

THE TAILWIND TIMES

May 2008, Vol. 16, No. 5

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White Mountain Tour July 12th and 13th, 2008

Sponsored by Phoenix Metro Bicycle Club

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

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

The cost of the tour is **\$50.00** for PMBC/GABA/ABC club members; **\$55.00** for non-members. A **\$10.00 late fee** applies after June 27th.

Saturday's "dinner" (meal), which is included in the entry fee, will be served from **1:00-3:00 PM**. Non-riders and family members can purchase dinner for an additional fee (TBD). **This year the dinner has been moved to Ramsey Park in Eagar and will be served as the riders finish.**

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

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

The Start & Route: This year we will again start and finish at Hon-Dah. **Registration on Saturday is 7:00am till 8:30. No mass start.** You will ride North on Highway 260 through Pinetop/Lakeside to Show Low. In Show Low turn East onto Highway 60 then to the sag stop at Midway Station convenience store in Vernon, about 34 scenic miles, (stop in and say high to the gang, maybe buy a cold soda or ice cream). If you are a casual rider, you may wish to get an early start to avoid missing the SAG stop, which will close at 11:30am. From there it's down to Springville/Eagar for 63 miles for day one.

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

Day two, start 8:00 AM. The return SAG stop will be set up at 8:30am near the Sunrise Ski Resort. From there it's mostly down hill back the start for the day's total of about 38 miles.

WHEN

- Saturday & Sunday, July 12th & 13th, 2007.
- Registration from 7:00 AM to 8:30 AM on Saturday.

WHERE

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

REGISTRATION FEES

- **PMBC/GABA/ABC club members - \$50.00**
- **Non-Members - \$55.00**
- **After June 27th, 2007. Late Fee - \$10.00**

MAKE CHECKS PAYABLE TO PHOENIX METRO BICYCLE CLUB – MAIL REGISTRATION FORM AND CHECK TO:

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

FRIDAY NIGHT LODGING

in Pinetop-Lakeside

- Bear's Paw Motel - 928-368-5231
- Best Western - 928-367-6667
- Blue Ridge Motel - 928-367-0758
- Bonanza Motel - 928-367-4440
- Comfort Inn - 928-368-6600
- Cozy Pines Cabins - 928-367-4558
- Double B Lodge - 928-367-2747
- Forest House Motel - 928-368-6628
- Hilltop House Motel - 928-367-4451
- Mountain Hacienda - 928-367-4146
- Murphy's Cabins - 928-367-5555
- Pinetop Lodge - 928-367-3510
- Super 8 - 928-367-3161
- Timber Lodge Motel - 928-367-4463
- Woodland Inn & Suites - 928-367-3636
- Hon-Dah Resort – 1-800-929-8744

FRIDAY NIGHT LODGING

in Show Low (about 10 miles from start)

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

SATURDAY NIGHT LODGING:

in Springerville / Eagar

- Free camping in the town of Eagar, includes restroom and shower facilities at Round Valley Middle School. Sleep in the gym, or pitch your tent on the nicest lawn in town.
- Reeds Lodge - 928-333-4323
www.k5reeds.com/
- El Jo Motor Inn - 928-333-4314
- Super 8 Motel - 928-333-2655
- Corral Motel - 928-333-2264
- Paisley Corner B&B - 928-333-4665
- Rode Inn - 928-333-4365
- Whiting Bros Motor Inn - 928-333-5870
- Best Western - 928-333-2540
- 26 Bed & Breakfast - 928-333-2102
- Spanish Trails B&B - 928-333-4034
- White Mountain Escape Bed and Breakfast - 928-333-2000
www.whitemountainscape.com

ADDITIONAL INFORMATION: For more information contact Jay Stewart or afternoons and evenings at 480-250-1613.

Phoenix Metro Bicycle Club

RELEASE AND WAIVER OF LIABILITY. ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Event: White Mountain Tour; July 12th \$ 13th, 2008

I agree to sign the RELEASE AND WAIVER OF LIABILITY. ASSUMPTION OF RISK AND INDEMNITY AGREEMENT If I decide not to sign the agreement, I will not register.

Riders must obey all Arizona traffic laws and must wear ANSI, ASTM or Snell approved helmets.

