicycling in our State.

Join PMBC and the Coalition (CAzB) for a ride that benefits all AZ Bicyclists Let's all Ride to the Right, "Share the Road" signal turns and point out hazards. Ride goes rain or shine for more information call Rich at 602 953-2585.

Below, sign and mail to: Safety Ride 5509 E. Everett Dr. Scottsdale, AZ 85254

Memorial Ride for Safety Oct. 13, 2007

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

Name: _____ Distance Riding _____
Address: _____
Phone: _____ email _____

17th Annual

Palo Verde Nuclear Century

Sunday, October 28, 2007

50 and 100 mile options



About the ride—

No nukes about it, this is a great fall ride that you won't want to miss. It's *relatively* flat with *relatively* little traffic.

The Palo Verde Nuclear Century has long been considered one of the best rides in the Valley. There are four sag stops on the 100-mile ride; two on the 50; roving support and lunch back at the park after the ride. The fee for the ride is \$25 for GABA and ABC members, \$30 for non-members with a \$5 late charge for registrations mailed after 10/20 and day of ride registrations. There is a \$5 per vehicle charge to enter Estrella Mountain Regional Park where the ride starts and ends. The course is a relatively flat loop and the ride is a great training ride for other fall rides. There's a 50-mile option, also a loop, for the less intense rider.

The sag stops will be well stocked with homemade cookies and banana bread, fruit and water. It's usually windy and may be hot or cool, rainy or dry. The ride goes on whatever the weather! When you get back to the park, you'll be able to sit down, relax and enjoy the companionship of your fellow riders. And eat. Enjoy.

The Details —

When: Sunday, October 28, 2007; 8:00 A.M. (No mass start—it's not a race.)
Registration/check-in opens at 7:00 A.M.

Where: The ride begins and ends at Estrella Mountain Park in Goodyear. To get to the park, go west on I-10 to the Litchfield Road exit. Go south on Litchfield Road to Hwy. 85. Turn right on Hwy 85 and head west to Bullard Ave. Turn south (left) on Bullard and go south to Vineyard. Turn right on Vineyard to the park entrance. Follow the GABA signs to the Ramada on the south side of the park.

NOTE: There is a \$6 per vehicle charge to enter the park. Save \$\$ and our environment — carpool with a friend!

What (you get): Sag support on both the 100- and 50-mile rides, roving support on both rides. Lunch (GREAT food) will be served back at the park after the ride.

How (much): Members pay \$25, non-members \$30. (Hey, why not join? Include \$15 individual/\$20 family membership and pay the member price! **Late Fee - Add \$5 if you haven't mailed your registration by October 20th.** Day of ride registrations will be accepted with the late fee.

Need more info? Betsy Turner, 623-979-8110 or BetTur@qwest.net

Did You Know?

