

# THE TAILWIND TIMES

November 2007, Vol. 15, No. 11

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## Training and Fitness Tips

*Compiled from Contributors to Bicycling Magazine*

A few years ago, the editors of *Bicycling Magazine* assembled a 55 page publication titled “Best Training and Fitness Secrets”, and distributed it “free” to their subscribers. Every year, when the weather cools off and nearly perfect riding conditions return to the Valley, I pull it out and thumb through the pages. It is amazing what you can lose track of over time when you don’t have a coach or other “expert” watching you ride and analyzing your training. Here are a few pointers and reminders, courtesy of some folks who know quite a bit about cycling:

### Tips for Beginners (Reminders for the Rest of Us) – from Fred Matheny

- Lean your bike, not your body, into turns, with weight on the outside pedal.
- Stay steady in a paceline. Don’t overlap wheels, though you may want to ride slightly to the right or left of the rider in front of you (especially if there is an angled cross-wind). When you pull through to the lead, maintain a steady pace. A common mistake is pulling too long and “blowing up.”
- Relax to climb better. Especially on longer climbs, relax the upper body and maintain a soft grip on the handlebars.
- Vary your effort and pace to improve conditioning. Try doing a 20-second sprint about every five minutes or so on a long ride.
- Anticipate shifts. If you wait until you are climbing and you can barely turn over the pedals, it’s too late. For significant changes in grade, it is better to change the front derailleur first, then make further adjustments with the rear.

### Pointers to Instant Improvement – from Bill Strickland

- Thirty minutes before a two-hour ride, eat one energy bar and 12-16 ounces of water. This will top off your fuel stores and help postpone dehydration.
- Dehydration is the most preventable cause of cycling fatigue. Train yourself to drink at least every fifteen minutes until it becomes second nature.
- Keep pedal RPMs in the 80-100 range.
- To delay fatigue during hard, sustained pedaling, learn to “float” each leg every three or four strokes. Let your foot fall without pushing down, thereby relaxing the muscles and allowing better circulation.
- Keep your elbows bent throughout the ride. Many cyclists begin with the proper posture but slip out of position as they fatigue.

### Speed Training – from Ed Pavelka

- Intervals – Avoiding intervals (as in push yourself to cross-eyed exhaustion, then wait a minute and do it again) has come to be thought of as one of the nicest things about being a bicycle rider but not a bicycle racer. But interval training *does* have a place in the life of most riders. Just one interval workout a week will help increase speed, strength, endurance and technique.
- Choose a certain day of the week for interval training, then stick with it. Thursday is used by many racers because it fits into their pattern of training intensity leading up to weekend racing.
- Spin for about 30 minutes before beginning an interval workout.
- Don’t eat during the 3 or 4 hours before the workout. A full stomach and intense effort don’t mix.

### Shortcuts to Better Riding – from the Bicycling Staff

- Ride hills. Given the choice of a 25-mile ride that’s flat or a 15 miler that’s mountainous, the latter will make you stronger.
- Identify three specific weaknesses in your cycling and ride to improve them. By doing this, you’ll avoid aimless training.

## Purposes and Objectives of our 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:** 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:** 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 15<sup>th</sup> 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](http://www.sportsfun.com)

**Tucson :** [www.bikegaba.org](http://www.bikegaba.org)

**Prescott:** [www.prescottcycling.org](http://www.prescottcycling.org) (e-mail: [pcc@prescottcycling.org](mailto:pcc@prescottcycling.org))

### Sunrise/Sunset (Phoenix, AZ)

November 1      6:47 a.m./5:36 p.m.

December 1      7:14 a.m./5:20 p.m.

### Join The Fiesta Bowl Parade Bicycle Security Team!

The annual Fiesta Bowl Parade will again roll down Central Avenue, Camelback Road, and 7th Street on Saturday, December 29th, 2007. The Fiesta Bowl Parade is the one of the largest spectator events in Arizona, attracting hundreds of thousands of spectators, and is also considered the top parades in the nation.

Your bike club is being asked to recruit bicycle mounted security team members to help ensure that this great event goes smoothly, with the bike patrol activities running from approximately 7AM until 2PM. Come join us and share in the unique experience of using our bicycles to help our community. Watch the smiles on the kids and see the complex logistics of presenting this extravaganza for spectators and television.

Interested? Sign up by e-mailing contact information (name, address, phone number, e-mail address) to Richard Moeur at [rcmoeur@aol.com](mailto:rcmoeur@aol.com), or call Richard at (602) 866-3554.

### Trek Bicycles to Donate to IMBA

Trek recently announced that they will donate \$10 to IMBA for each full-suspension bike sold over the next three years, and \$1 for each helmet sold to Bicycle Friendly Communities, for a minimum investment of \$1.6 million.