LEAGUE OF AMERICAN WHEELMEN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB")

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Phoenix Metro Bicycle Club, a.k.a. Phoenix Metro GABA, ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or any cost which may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT: _____ PHONE: _____

ADDRESS: _____ City: _____ State: _____ ZIP: _____

PARTICIPANT'S SIGNATURE _____ DATE: _____

Emergency contact information: Name _____ Phone: _____

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST WHICH MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: _____ PHONE: _____

ADDRESS: _____ City: _____ State: _____ ZIP: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

(Only if participant is under the age of 18)

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@FanBox.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: At our new web address of www.pmbcaz.org

Tucson : www.bikegaba.org

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

Sunrise/Sunset (Phoenix, AZ)

May 1 5:39 a.m./7:12 p.m.

June 1 5:19 a.m./7:34 p.m.

MAY 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 IN ARIZONA OR NEARBY LOCALS (most involve a rider registration fee or donation)

May 3 (Sat) 10th Annual Sedona Century Bike Tour - . Absolute Bikes The 10th Annual Sedona Century Bike Tour is coming May 3, 2008. This unique ride tours the beautiful Sedona/Verde Valley of Northern Arizona and offers 3 routes: Metric Century, 47 mile and 33 mile distances. For info, maps & online registration go to www.sedonacentury.com or call (928) 634-7869. Supporting The Old Town Mission, serving low-income poor and homeless in Northern AZ .

May 3 (Sat) Tour de Paradise - The Tour de Paradise is a bike ride in support of [Beatitudes Center DOAR](http://www.beatitudescenter.org). Grab a bike and ride solo or as part of a team. Join us in bringing help and hope to more than 17,000 people who benefit each year from Beatitudes Center DOAR's free services. Register now and collect pledges up until the event. 100% of Tour de Paradise proceeds will benefit Beatitudes Center DOAR. For 27 years, this non-profit organization has been helping homebound, older adults and caregivers throughout the Valley. 62, 30 or 12 mile events. www.tourdeparadise.org or Eva Scholfield at 602-274-5022.

May 3-4 (Sat-Sun) Salt River Canyon Bike Ride – GABA Tucson - The Salt River Canyon ride is a challenging two day ride from Globe to Show Low and back. 85 or 60 miles each day. Very scenic and hilly ride for experienced cyclists. For more information visit [GABA Tucson](http://www.gabatucson.org).

May 9 (Fri) Mt. Lemmon Hill Climb - GABA Tucson is pleased to offer the 16th annual edition of the Mt. Lemmon Hill Climb on May 9th this year. The road is in great shape and offers one of the finest road bike rides anywhere in the world. The 4.5% average grade allows for a challenging ascent without using extremely low gearing, and a descent that requires little or no braking.

May 24-26 (Sat-Mon) Luna Lake Tour - GABA Tucson - The Luna Lake Tour is a 3-day loop ride over the Memorial Day weekend. The tour is a moderately difficult ride in the scenic pine forests and mountains in eastern Arizona and western New Mexico averaging about 65 miles a day on lightly traveled roads. On Saturday you'll ride from Springerville, AZ to Quemado, NM. On Sunday the tour will take you from Quemado to Reserve, NM. And then on Monday you'll ride from Reserve back to Springerville. For more information visit [GABA Tucson](http://www.gabatucson.org).

June 1 (Sun) Mt. Hopkins Hill Climb – GABA Tucson – Test your climbing abilities. Amado, AZ. For more information visit www.bikegaba.org or call 520-625-3640.

June 14 & 15: NEW OVERNIGHT RIDE: ESCAPE TO THE HIGH COUNTRY! Shorter & longer options: something for everyone! Longer ride: Clints Well-Flagstaff. Organizer: Suzanne Couvrette, update-editor@bikegaba.org, (520) 891-4661.

July 12 & 13 (Sat/Sun) White Mountain Tour – PMBC – See Page 1 of this newsletter.

Sep 27-Oct 5 (Sat to following Sun) – GABA Tucson – The Annual Great Arizona Bicycling Adventure – This year, the route is from Page to Nogales with day three (Flagstaff) off and options of a trip to the Grand Canyon or Sedona Shuttle. For all the details, visit www.bikegaba.org for one of the best trip brochures I’ve ever seen, or call 520-349-5932.

Planning Ahead - Some Other Well-known or “Classic” Rides outside of Arizona to Consider:

- **Wine Country Century – May 3** – Santa Rosa Cycling Club. www.srcc.com Registration/details available 2/1/2008.
- **Great Western Century – May 25** – Full or metric. Paso Robles, CA. www.greatwesternbicyclerally.com
- **Santa Fe Century – May 18** – 25, 50, 75, 100 miles. Packet pick-up is Saturday, May 17. www.santafecentury.com.
- **Ride Around the Bear – June 7** – Redlands, CA. www.active.com.
- **Bicycle Tour of Colorado – June 22-28**. Six peaks from 8,000-11,000 ft. www.bicycletourcolorado.com.