- **Discovery teammates Levi Leipheimer and George Hincapie** finished first and second, respectively, in the 2007 USA Cycling Professional Road Race Championship in George's adopted home town of Greenville, S.C. Leipheimer bridged up to a breakaway, and then put the hammer down on the final climb of Paris Mountain to shed Andrew Bajadali (Jelly Belly) and then solo an amazing 23 remaining miles for the win. No doubt, any riders with thoughts of chasing Levi down knew that Big George would be sitting on their wheel the whole way. In the end, Hincapie outsprinted Neil Shirley (Jittery Joe's) and "Fast Freddie" Rodriguez (Predictor-Lotto) in the duel for the second step on the podium.
- The mortgage market woes have impacted the cycling community...First Magnus, title sponsor of the **EI Tour de Tucson**, has closed its doors and was unable to fulfill its commitment to sponsor the 2007 EI Tour. PBAA reached out into the Tucson community was able to find not only a sponsor for 2007, but received a three year commitment from **University Medical Center**. Along with UMC, **Diamond Ventures** will again be presenting sponsor, its eighth year in a row, so EI Tour de Tucson will go on as planned.
- With **Discovery Channel** ending its cycling sponsorship, there is an opening on the American cycling porch for a new "big dog". One of the teams vying for that position will be **Slipstream-Chipotle**, which recently announced its 2008 rider roster. The team will include a number of big names in American and European cycling, including: **David Zabriskie, Christian Vande Velde, Tom Danielson, Julian Dean, David Millar, Magnus Backstedt, Tyler Farrar** and **Will Frischkorn**...to name a few.
- Speaking of **David Millar**, the Scottish cyclist finally won the British National Road Race championship a few weeks ago, which was the one major domestic title that had eluded him. Reportedly, he collapsed after the win, but rumor has it that it might have been more from elation and relief than fatigue.
- The "next generation" may be on its way...Remember **Davis Phinney** and **Connie Carpenter-Phinney**, dominant forces in American men's and women's road cycling in the 1980's? Well, they have a son who started cycling with "Dad" for fun, got a bit more serious, and now has done something his father never did. **Taylor Phinney**, age 17, earned the United States its first ever UCI Junior World Championship in the men's time trial in August. On the women's side, Jerika Hutchinson of Mt. Shasta, CA, brought home a bronze medal in the Junior TT, finishing just 26 seconds behind the winner.
- Velonews columnist, former Olympic cyclist and attorney Bob Mionske has published a book titled **Bicycling & The Law**. His book is a 384 page, 5 1/4" by 9 1/4" paperback that covers, in layman's terms, such topics as traffic law, harassment, product liability, property damage, dogs and road rage. Check your local book store or www.velogear.com for more information.
- **Discovery Channel riders** have begun to announce where they are headed for the 2008 season. Among those who have released that information are: Tony Cruz (BMC), Tom Danielson (Slipstream-Chipotle), George Hincapie (T-Mobile), Egoi Martinez (Euskatel-Euskadi) and Matt White (Slipstream-Chipotle). As of press time, Levi Leipheimer had not announced which team he will ride for in 2008.
- **Riding a bike may help patients who have experienced heart failure:** According to an AP article, a small study performed at Leipzig University in Germany has shown that people with "serious heart failure" who rode a bike up to 30 minutes per day for four months produced new stem cells in their bones and increased small blood vessels in their muscles while those who did no exercise showed no improvement. This study appears to support previous studies whereby patients who survive a heart attack and who subsequently do physical therapy live longer than those who don't.

Bullshiffters to Host Heart of AZ Full Century and Brevet

Looking for a challenging century (104 miles) or a RUSA-sanctioned 125 mile "Brevet"? The Bullshiffters cycling club is bringing back the Heart of Arizona course as the core for both of these events on Saturday, October 20, 2007. Both events start/finish in Congress, AZ, which is northwest of Wickenburg.

Please click on the icons below to view and/or print the ride flyer, registration form, and liability release form for this event.



HeartofAZ-flyer[1].pdf



Registration Form.doc



RELEASE-Individual.doc

Cool August Rides in Arizona, I Don't Think So!

By Rich Rumer

(Editor's Note: Little did we know when Linda and I took off for Colorado in August that our friend, club member, ABC member and Coalition of AZ Bicyclists Chairman Rich Rumer had a similar, but more challenging, idea in mind...Rich has a son who lives in Grand Junction, CO, so if last month's article and the following peak your curiosity about that area, Rich is a guy you need to know)

How many 100 mile rides have you done in Arizona this August or any August for that matter? Even those that can physically do a century are pushing human endurance to try and beat the heat and do mega miles in our Valley of the Sun. PMBC has the White Mountain Tour and Flagstaff has it's Taylor House Century in July but that is as close as you get to August and an organized ride with long miles and support.

The southwest corner of Colorado offers you so many beautiful rides, some organized others just beyond belief beautiful. First on my list is the **Tour of the Valley Century in Grand Junction, CO**. On, August 23, 2007 this century put on by the local bike shop, Double Tree Hotel and multiple food and beverage vendors offered the best scenery in the area. For Phoenicians a drive time of only 8 hours with highway 163 and the red spires of **Monument Valley**, and the Mt Bike town of **Moab**, UT in route, you can enjoy getting to cooler climates.

Grand Junction offers the perfect size town with a vibrant sidewalk café district, complete with bike shop, sidewalk art and the perfect place to enjoy the local bread and brew. Just East of Grand Junction the ride goes to the quiet little town of **Palisade**, CO. The, "Tour of the Valley" takes you through side roads, then up a short climb to vineyards, and peach orchards, and gives you a preview of produce markets and wine tasting opportunities. These rolling country roads take you back to Grand Junction but the organizers utilize a new bike path through town along the river as well.

