

THE TAILWIND TIMES

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The Best of American Road Cycling in 2007

By Bob Beane

These days, the so-called noteworthy "sound bites" seem substantially slanted to the negative. This was definitely true for the cycling world in 2007. More accusations, more suspensions, more arguments between organizations at the "top" of the sport...more of us just wondering when the focus will return to riding and racing versus who is clean and who is not, and who is in charge. Looking back, though, there are a number of highlights from the past year that I will remember that are on a much more positive note. Here are my nominations for the best of American road cycling in 2007:

- **Three Major American Tours** – For the first time, ever, there were three top-tier week-long races held in America. In terms of building a fan base and demonstrating the positive economic impact of a major sporting event that doesn't require a ticket for admission, this is great news! Even though the planned Tour of Utah failed to materialize, the tours of **California** (2nd year), **Georgia** (5th year) and **Missouri** (1st year) provided cycling fans across the country an opportunity to see top stars of the sport "up close and personal". And, this all happened in a post-Lance Armstrong era. The second annual Tour of California provided an early season stage for a dramatic battle between powerhouse teams **CSC** and **Discovery Channel**, with the end result being a GC victory by **Levi Leipheimer** of DC, and the overall team title to CSC. The fifth year "veteran" Tour of Georgia provided a venue for a continuation of that battle. A strong showing by domestic Heath Net-Maxxis added to the team competition mix. And, the fledgling Tour of Missouri surprised riders with its difficulty, organizers with its attendance and provided a platform for the Discovery Channel swan-song and a popular overall GC win by fan favorite **George Hincapie**.
- **More TV Coverage** – With more high level tours, there was more coverage of cycling on **Versus** this year. But, that's not all. The U.S. Open Cycling Championship was aired on network television in April. And, as the Internet continues its role as an advertising and promotional tool, there are now at least a half dozen sites that broadcast pro races throughout the year.
- **Levi Rises to the Top** – **Levi Leipheimer** finally broke out of the shadow of Lance Armstrong, winning two TT stages and the GC in California, the Brasstown Bald stage in Georgia, the U.S. Pro Championship, a TT stage in Missouri, and the final TT stage and 3rd overall in the Tour de France (only 31 seconds behind winner and team mate Alberto Contador).
- **Turning the Page** – After 17 years as a pro, **Scott Moninger** retired quietly in September after competing in the inaugural Tour of Missouri. As reported in VeloNews, Moninger competed in approximately 3,000 races during his career, and garnered 275 wins. He was the top-ranked American racer twice during his career, once with Coors Light in 1992 and again with Health Net-Maxxis in 2005. Moninger made the podium of the Mt. Evans Hill Climb 14 of 17 times he raced that event, winning it six times. And, in his final season, at age 41, he finished 3rd in the Tour of the Gila and won a stage at the Redlands Bicycle Classic. One of his most memorable wins was the 2000 Zinger Bicycle Classic, where he endured an alpine storm and rode a mountain bike down the rough Guanella Pass descent to a finishing hero's welcome.
- **New Hope for the Future** – Along with MTB pal Danny Summerhill, 18, who took silver at the World Junior Cyclocross Championship, the 17 year-old **Taylor Phinney** (son of Davis and Connie Carpenter-Phinney, both past cycling champions) burst on the scene this year as a great new hope for American cycling. Phinney began the season with a virtual tie for the Cat 2 win in the Tour of the Gila, then won the national pursuit title in his first-ever velodrome race and won the 2007 World junior TT competition. Among the women, Boulder, CO, native **Mara Abbott** won the national elite road and U23 TT titles, the overall of the Tour of the Gila, and finished 2nd at the Montreal World Cup.

As opposed to what usually is reported about cycling, these are the kinds of stories I like to hear and read...

2008 Tour of California...Only Seven Weeks Away!!!

This is your closest and best chance to see a "top ten", world-class pro bicycle tour. The 3rd annual Tour of California will take place from February 17-24 between Palo Alto and Pasadena. If you want to attend, you should plan now, especially if you wish to take part in a VIP car ride, dinner with a team, cyclist "meet & greet" and/or VIP hospitality areas at each finish, all of which can be arranged (for a fee). Information and reservations are available by contacting bwatson@amgentourofcalifornia.com or calling 213-742-7388. If you cannot make it to one or more stages of the race (which your editor *highly* recommends doing, based on his experience of the last two years), the Versus TV schedule follows on Page 2...More info at www.amgentourofcalifornia.com.