League of American Bicyclists Annual Rally: The 2008 Maine Bike Rally, which will be held July 11-13, 2008 in Fryeburg, Maine. Click the following link to register online. http://www.bikemaine.org/store/mbr_register_select.htm

The League of American Bicyclists has chosen the Maine Bike Rally as the site of the National Bike Rally, and about 500 cyclists from throughout the country are expected to attend. This three-day event features more than 30 rides to choose from both off-road and on-road, some as short as five miles, others 100 miles long. They wind along country lanes, on forest trails and through scenic valleys in western Maine and the White Mountains area of New Hampshire. Historic Fryeburg, Maine will host the 2008 rally.

Camping, food (including big breakfasts, picnic lunches and all-you-can-eat dinner), all rides, entertainment, and a bike rally T-shirt are included in the affordable, weekend price. All the bike rides are designed to take in the splendor of the region hosting the Maine Bike Rally. In addition to rides, participants enjoy the Maine Bike Expo--with a myriad of cool bikes on display--an Ice Cream Social, an awards ceremony, and other activities. In addition to excellent on-road and off-road riding, participants can take part in other activities, including canoeing, hiking, swimming and visiting museums in the hosting region.

LAB hopes to see you there! Click the following link to register online. http://www.bikemaine.org/store/mbr_register_select.htm

Another Jane and Paul Tour (with Friends) summary & photos by Tom Adams

Jane, Paul, Alex, Dennis, Mark and I rode a self-supported cycling tour down to Picacho Peak State Park over the weekend. There were some wildflowers still blooming, but we missed the peak of the season by a week or two. It's 85 miles between Scottsdale and the park. We started Friday morning at 7:45 am and I didn't get there until about 6:45pm just as the sun was setting. Mark's wife Tina drove down to meet us at the park.

Saturday we hiked the peak. Mark and Dennis went to the top, Paul & Jane and I went to the saddle and then took the Sunrise trail back to the campground around the back side of the peak. Alex went to the trailhead with us, then turned back to read at the campsite. Tina turned back from the steep peak trail, then drove to the Sunrise trailhead and hiked in to meet Mark.

Sunday we left at 7:40am, and I got home right at 4pm. It was much faster coming back because it is mostly downhill, we had a good tailwind most of the day, and we made fewer and shorter rest stops. It's a long, long way to ride, especially fully packed with gear.

Many (Editor's note: Great!!!) pix at http://picasaweb.google.com/tla85258/2008_0404PicachoTour

Membership Makeup by Tom Adams

'Tailwind Times' Editor Bob Beane asked me to write an article on "who we are" that highlights the diversity and breadth of PMBC's membership. Beane feels this article would be of interest both to our members and to the Coalition of Arizona Bicyclists (CAzB) in future talks with the Arizona State Legislature Transportation Committees.

The Chairman of the Arizona House Transportation Committee is 22nd District Representative Andy Biggs, Republican from Gilbert. According to Bob Beane, "Rep Biggs has a very anti-cycling reputation. I've heard from CAzB members and others who have met with him personally that he is quoted as referring to cyclists as 'elitist'".

Rich Rumer, of CAzB, disputes the "elitist" label. He says "The profile for bicyclist is upper income, and college educated for the most part but I would not consider that elitist! We do come from all walks of life, some more frugal than others. I would call us mainstream citizens who are just a little more politically active than most." Beane adds "We have members who are in the insurance business, are physicians, attorneys, accountants, school administrators, government employees (FAA, County/State transportation, etc.), public utility employees, newspaper reporters, teachers, law enforcement officers, food brokers/distributors and retirees of many stripes."

We do not collect information on income or employment from our members, and we promise never to sell or give away member's personal information. However, we can aggregate and analyze our membership information without breaking our promise.

Our membership roster shows 322 active memberships. We are a local "Valley of the Sun" bike club, with 294 members from Maricopa County, but we also have 18 members from Pinal, Coconino, Pima and Gila Counties in Arizona, and 8 out of state members, in WA, VA, PA, OH, NM, GA, DE, and CA.