Three thousand (3,000) feet above the town is the **Colorado National Monument State Park**, with steep granite walls along canyons carved out thousands of years ago. The Park fee is paid for you if you do the 100 mile option of the Tour of the Valley and you get to see the Monument the best way possible, on your bike, climbing the Grand Junction side. The climb is well worth it as you ascend through a tunnel and see the valley below get smaller. Now is the fun part you have miles of rolling down hill with steep canyons on both sides of the road then just past the Visitors Center the Steep decent gives you a thrill of a lifetime cruising into the town of **Fruita** for your 3rd rest stop. This rest stop is where you join the 50 and 75 mile riders again. The 50 and 75 mile options do not go up the Monument but offers a great ride on mostly flat terrain good for tandems and recumbent. Lush green ranch land and luxury homes line the north part of your route as you return to the Double Tree Hotel for your free lunch and beer garden. Temperatures in the morning are in the 60's and you may not get to 90 degrees even in the mid afternoon. There are 8 family orchards and 14 vineyards with tasting rooms along this route.

Other great rides about 100 or so miles away are **Glenwood Springs**, which has a bike path that starts by the Glenwood Springs Hotel and Hot Springs. The Bike Path goes along the river in the Glenwood Canyon for just over 16 miles or 32 miles round trip, with a few great hikes available and river rafters floating in white waters. The hot springs pool is a great way to finish off your ride.

Aspen, about 50 miles South of Glenwood Springs, is another opportunity to experience the cool Pines and Rocky Mountains. If you start in downtown Aspen there is a local bike path but the best ride is up to **Maroon Bells** which does not allow cars, just a few buses up the road to Maroon Bells. Take food, your camera and your hiking boots this is a great place to picnic and hike. The ride is about 15 miles from downtown Aspen with 9 miles of climbing. We made it on our Tandem and it's all down hill on the way back, 32 miles total. Aspen offers the coolest downtown shopping and watering holes of any Rocky Mountain Town. I hope you all take advantage of this short travel log it was part of two trips I made to the cool climes of the Rocky Mountain Western Slope. I enjoyed it, and I hope you will too.

Rich Rumer GABA member and Coalition Chairman

Trivia Test Answers:

1. Greg LeMond, Davis Phinney, Jeff Pierce, Andy Hampsten, Lance Armstrong, Tyler Hamilton, George Hincapie, Dave Zabriskie, Floyd Landis, Levi Leipheimer.
2. 3rd, behind only France and Belgium.
3. Andy Hampsten.
4. Andy Hampsten.
5. Tyler Hamilton.
6. Jeff Pierce.
7. Levi Leipheimer.
8. Bobby Julich.

Humor...From Bobke II, by Bob Roll

"You can stand up all you want. You can eat all the ice cream you want. Just don't let Eddy Merckx catch you doing either."

"Flanders is the worldwide capital of bicycle racing. Any 7-year-old Flemish schoolchild knows 100 times more about cycling than all Americans combined."

Bike and Hike Opportunity in NE Arizona, October 6 & 7

(Editors Note: Not an official PMBC or GABA activity. Contact organizers below for more information)



NPS Map

Area Map of Petrified Forest National Park

Come ride and hike with us!

Petrified Forest National Park

and

The Painted Desert

October 6 & 7

See the world's largest and most colorful collection of fossilized trees millions of years old. The Petrified Forest National Park stretches north and south between Interstate 40 and Highway 180.

We are going to ride from the south entrance to the north end, have lunch, and ride back to the south end where our cars are parked! The ride is about 30 miles each way, hilly, little traffic, and paved roads. Awesome scenery throughout the ride: many beautiful stops with sweeping vistas, fantastic geological formations, hiking trails, and two museums.

The plan is to drive up to Holbrook on Friday afternoon, Oct 5th and stay at a local motel. Saturday morning, we'll drive to the south entrance of the Park and leave on the ride between 7 and 7:30am (Park opens at 7am). We'll ride up to the north end, eat at the restaurant, and ride back to the cars. At least one spouse will help sag and more are welcome! There are several nice park restrooms along the ride.

Native ruins include Puerco Pueblo Ruins along the road on a mesa overlooking the Puerco River. The Ruins consist of about 100 masonry rooms around a plaza and over 800 petroglyphs. One of the kivas and 25 rooms have been excavated. It was occupied about 1000 – 600 years ago.