## **NOVEMBER RIDE SCHEDULE**

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

*\*\*\*Liability Waivers: If Ride Leader asks for riders to sign, and you don't, you are NOT part of the ride  
(Includes most major club/event rides. For a more comprehensive ride schedule visit [www.sportsfun.com](http://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](mailto: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](mailto: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](mailto:kokopedalli-subscribe@yahogroups.com) For more info contact Kathy Mills at [khendricks67@earthlink.net](mailto: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)**

**November 4 (Sun) – GABA-Tucson - Silverbell Century** – Options for 67 to 100 miles. North Tucson. [www.bikegaba.org](http://www.bikegaba.org).

**November 10 (Sat) – McDowell Century** – Century, metric century or half metric century. [www.azbikeclub.com](http://www.azbikeclub.com) for info and to register.

**November 17 (Sat) – PBAA – 25<sup>th</sup> Annual El Tour de Tucson** and League of American Bicyclists annual rally. 110, 80, 66 or 35 miles. [www.pbaa.com](http://www.pbaa.com)

**December 1 (Sat) - PMBC - Free Ride (for club members, only, so now is a good time to join!).**

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

### **PMBC 2008 Officer Nominations Announced**

Nominating Committee Chairman Glen Fletcher reports that a proposed slate of officers has been assembled:

President - Ron Waller  
Treasurer - Mike Kirk  
(Incumbents running again for 2008)  
Vice President - Tom Adams  
Secretary - Jane Larson

In addition, I would like to thank my fellow members who were part of the nomination committee - Jan Peterson & Tina Miller.

Thanks!  
Glen

**(Editor's Note:** On Saturday, October 13, 2007, the Tenth Annual Memorial Ride for Safety took place in Scottsdale, Carefree and Cave Creek. Over 100 riders took part again this year. Some of you were riding ten years ago...many of you were not. So, on this 10<sup>th</sup> anniversary I have included the story of the origins of this ride below, which Jane Larson thoughtfully captured for the Arizona Republic. For the last ten years, the proceeds of this ride have been donated by PMBC and organizers to the Coalition of Arizona Bicyclists in a continuing effort to improve conditions for cycling in this state. On a personal note, Lois and Winston Benson were close friends of mine, and the tragedy behind this event stays with me to this day. Winston Benson was more than a National Senior Olympic Silver Medalist who came from our very own club, he was a gentleman and a really great guy to be around. I feel fortunate to have crossed paths with Winston and Lois, and I am sure that Winston would appreciate that Lois, PMBC and the CAzB have honored his memory by working to improve the safety of the streets and roads where we ride.)

## **Accident victim inspires widow to pursue bicycle safety**

**Jane Larson**

The Arizona Republic  
Oct. 9, 2007 04:24 PM

SCOTTSDALE - A Scottsdale woman's response to tragedy 10 years ago is still making streets safer for bicyclists and making cyclists into safer riders.

The 10th annual Memorial Ride for Safety, which will attract up to 200 cyclists Saturday to the Northeast Valley, started as a way to remember a veteran cyclist killed when his bike struck a faulty storm grate in Scottsdale.

"I did the first one myself just to honor him, really," Lois Benson said of Winston Benson, her husband of nearly 47 years.

The first ride, which attracted 50 participants and benefited the Coalition of Arizona Bicyclists, followed her husband's favorite route: from Scottsdale to Bartlett Lake.

It continues to encourage cyclists to ride on the right side of the road and help the coalition raise safety awareness.

"It's accomplished a great deal," Benson said of the ride's longevity. "There are many cyclists who don't adhere to the rules of the road, and we want to prevent that."

Winston Benson got serious about bicycling after he retired at age 55 from a career in computer sales.

He rode across the United States, completed the *Des Moines Register's* Annual Great Bicycle Ride Across Iowa 10 times, and was most proud of riding with the U.S. team on a 1,100-mile race tracking Gen. George Patton's march across France and Belgium.

The couple biked together, too, traveling through Belgium, Holland and Denmark.

"He was a wonderful guy who built himself into a great athlete," Lois Benson said.

Just months before his death in 1997, Winston Benson had scored a silver medal in a national Senior Olympics race.

## **Winston Benson's bike accident**

He was riding alone early on a September morning, heading east on Via Linda near 133rd Street. His front wheel caught in a gap between the storm grate and its frame, suddenly stopping his bike and hurtling him over the handlebars.

The impact broke his neck, and Benson died the next day.

Mike Mason, claims manager for Scottsdale, said an investigation later determined that a contractor working on a street construction project had put too small a grate inside the frame. It was the only mismatch found in the project area, Mason said.

Even before the accident, Mason said, the city saw that grates with wide slots could be a danger for the skinny tires that had become popular with cyclists. It had inspected grates across Scottsdale to ensure that slots ran perpendicular to the road or were crosshatched, he said.