Within Maricopa County, we have 68 memberships in Phoenix, 54 in Tempe, 45 in Chandler, 44 in Scottsdale, 32 in Mesa, 22 in Gilbert, 10 in Sun Lakes, 6 in Fountain Hills, 4 in Glendale, 3 in Laveen and 1 each in Anthem, Ft. McDowell, Litchfield Park, Sun City, Carefree and Buckeye.

In order to gather additional data, during the first week of April, 2008, we conducted a 10-question on-line survey of our members. We had a total of 48 responses to the questionnaire, although not every respondent answered every question. It is not a random sample; nonetheless, it represents the 15% of our members who decided to participate. Here are the results:

Survey responses:

1. Sex: 75% male, 25% female. 2. Age: Average age 54, range 27 to 72.

Questions 3 and 4 are compared with the 2000 Maricopa County Census data:

3. Education:

PMBC members	2000 Census for Maricopa County
0% Not a high school graduate	17%
2% High school or GED graduate	21%
17% Some college or Associate degree	36%
35% Bachelor's degree	18%
46% Graduate or Professional degree	8%

4. Occupation

PMBC members	% not retired	2000 Census for Maricopa County
28% Retired		
15% Management, business & financial	21%	12%
30% Science, engineering & computer	41%	5%
6% Healthcare practitioner professionals	9%	3%
13% Other professional workers	18%	10%
4% Sales workers	6%	13%
2% Administrative support workers	3%	18%
2% Protective service workers	3%	2%
0% 8 other occupation groups	0%	37%

Question 5, "What do you do for a living?" is related to #4 and elicited many interesting responses:

- Instructor at MCC/ASU
- Engineering Manager
- Semiconductor
- Quality Assurance Manager at the Arizona Department of Agriculture Laboratory in Phoenix
- Safety manager
- Information Security
- Software Developer
- Network & computer systems administrator
- Lead Applications Engineer
- Internet Network Consultant
- Nurse
- Registered Nurse
- Administrative Law Judge
- Tool and die maker
- Own business
- Own insurance agency
- Independent Manufacturer's Sales Rep for Floral Supplies. Sell to Whsle. Florists west of Rocky Mtn's.
- Pharmaceutical rep
- Pharmacist
- Executive Director for a Disability Agency
- Vice President of Operations of a Three State Contract Security Company
- Former school teacher
- Math Teacher

We had a few cycling questions:

6. Cycling miles per year: average 3366 miles, range 0 to 10,000 miles.
7. Days per month commuting by bicycle: average 2.54, range 0 to 20 days.
8. Use of bicycle for errands: 48% never, 41% sometimes, 11% frequently
9. Have taken League of American Bicyclists Road One course: 9% yes, 91% no.

Finally, we also asked for comments or suggestions for the PMBC Board:

- More bike lanes, more education for drivers.
- I see numerous incidents of cyclist ignoring the laws, being impolite, and irritating car drivers- we need allies, not enemies - even if it means cutting cars some slack. On the other hand, there have been incidents where car drivers have literally gotten away with murder. We need to educate the police and to compile a list of lawyers who know the ropes and will fight hard for cyclists. PUBLICITY IS THE KEY. The club officers and the coalition need to work together to establish close ties with INDIVIDUAL reporters and editors for the local newspapers. There is a large community of non-cyclists who could be sympathetic allies if we respected their rights and got the word out - OUTREACH!!!!!!

- I would like to see some group riding etiquette & techniques explained, shown and practiced on weekend rides.
- It would be nice to have a weekly or monthly event in the northeast valley also maybe some more social non-cycling get-togethers throughout the year.
- Start the rides earlier: March 7:00 AM; April 6:30 AM; May 6:00 AM; June-August: 5:30 AM.
- We seem to have a lot of money in the bank just sitting there, why not use it for something worthwhile?
- I live in Washington state and have a bike in Arizona where all my family lives. This is so I can bike more throughout our Seattle rainy season (Nov-April). There are maybe 5 days out of the year I don't commute to work by bike and that is only if there is snow on the roads. I don't know what the "Road One" bicycling course is but I took our Cascade Bike Club 2 day "Urban Cycle" course. Day of class and day of on-bike class.
- Keep up the free breakfasts!
- The board is great! Thanks for all the hard work you guys do!!!!
- Keep up the great work.
- Saturday Cycling Rocks!
- I enjoy each ride. A lot of fun!