2008 Tour of California TV Schedule on Versus

Sun	Feb. 17	Palo Alto/Stanford University	2PM PST/5PM EST
Mon	Feb. 18	Sausalito to Santa Rosa	8PM PST/11PM EST
Tue	Feb. 19	Santa Rosa to Sacramento	8PM PST/11PM EST
Wed	Feb. 20	Modesto to San Jose	8PM PST/11PM EST
Thu	Feb. 21	Seaside to San Luis Obispo	8PM PST/11PM EST
Fri	Feb. 22	Solvang (Time Trial)	8PM PST/11PM EST
Sat	Feb. 23	Santa Barbara to Santa Clarita	2PM PST/5PM EST
Sun	Feb. 24	Santa Clarita to Pasadena	2PM PST/5PM EST

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: (2007 Officers) 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: Ron Waller, Pres (ronwaller@cox.net); Tom Adams VP & Mailing List (tla85258@yahoo.com), Mike Kirk, Treasurer (mkirk9942@aol.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)

January 1 7:33 a.m./5:31 p.m.

February 1 7:25 a.m./5:59 p.m.

March 1 6:56 a.m./6:26 p.m.

JANUARY RIDE SCHEDULE

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

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

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

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

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

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

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

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

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

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

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

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

January 6 (Sun) – PMBC - Casa Grande Century. See Page 5 for details/registration.

February 15-17 (Fri-Sun) 16th Annual John Early Memorial Valley of the Sun Stage Race

The Valley of the Sun bike race is a three-day event in which professional and amateur road racing cyclists of different categories compete for cash and prizes. A stage is held each day consisting of a time trial, a road race and a criterium. Visit the [White Mountain Road Club](http://www.whitemountainroadclub.com) for more race information.

March 9 (Sun) ADA - Tour de Cure - Tucson

March (TBD) (Sat) PMBC - Mining Country Challenge

March 15 (Sat) ADA - 5th Annual Tour de Cure - Phoenix

Enjoy the beautiful desert landscape of North Phoenix as you ride one of three routes designed for all cycling levels: 12, 32 or 62.5 miles. Rest stops, sag vehicles and lunch and entertainment after the ride. For more ride and registration information visit the [American Diabetes Association](http://www.american-diabetes-association.org) or email [Mary Rein](mailto:Mary.Rein@ada.com) - or call her at 1-888-DIABETES x 7093.

American Diabetes Association

April 5 (Sat) – PBAA – 17th Annual EI Tour de Phoenix - Mesa

74 or 25 miles around Red Mountain in the East Valley. www.perimeterbicycling.com or 520-745-2033.

April 27 (Sun) – PBAA – 22nd Tour of the Tucson Mountains – Marana

70 or 27 miles around the Tucson Mountains. www.perimeterbicycling.com or 520-745-2033

Mileage report from Tom Adams

December 2007: 151.61 miles. Zoolights, Tempe Arts Festival, Xmas lites rides.

2007 YTD: 3007.24 miles in 156 rides for 266 hrs 10 mins. Year highlights: 7-day GITAP Tour, 4-day Tucson Tour, 49 commutes, 7 metric centuries.

Message from the new PMBC president, Ron Waller...

As your new President I want to extend best wishes and a safe and Happy Holiday to you and your families. We have an excellent organization in P.M.B.C. Everyone of us has personal reasons why we ride a bike. Fun, competition, health, a desire to challenge one's-self; whatever your reason we appreciate your being a member of P.M.B.C. One of the things which makes an organization succeed are its volunteers. We have many events which can use your help and support. Do it, it pays very large dividends. If you're not sure of what you can do, ask one of your board members.

P.M.B.C. is a diverse organization. Are you aware our members include a "state cycling champion?" We have members who have raced on a national basis. Our members also include those who give tirelessly to various charities and causes. Whether it is riding miles for dollars or volunteering their time, they want to help others. Some of our members are also happy to just ride. Not how far or how fast... just ride. On your next ride say "HI" to someone who you don't know. Offer encouragement or a kind word.

How many of you are 50 or over? Are you aware that every February in Phoenix the Arizona Senior Games are held? There are many sporting events, including cycling (held in Ahwatukee). If interested go to www.seniorgames.org and check it out. Some of our club members did well enough to qualify for the National Games. Don't laugh; you would be surprised at what some of those "seniors" can accomplish.

I am going to ask one thing from each of you. Tell us something about yourself. Why do you ride? Who are you? I'll start. I have been cycling for over 20 years. I'm 58 years old, married and have two adult kids. So far this year I have ridden 6,508 miles. Totals miles in my cycling career? Don't know - a lot. I started out racing and had a very unsuccessful career – but a lot of fun. Had the benefit of training with some very good pros. John Eustace was my favorite; very patient, kind, soft spoken – a lot like me. So tell us about yourself. Send me a note at ronwaller@cox.net.

Ride smooth...be safe.

Winter Wellness Tips...Submitted by "Doctor" Glen Fletcher

QUICK & SIMPLE TIPS FOR FIGHTING ILLNESS & COLDS:

It's that time of year, and if you have children, it is even more of an opportunity to get a cold or flu. Below are some tips to help...