A mile south of the ruins is Newspaper Rock, several large boulders with numerous rock art figures. These meandering lines of humans, animals, footprints, and clan symbols may be a record of the migrations of people and animals through the area.

A small pueblo on a promontory, the Agate House, was built entirely out of chunks of colorful agatized/petrified wood. Two of the rooms have been restored.

Bring your own gear, water, and snacks. Riding is moderately difficult. A side benefit is that we might have one of the Park Rangers ride with us and give us a personal tour!

We will stay in Holbrook Saturday night and go back to the park on Sunday, Oct 7, to go hiking! It's truly a beautiful area in Northern Arizona.

For details and places in Holbrook where we'll stay, contact either
Jan Peterson – 480-802-9488, @ arc-948@hotmail.com
Mary Ellen Coe – 480-491-5473, @ mary.ellen.coe@medtronic.com

For park details, go to the website: <http://www.nps.gov/pefo/index.htm>

Hincapie, Leipheimer and Slipstream-Chipotle Answer “Show Me?” Question with Wins in First Missouri Tour

Fresh (?) from dominating performances in the Tour de France and the USA Cycling Road Race Championships, Discovery Channel teammates George Hincapie and Levi Leipheimer closed the domestic book on DC sponsorship with convincing wins in the Tour of Missouri. Utilizing a second stage breakaway, and then following with a separating time trial placing (versus the remaining serious contenders), George Hincapie took the yellow jersey in the first ever edition of this six-day, 563 mile pro bicycle race. Levi Leipheimer continued to add to his 2007 palmares by taking the TT stage win. Team Slipstream-Chipotle, expected to be the next domestic powerhouse, emerged with the team title via two GC spots in the top five, including Will Frischkorn in 2nd.

George Hincapie, now 34 years old, has been with U.S. Postal/Discovery since the inception of that squad 11 years ago, and participated in 8 Tour de France wins (7 Armstrong, 1 Contador) during that run. Discovery brought most of their Tour de France squad to this “USA swansong” race, including Hincapie, Contador (TdF winner), Leipheimer (TdF 3rd) and Yaroslav Popovych (TdF 8th). Hincapie seemed to echo the sentiment of many Postal/Disco fans, saying “I’ll definitely miss those guys the next couple of years.” Crowds were large and enthusiastic, creating hope that we may see a California, Georgia, Missouri “triple crown” of major domestic races in coming years.

Quote of the Month: Tour of Missouri Second Place Finisher Will Frischkorn *(As quoted in his VeloNews diary)*

“You know the season is coming to a close when the bars of Boulder are filled with emaciated and easily inebriated guys with funny tan lines...”

Landis Decision reported on September 20, 2007

By a 2-1 vote, arbitrators upheld the result of the testing of Floyd Landis’ 2006 Tour de France samples, but were also severely critical of the work done by the LNDD testing lab. In fact, the “verdict” seemed to be based on the back-up IRMS analysis, rather than the initial tests. The majority deemed that the various mistakes made by the lab were not sufficient to dismiss the positive test. The dissenting arbitrator, Christopher Campbell, basically stated that if the initial T-E test (a fairly simple test) could not be performed competently, but the IRMS test is a complicated test requiring much skill, there is basis for doubt about whether that test was correctly and competently performed, as well.

As it stands, Landis would forfeit his 2006 TdF title, which would be awarded to Oscar Pereiro of Spain, and he would be suspended for two years retro-active to January 30, 2007. Landis, who maintains his innocence, has one remaining avenue of appeal, which is the Court of Arbitration for Sport.

Given that the French lab conducted both sets of tests, and the arbitration panel was split and very critical of the LNDD testing procedures, it is hard to view this decision as a clear determination. Furthermore, the amount of time it has taken to reach a decision does not reflect well on the process. As a cycling fan, the one thing that is clear from all of this is that WADA and USADA have miles to ride before they achieve a timely and well controlled process on which the fans can rely, and which will provide a level of deterrence that will effectively discourage cyclists from even risking doping in order to bolster performance.

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 ...

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"**.

GABA – Phoenix Metro
PO Box 26788
Tempe, AZ 85285

GABA – West Valley
PO Box 8125
Glendale, AZ 85312