On the whole, Rich Rumer's comments are confirmed. Compared with the 2000 Maricopa County Census results, our group is considerably better educated than average, working much more in high-tech, management and professional occupational categories than average. Thank you to all who participated in the survey for your information and suggestions!

- PMBC's website is www.pmbcaz.org Contact us at pmbc-board@4warding.com
- The CAZB website is www.cazbike.org Contact them at cazbike@cazbike.org
- The AZ House Transportation Committee web page is www.azleg.gov/CommitteeInfo.asp?Committee_ID=59
- Rep Biggs' web page is http://www.azleg.gov/MembersPage.asp?Member_ID=4&Legislature=48 Contact Rep Biggs at abiggs@azleg.gov or at (602) 926-4371.
- Maricopa County 2000 Census data <http://www.workforce.az.gov/?PAGEID=3&SUBID=142>

Dancing on the Pedals by Phil Liggett and Doug Donaldson

Now available for less than \$10.00 at a bookstore near you...Arranged in poetic style, many of the classic Liggettisms are captured for all time. Here are just a few examples:

When a Badger isn't a Badger

I've seen fourteen Tours de France and
I can honestly say I've never seen
Riders attack the Yellow Jersey like this.
Which means: They all believe
that Bernard Hinault
Is not the man he led
us to believe,
today.
Stage 13, 1986

Come to Paris

The
Eiffel
Tower
didn't throw
a shadow
over this race for
the man in Yellow
Stage 23, 1986

Inquisition

It's only a mountain,
one of many you can see
on this French country morning
but for 171 young men
it would be a place
where they would dare
to ask themselves
the questions
of greatness
*Stage 10, 1987, individual TT
Up Mont Ventoux, one of the most
Grueling stages in Tour history*

Three Act Play on Alpe d' Huez

I.
Well, I don't think Ullrich believes it either
Armstrong has given everybody,
and maybe that was the plan to give everybody,
the impression that he was in trouble

II.
Look at the face of Ullrich
as Armstrong found his wheel
a good reply by Ullrich
And this is going to be mano a mano now
and this really has happened before
the climb has started

III.
A big move by Lance,
this
and there's no reply coming at all from Jan Ullrich. Ullrich has got no answer to this acceleration by Lance Armstrong.
He took a look straight into the eyes the of Jan Ullrich and said: Well here I go, are you coming or not?
And the answer is NOT. Today, Armstrong gave them a big start and ripped them apart.
Stage 10, 2001 Alpe d' Huez

Rarified

The man of the day
there's no doubt who that is
Andy Hampsten
has pulled of the ride of his life there
and thank heaven the organization has held the crowd back
because you need all the air you can get
when you climb to the top of Alpe d' Huez
Stage 14, 1992

Taking on the Solvang Double Century by Bryan Flamig

We arrived in Solvang, CA (northwest of Santa Barbara) mid-morning on Friday, March 28th. My wife Leslie and I drove the first and last fifty miles of the course so I could preview where I might be riding in the dark the next day. The wind was nasty, 25 mph with gusts to higher speeds, plus it was cold and damp for us Arizonans.

I told Leslie, "I can handle dark, I can handle wind, I can handle climbs, I can handle long distances, I can handle unfamiliar roads, I can handle cold, but not all of these at the same time!" I had serious thoughts of bailing.

I woke up on Saturday morning at 3:00 am in a cold sweat with my heart racing. I was very apprehensive about doing this ride. I did not relish the thought of riding by myself in the dark, trying to navigate on windy unfamiliar highways with only a route sheet to guide me. I had visions of getting in at midnight, if at all.

But, I know the trick to such things: Go ahead and start preparing to ride, even if you think you are going to bail. I ate three slices of pizza, put on my bike clothes, prepared my bike lights, pumped the tires and walked down to the start line, just outside the hotel we were staying. It was 5:45 am. I stood at the start trying to decide what to do. I had told Leslie there was a 60% chance of me bailing. However, the wind had calmed considerably, and it wasn't as cold as it had been the day before, so I left with a group of 10 others at 6:00 am. I figured I could ride 10 or 20 miles, and if I didn't feel up to it, just turn around and go back to the hotel.

I used the old psychology trick which always works for me in ventures like this: Just tell yourself you only have to make it to the next rest stop. You don't have to finish.

I realized later that what I was mostly stressed about was riding alone. It's so much better to have others to ride with, for camaraderie and for safety.