## **Never ride a bike across a grate**

Lois Benson reached a settlement with the contractor and won a change that requires Scottsdale inspectors to carry half-inch measures so they can check grates for dangerous gaps.

Mason and others advise cyclists to avoid riding across grates when possible.

"It's just something every rider should know, just like the rules of the road," Mason said.

He said the city moves promptly to fix grates and other hazards. The public can report hazards through the "How do I . . . report a problem" section on the home page of the city Web site, [www.scottsdaleaz.gov](http://www.scottsdaleaz.gov).

## Be a Cycle Santa!!!

Yes, it's holiday shopping season again. I know, because the catalogs have arrived in the mail. Here are just a few places to shop and some *affordable* (i.e. no new bikes here) gift ideas for the cycling spouse, significant other or friends on your list:

- **REI** ([www.rei.com](http://www.rei.com)) – Bike jersey ornament (very cool, excellent stocking stuffer, only \$7), Camelbak Performance 22oz bottle (funky bite valve design, three colors, only \$8), headlamps for night riding (multiple varieties, ranging from \$20 to \$100).
- **Velogear** ([www.velogear.com](http://www.velogear.com)) – Holiday card assortment (three each of five cycling-themed cards, \$14.95), "Bicycling and the Law: Your Rights as a Cyclist" by Bob Mionske, JD (\$18.95), Pearl Izumi Woolie Mammoth long-sleeve jerseys (both men's and women's matching jerseys, \$99.95 each), Biking with the Bard Shakespearean T-Shirt "To bike or not to bike. There is no question" (\$19.95), bicycling-themed necklaces (ranging from \$30 to \$60).
- **World Cycling Productions** ([www.worldcycling.com](http://www.worldcycling.com)) – THE place for cycling DVDs of the major tours and one day classic races, including the Tour de France, Tour of Italy, Tour of Spain and, this year, the Tour of California. They also have re-mastered DVDs of the great cyclists of days gone by (Merckx, Coppi, Anquetil, etc.). They also sell books, posters, calendars, clothing and a variety of other cycling-related items. Best of all for shoppers, they do gift certificates!

## Humor...Submitted by Sue Fassett (Our very own Style Woman?)

(Editor's Note: If you read *Bicycling Magazine* you probably know who Style Man is, and you will recognize the nature of the "repartee" that follows. If you do not read said rag, you may or may not "get" it...)

Bob, I really did not make the following question up, though the response is mine. Feel free to use in the newsletter if you want:

### Dear Ride Leader:

Maybe you could help me with a technical question on cycling apparel? I just bought some great Nalini bib shorts. I get all sorts of compliments, but there's one problem, those suspender things. Fact is, I'm getting to be a more mature cyclist now, and my shoulder muscles are sort of shrinking and they don't quite hold the suspenders where they need to be. I like to think of my muscles as getting "more compact".

Anyway, so I ride and things are usually okay until I have to signal for rocks, holes or road obstacles. When I do that, it's sort of like a B movie from the 50's, and sorta like Marilyn Monroe losing her straps, they droop.

Got any suggestions? It's a serious problem cause I've seen some of the other older riders (like Neal for instance) and they're having the same problem. Suppose I could exercise to build up my shoulders, but am afraid they'd just get more compact. My wife says I should give the Nalinis away. What's your solution?

Old Cyclist Guy

### Dear OCG:

First, kudos for making the jump to bibs. The sleek look works well, even on "compact" builds. Two potential solutions. You can try a fashionable criss-cross style with the shoulder straps, wearing them on the opposite shoulders. This not only gives you the benefit of keeping them in place but also the pull up factor on the shorts will distract you from any other discomfort during your ride. Or, listen to your wife, and give the shorts away... to her. She spends a lot of time at the gym, can probably trounce you at arm wrestling, is a better cyclist, and deserves the shorts.

Thanks for writing!

Your Ride Leaderess.

## Did You Know?

- **Former Discovery Channel teammates Alberto Contador and Levi Leipheimer, 1<sup>st</sup> and 3<sup>rd</sup> in the 2007 Tour de France, will join their former Director, Johan Bruyneel, on the Astana squad for 2008.** Bruyneel will reportedly bring along a number of former staff from the disbanded Discovery team, as well as some other team members. Gone from Astana will be the riders implicated in positive tests during the Tour and at other times during the year, as well as the former team management. To their credit, the sponsors of the team have stated that they have made the choice to stay in the sport and be part of a new era rather than walking away at a difficult time.
- **The City of Phoenix** has published a very interesting summary of bicycle/vehicle collisions during the 2001-2005 period. This study categorizes collisions by street location, zip code, at fault, helmet/no helmet, injury/fatality, day of week, time of day, etc., and is available for viewing/printing at [www.phoenix.gov/streets/2005bike.pdf](http://www.phoenix.gov/streets/2005bike.pdf).
- The city of **Berlin, Germany** recently completed a \$6 million trail that follows the path of the 160-km **Berlin Wall**. The trail includes about 30 signs commemorating historical landmarks.