1. KNOW WHEN TO TAKE A REST

Maintaining fitness is great, but not at the expense of your health.

Monitor how you feel, and the stress you have from work & life. If you feel sick, fatigued, or just not right, take a break. You will be better off than getting real sick, and everyone else around you will thank you as well.

2. TAKE SOME VITAMINS - EAT RIGHT

Use any multi-vitamin or check out Airborne, great stuff. Even if it doesn't work 100%, you are getting some great vitamins and such. In addition, just eating right may stay off a cold. Avoid the bad stuff (you know what they are) and eat more veggies and fruit, you know, the stuff your mom told you to eat to be big and strong.

3. KEEP IT CLEAN!

Make sure you keep things as clean as you can. Washing your hands and using hand sanitizer. Keep your water bottles clean and if you carry one around with you, try to swap it out for a fresh one every other day at most.

The key is being aware of yourself and knowing when you need to take a break before you get sick. However, if you do get sick, accept it and you will get better faster!

Casa Grande Century - 100, 62 and 34 mile Options January 6, 2008

Sponsored by Phoenix Metro Bicycle Club

Download the Official Casa Grande Flyer and Registration Form in Microsoft Word .doc format: [CGFlyer08.doc](#).

Volunteers are needed to help out with this ride. Please contact [Jane Larson](#) if you would like to help out your club on this ride.

QUESTION: Why do Arizona cyclists ride Centuries in January? **ANSWER:** Because they can!

Remember where you used to live? The closest you came to riding a Century in January was trying to get your old Buick started when it was 5 below. So join us January 6 for the first century of the new year. Then call all your friends in North Dakota and tell them what a good time you had!

This ride is a great first century or metric century. The terrain is flat, the roads have low traffic, and if history repeats itself, the weather is sunny with a high of 70. What more could you want? Try two sag stops with water, fruit and snacks, as well as a hot BBQ lunch at Dave White Regional Park in Casa Grande. You'll also get a route map, commemorative socks and a raffle ticket for lots of bike-related prizes. Join 200-plus cycling friends for PMBC's biggest ride of the year!

New to cycling or club rides? Try our new 34-mile option. You'll get one sag stop, a route map and commemorative socks.

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

Vehicles will be available to collect those suffering from physical, mechanical or mental breakdowns.

Download the Official Casa Grande Flyer and Registration Form in Microsoft Word .doc format: [CGFlyer08.doc](#).

WHEN

- Sunday, January 6, 2008.
- Registration at 8:30 AM - 9:30 AM. (Sleep in for once and enjoy starting when it's close to warm!)
- There is no mass start, so you can leave any time after you register.

WHERE

- Start and finish at the Safeway store at 4970 S. Alma School Road, Chandler. It is on the northwest corner of Alma School Road and Chandler Heights Road, 1 mi. N. of Riggs Rd. Please park at the edges of the lot so we don't block Safeway customers.
- Directions From Phoenix or Tucson: Take I-10 to Riggs Road exit, then go three miles east to Alma School Road, then one mile north to Chandler Heights Road. From Scottsdale, Mesa and Tempe: Take Loop 101 south past Chandler Blvd. to Loop 202 exit, then go east two miles to Alma School Road, then south four miles to Chandler Heights Road.

NEW ONLINE REGISTRATION:

- Register online at www.active.com.

REGISTRATION FEES

- PMBC/GABA/ABC members before 12/29/2007: \$15.00.
- Non-members before 12/29/2007: \$20.00.
- PMBC/GABA/ABC members after 12/29/2007: \$25.00.
- Non-members after 12/29/2007: \$30.00.
- 34-mile ride only: \$10.
- Fee includes snacks, sag support, and lunch in Casa Grande.

(continued on Page 5)

MAKE CHECKS PAYABLE TO:

- Phoenix Metro Bicycle Club

MAIL [REGISTRATION FORM/RELEASE \(.doc\)](#) AND FEES TO:

- Phoenix Metro Bicycle Club
P.O. Box 26788
Tempe, AZ 85285-6788
- The above registration form is a Microsoft Word Document (.doc). If you have trouble downloading, viewing or printing this document you may use the [generic ride registration form](#).

FOR ADDITIONAL INFORMATION

- Email [Jane Larson](#) or phone 602-319-2238.

All Athletes: 'Tis the Season to Shake Things Up... © 2007 by Dirk Friel

This is the time of year athletes reflect on the past and make plans to improve performances in the coming year. No matter how last season stacked up for you, this is the time to plan for the future so that next year is something special. Focusing your training time on things that really matter and making consistency your highest priority can make you a champion come next summer.

Here are some common issues athletes mention when they do year-end reviews. If these sound familiar to you, consider introducing new training practices to break through and reach new heights.