The day before the event I saw lots of riders with fancier bikes and more impressive quads, and even more impressive multiple double-century resumes. I thought I was going to be dropped badly and never be seen again. But that was not the case. The group I started with turned out to be at my level, so my feverish worries about being on the road all alone was for naught. I would ride off and on with this group the whole day. They were a nice group to ride with, mostly from the L.A. area. I had met one of the guys the day before. He started calling me Mr. Arizona.

Ironically, even though I was nervous about riding in the dark and getting lost, I was the one who guided the group for the first 20 miles. Because of the preview by car the day before, I knew where I was going, even in the dark. Everyone else kept trying to make the wrong turns, even though some of them had their route sheets clipped to their handlebars. I was going by memory.

I made it to the first rest stop at 42 miles, after a couple of moderate climbs and a long downhill. I was feeling fine. I used Hammer's Sustained Energy powder, which I stored in concentrated form in water bottles, and diluted with sips of water from a CamelBak. I was very diligent about drinking frequently and regularly. I had a banana at every rest stop, and during the day, one sub sandwich and one cup of noodle soup. And that was it. That's all I used for fuel. No gel, no anything else. I did take Endurolyte pills for electrolytes. The Sustained Energy powder is magical. Even though I brought all I needed for the whole day, they had plenty of it at every rest stop.

On the way to the second rest stop at 82 miles in San Luis Obispo, I had a gal draft off my back for 20 miles non-stop. She kindly told me at one point that my number was about to fall off, so I pulled it off and put it in my pocket. I was too lazy to get out the route sheet and was following others ahead of me, hoping they knew where they were going and wouldn't disappear around a corner. My legs were just beginning to feel the effects of the miles.

After the rest stop I made contact with the group I had been riding with, and they yelled out, "Hello, Mr. Arizona," and we rode to Morro Bay, along the Pacific Coast Highway. This route was beautiful, if uphill with a headwind. The highway had bike lanes almost as wide as car lanes. It was very safe, even though traffic was whizzing by at high speed. In fact, most of the PCH was very nice for riding, with wide bike lanes and more importantly, no rumble strips. I hate rumble strips. Larry Harrison was killed because of rumble strips, right in front of me, on last year's Casa Grande Century.

I made it to the 100 mile checkpoint at 12:16 pm in Morro Bay, where we had to have our number tagged so they could tell we actually rode to the top of the loop. My goal had been to ride 100 miles by noon, so I was on schedule. My average on-the-bike speed to this point was 16.5 mph. At the checkpoint, they made me borrow some safety pins and pin my number back on, otherwise, they wouldn't tag it. That delayed me 10 minutes, and I lost contact with the group.

I rode by myself most of the way to the 114 mile lunch break, but made contact with the group again just before the stop. I had a Subway sandwich. The Bullshiflers group from Phoenix was there, entertaining the crowd, the leader calling out their departure time every minute or so.

I left the lunch break at 1:40 pm and rode mostly by myself through Pismo Beach (probably the most beautiful part of the ride) and eventually made contact with the group, and was called out to again, "Hey Mr. Arizona, you're still here!"

Just before the town of Guadalupe, we encountered a series of hills I wasn't expecting. One was an 8-10% grade for about 1.5 miles. That sapped all of my strength. I lost contact with the group. By the time I made it to the 143 mile checkpoint, my speed had slowed to 13 mph even on the flats. There was a heavy crosswind and it was dusty from the nearby farms. I was having trouble breathing, with some asthma, due to the dust. My whole body ached. I had serious thoughts of quitting.

But a couple of the guys and gals from the group were at the rest stop and encouraged me to ride on. It was only 30 miles to the next rest stop, they kept saying.

One of them asked, "What made you come all the way from Arizona to do this ride?"..."I have no idea!" I replied. "What was I thinking?"

I left with the group. By now, we were heading east/southeast, which meant we would have a tailwind the rest of the day. After 10 miles, I was feeling better, and made it to the 172 mile checkpoint at 5:30 pm in fine shape, if a bit sore, with only 21 miles to go.

The organizers of this ride, Planet Ultra, are sadistic. From the 172 mile checkpoint, you have to do a 3.5 mile, 1000 ft climb, with grades of 5-15%. It's a gnarly one lane road of switchbacks in extremely poor condition, with a couple of cattle guards on a technical hairpin descent. I had previewed this climb the day before in the car, (which turned out to be a very good idea), and had told Leslie, "Crap, I'll be doing this in the dark. I'll be out here alone, getting lost or going off the edge. They'll never find my body."