# Driver of rig that hit cyclist won't be cited

**Dan Shearer and Carolyn Marsh**

The Arizona Republic  
Oct. 12, 2007 04:16 PM

A Mesa police investigation concluded the driver of a big rig that ran over a cyclist last month was not at fault and will not be cited.

Linda Cleapor, 52, died during morning rush-hour Sept. 12 when she was hit by a tractor-trailer near Dobson and Baseline roads.

Her death sparked an outcry from the cycling community, many of whom shared stories of motorists driving dangerously close to cyclists or cutting them off. They also said a state law requiring three feet between vehicles and cyclists is often overlooked and not enforced.

But police said the law did not come into play in this case.

Mesa Detective Chris Arvayo said ARS 28-735 requires a driver give three feet of clearance when overtaking a bicycle traveling in the same direction. But the driver has no obligation when a bicyclist attempts to overtake the motor vehicle, as appears to be the case in the September accident.

Rich Rumer, president of the Coalition of Arizona Bicyclists, said the group responded to ensure the truck driver wasn't being inattentive.

"It's possible she was at fault," he said, but added that in many cases accidents occur because motorists are busy changing CDs or texting on their cell phones.

"We do believe that bicyclists and motorists can share the road safely, but there has to be good judgment by both parties," Rumer said.

The investigation, released Friday, indicated Cleapor merged from the crosswalk and into the buffer zone (where the crosswalk ends and the roadway begins) behind the trailer being hauled by the driver of the tractor-trailer.

She then apparently caught up with the rig, according to Arvayo. Cleapor went under the back wheels of the trailer, which carried a piece of heavy construction equipment.

While witnesses indicate the truck had safely passed Cleapor, Arvayo said police "still don't have a witness who saw the contact."

The 45-year-old driver of the rig has not been identified.

Also from the report:

- The truck had been properly marked and traveling at speeds less than 20 mph, based on witness statements.
- Cleapor had been riding on the sidewalk and through the crosswalk at Dobson.
- No safety violations were found on the driver or truck and trailers when a vehicle inspection was conducted.
- The driver voluntarily submitted to a DUI evaluation by a Drug Recognition Expert Instructor and no signs of impairment were observed.
- Blood and urine samples were collected. The blood results show the sample provided by the driver did not contain ethyl alcohol.
- Scuffmarks from the bicycle falling onto the ground were measured about 31 feet west of the intersection, and in the buffer zone.
- Cleapor merged from the crosswalk and into the buffer zone behind the trailer.

A witness observed the truck and trailer pass Cleapor while she was riding in the crosswalk.

## Verde Valley a little more Bike-Friendly!

Reported by Coalition of Arizona Bicyclists Northern Region Representative Randy Victory

The Verde Valley took a couple of steps towards becoming a little more bike-friendly in October. Both the City of Cottonwood and the Arizona Department of Transportation carried out long-awaited measures that bicycle advocates have been working towards for years.

On October 9<sup>th</sup> Cottonwood's City Council, led by Mayor Diane Joens, approved the city's moving forward with a bike plan. The new plan will include the four basic elements that advocates say are necessary to improve the cycling environment in Cottonwood: Education, Engineering, Encouragement & Enforcement.

A bike plan is necessary for any community to take steps in the direction necessary to become a League of American Bicyclists recognized Bicycle-Friendly Community, as well as getting ADOT to include shareable facilities in its right-of-ways. For more information on the Cottonwood Bike Plan, contact planner Wes Ballew at [wballew@ci.cottonwood.az.us](mailto:wballew@ci.cottonwood.az.us).

On October 21<sup>st</sup>, the Verde Valley Cyclists, in conjunction with the Coalition of Arizona Bicyclists held a Road 1 class in Cottonwood, taught by Phoenix couple Radar & Sharon Matt. The pair are League Cycling Instructors, as certified by the League of American Bicyclists. Attendees included Daniel Paduchowski, President of the Verde Valley Cyclists Coalition.

Also in October, ADOT placed "Share the Road" signs on SR89A over Mingus Mountain. ***"It's great to see these signs - they're definitely a step in the right direction towards making this a bicycle-friendly area"***, said Zoomer's Bike & Gear shop manager Patrick Wiatrolik.

The next step will be signing & marking bike lanes throughout Cottonwood, as well as educating cyclists & motorists regarding bike safety.

**According to the League of American Bicyclists**, .9% of trips are by bicycle, but 1.7% of traffic fatalities are cyclists, Hidden inside these statistics are fathers, mothers, daughters, sons...and friends...Be careful out there!!!

### **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 48<sup>th</sup> 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 59<sup>TH</sup> 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"**.

**Phoenix Metro Bicycle Club**  
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