THE ETERNAL PLATEAU: Our bodies adapt and get used to regular training in amazing ways. However, adaptations over time can leave you stagnant and wishing for more. Training the same way day in and day out for months on end will cause lackluster personal performances. If you have been following the same regime for longer than you can remember you have probably reached a plateau well below your potential.

THE FIX: Mix things up and add a new twist to your training. New training stimuli can do wonders for your fitness and results. Try getting fresh ideas from a coach or respected athlete who can jump start your training methods. A qualified coach can review your training data such as heart rate and/or power files to spot trends and give you a clear and objective analysis of your past training. Hopefully you can walk away with a fresh perspective and a new formula for success.

Simple changes in your aerobic-building base training such as introducing new modes of exercise can help you develop aerobically and muscularly in productive ways. Consider adding some of the following modes of exercise to your routine: fixed gear biking, hiking, snowshoeing, cyclocross, Nordic skiing, etc.

LACK OF RECOVERY: Do you never feel fresh after hard workouts or suffer from lingering muscle soreness? Mood swings can also be an indicator of overtraining and reduced ability to recover as quickly as possible.

THE FIX: More sleep. How many hours a night do you sleep? Eight hours of sleep is a minimum amount athletes should get per night. Sleep is crucial for building fitness, repairing muscles and staying healthy. Simply developing a nightly routine can be an enormous training advantage during the competitive season.

If you are already getting enough quality sleep each night, consider adding an occasional nap. A short nap of 20-30 minutes can physically and mentally prepare you for the following day's workout by helping to speed up the recovery process and release more natural human growth hormone.

UNCOMFORTABLE ON THE BIKE: Are you consistently uncomfortable on the bike with a sore neck, back, saddle sores and more? Or do your hands and feet go numb even on the shortest of rides?

THE FIX: Get a full bio-mechanical evaluation. In other words, a good bike fit. A sore neck, back, numb hands and feet are clear signs something is not optimal with your bike fit and possibly your foot and knee alignment. Seek out a

qualified bike fit expert that has knowledge of foot and knee alignment issues. There are only three primary weight bearing points of contact on a bike and they are the pedals and saddle. Surprisingly many comfort issues on the bike have their place of origin at the foot and pedal, which are often times ignored within a bike fit.

Even the best elite cyclists go back to basics and get a bike fit conducted once a year. Continued inefficient movement won't help you reach your performance potential. Improper movement can dramatically increase injuries and frustration. If significant changes are needed, then the preparation period is the best time to experiment. But be careful when introducing any intensity with a new position. Back or other muscle pain is likely since even proper positioning changes cause muscles to realign and adapt.

FREQUENT ILLNESS OR FATIGUE: Do you frequently get sick or run down and have no energy to train?

THE FIX: Get a blood test and meet with a dietitian. The off season is one of the best times of the year to make dietary changes and meet with your doctor concerning a complete blood profile. Having a blood test taken during the off season ensures you have baseline data to go from if things start to go wrong later in the competitive season. If you or your doctor don't like the results, investigate the causes and plan a diet analysis. This usually requires three days of keeping a diet log and a follow-up consultation with a dietitian. If changes are needed, it usually takes at least three weeks to see results of a new diet. Consequences, good or bad, can be observed and are safer to make this time of year, rather than during a hectic and stressful race season.

No matter if 2007 was a successful season or a complete flop. Change is good and can inject a much needed spark to you fitness and 2008 results.

Happy Holidays!

Dirk Friel raced professionally as a cyclist on the roads of Europe, Asia and the Americas. He is an Ultrafit Associate coach specializing in road training with power and is a co-founder of Peaksware, LLC. He may be reached by e-mail at Dirk@Peaksware.com

PLEASE PATRONIZE OUR SUPPORTING MEMBERS...

S.W.E.A.T. Magazine: Fitness articles, gear reviews and event schedules. Available free in bike shops and fitness centers around the Valley.

FITNESS PLUS: Available in bike shops and fitness centers throughout the Valley.

PAT'S CYCLERY: 929 E Main, Mesa. (480) 964-3330. Trek, Diamondback, Schwinn, Sun (recumbents).

LANDIS CYCLERY: 1006 E Warner, Tempe (480) 730-1081, 2189 E Southern Ave, Tempe (480) 839-9383, 712 W Indian School Rd, Phoenix (602) 264-5681, 10417 N Scottsdale Rd, Scottsdale (480) 948-9280. Specialized, Trek, Kestrel, Fisher, Thule bikes and accessories.

JAVELINA CYCLES: Chandler Blvd and 48th St, SW corner, next to Va Bene restaurant and the new Gelato shop. (Ahwatukee) 480-598-3373. Titus, Raleigh, Fuji, Felt bikes, and more.

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"**.

Phoenix Metro Bicycle Club
PO Box 26788
Tempe, AZ 85285

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PO Box 8125
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