As it happened, I left at 5:45 pm from the last checkpoint, after a tasty cup of noodle soup -- you have no idea how good that soup tasted -- and rode this last hill in the daylight, using my granny 30x25 gear the whole way (thank God for triples), making it to the top at 6:17 pm. The technical downhill had the same rough crappy road. I rode slowly, at 12-16 mph. People were speeding by, and I kept thinking "They are going to hit a pothole and crash, or blow a tire." I kept it safe.

I made it to the main highway, 11 miles west of Solvang. It was getting dark, so I fired up my lights. I rode with a tailwind into Solvang, and arrived at 7:16 pm; not all that tired, considering.

I did it! I finished the ride of 193 miles, 7700 ft of climbing in 13 hours and 16 minutes!

My average on-the-bike speed was 16.2 mph, which is what my average had been during most of the long training rides I did this year. To prepare for this ride, I ate centuries like candy: three in January, two in February (and was sick for two weeks in February and didn't ride at all), and three again in March, one for 160 miles, all solo.

I was in better shape than I thought. I was thinking I would be happy if I made it in 15 hours, and would be ecstatic if I made it in 14 hours. But never in my wildest dreams did I think I would make it in just over 13 hrs, finishing with only a few miles in the dark.

Afterwards, my wife talked to someone at the bar who had just finished the ride. He told her, "I'll bet your husband was crapping his pants when he saw the wind yesterday." He got that right!

Fortunately, the wind wasn't that bad the day of the ride. For most of the route, the scenery was very beautiful -- rolling wine country and seascapes. The wildflowers were at their peak, and it was a very good year for them. Maybe next year I'll do this ride again, but spend a week so my wife and I can do some serious photography.

It was an epic adventure, one I will always treasure!

Did You Know?

- **National Bike Summit 2009** – Dates are set. Mark your calendars now for March 10-12 here in Washington DC for the 2009 National Bike Summit. We need to keep the momentum rising as the debate on the future of federal transportation funding really starts to heat up. Make sure you are part of the 2009 Summit.
- **Dr. McDreamy of Grey's Anatomy (Patrick Dempsey)** – "I lost 12 pounds cycling" as quoted in *Bicycling Magazine*
- **Notable Recent Placings By American Cyclists** – **George Hincapie**: 5th, Tour of Flanders; 9th Paris-Roubaix. **Levi Leipheimer**: 4th, Vuelta a Castillon y Leon. **Jennie Reed**: World Track Championships – Gold Medal, Keirin; Bronze Medal, Sprints. **Mara Abbott**: 2nd, Redlands Classic. **Chris Baldwin**: 2nd, Redlands Classic.
- **Best Cycling-Related Commercial Not Selling Cycling Products** – **IHOP** (yes, the pancake place) is currently running a promotion titled "**Tour de French Toast**" with a TV advertisement featuring a zippy in-and-out trip to the restaurant by a speedy mini-peloton of hungry roadies. If you have not yet seen this yet, it goes in the category of "must see"...Bravo to the clever agency who thought this one up...and Bravo to IHOP for running it.
- **U. S. Bicycle Route System** – In 2003, the **American Association of State Highway and Transportation Officials (AASHTO)** Standing Committee on Highways passed a resolution to establish and extend U.S. bicycle routes. Several committees/sub-committees of AASHTO are tasked with developing and recommending a corridor-level plan for use by State DOTs and other agencies in designating potential future U.S. Bicycle Routes. Supporting this effort is the **Adventure Cycling Association**, a non-profit organization that has mapped over 37,000 miles of bicycle routes since 1973. ACA has provided staff assistance on this project since 2005. For more info, visit www.adventurecycling.org.

News Flash: OLN Fires Phil Liggett (from a Blog entry at Bansheecycling.blogspot.com in July of 2005)

He failed to Meet Contractual Obligation to Mention Lance Armstrong Three Times Per Minute, Sources Say...

Paris, July 5 (Fat Cyclist News Service) - Outdoor Life Network today severed its contract with Phil Liggett, a perennial favorite cycling announcer both in England and in the United States. A spokesperson for Outdoor Life Network said, "We regret having to let Phil go, but he knew the terms of our agreement when he signed on. Namely, he is required to allude to Lance Armstrong three times per minute, with at least one of those mentions being by name. Most importantly, at no point in time shall forty seconds ever elapse without a mention of Lance Armstrong."

Today, sadly, Mr. Liggett broke the terms of that agreement. When David Zabriskie had his unfortunate accident today, Phil failed for 40 seconds to put it in the context of whether this would impact Lance Armstrong or whether Lance Armstrong would have fallen, or asking what Lance Armstrong must be thinking about this accident right that moment. "When reached for comment, co-commentator Paul Sherwin said, "I had my 'Lance Stopwatch' going -- it's what we use to help remind us when it's time to mention Lance again." Continued Sherwin, "When Zabriskie fell, Liggett started actually talking about how disastrous it was for the rider, instead of -- as is proper -- talking about this would affect Lance and how he would no doubt have words of advice on the proper way to ride a bicycle for young Zabriskie.

When twenty seconds elapsed, I signaled to the timer. Then thirty seconds elapsed -- still no mention, so I made the sign of the Texas Longhorn, the code we use to signal that we need to immediately divert the conversation toward Armstrong. Still nothing."

Visibly shaken, Sherwin finished, "After forty-five seconds, Phil managed to bring the conversation back round to Armstrong, but by then it was too late. OLN Security was knocking at the door, ready to escort Phil from the premises."

Interviewed in his hotel room in Paris, Liggett looked like a man who has lost his best friend. "I'm a huge fan of Armstrong," said Liggett. "I haven't pretended to be impartial for years. But between Bob Roll and that marionette Al Trautwig, our Armstrong-centricism seemed pretty well covered, and I suppose I briefly let my guard down. I wonder what Lance Armstrong thinks about that?" Then, realizing the habit of mentioning Armstrong even when completely irrelevant was still with him, Liggett briefly looked melancholy -- which is the British equivalent of an American having a complete nervous breakdown.

OLN has moved swiftly to replace Liggett, putting former color-commentator Al Trautwig in his spot. Said Trautwig regarding his promotion, "Lance Armstrong. Lance Lance Lance Armstrong. Armstrong Armstrong Lance Lance Lance Lance. Six-time Tour de France winner. Lance Armstrong Lance Armstrong, Lance Armstrong." "This is going to work out just fine," said the OLN spokesperson.

What Ever Happened to America's Only Giro d' Italia Winner, Andy Hampsten?

As reported in the May 2008 issue of **Bicycling Magazine**, it was 20 years ago this June that American cyclist **Andy Hampsten** became the first American (and only, to date) to win the Tour of Italy. The stories of the ride over the Gavia Pass in a driving blizzard are legendary in Italy ("The day strong men cried"), and Andy is the most popular of American cyclists there. Today, Andy can be found in Boulder, Colorado, when not running cycling tours (Cinghiale Tours at www.cinghiale.com) in Italy that Bicycling describes as "at least as much about food and wine as they are about pedaling." Andy also has a business, with his brother Steve, in the sale and fitting of custom bikes made in the USA (www.hampsten.com). The article also provides a hint as to where a poster of the Hampsten ride over the Gavia might be found, and contains an interview of the man Bob Roll simply calls "Drew."

Andy Hampsten won the Alpe d' Huez stage of the Tour de France in 1992, on his way to finishing 4th. He had previously been 4th in 1986 (also, Best Young Rider). Hampsten won the Tour of Switzerland twice (1986, 1987), the Tour of Romandie (1992), and finished on the podium of both of those races multiple times in addition to a 3rd place defending his Giro title in 1989.

Remaining Race Dates for Major Events in 2008 (Live/Web Broadcast Dates and Tentative Versus TV Date/Time):

- **Tour de Georgia** – Completed April 27. Versus coverage airs Sunday, May 4.
- **Giro d' Italia** – Saturday, May 10 thru Sunday, June 1 (Versus: Weekly coverage at 4 pm or 3 pm ET, each Sunday from May 11 thru June 1)
- **Criterium du Dauphine Libere** – June 8
- **Tour de Suisse** – June 14-22
- Inaugural **Tour of Pennsylvania** Espoirs (under 25) TdF-style race – Versus: 3 pm ET, Sunday, June 29
- **Tour de France** – Saturday, July 5 thru Sunday, July 27 (Versus: TV schedule not yet posted)
- **Vuelta a Espana** – Saturday, August 30 thru Sunday, September 21 (Versus: 5 pm ET, Sunday, September 21)
- **Paris-Tours** – Sunday, October 12 (Versus: 4 pm ET, Sunday, October 12)
- **Giro di Lombardia** – Saturday, October 18 (Versus: 4 pm ET, Sunday, October 19)

The full **UCI racing schedule for 2008** is available at www.cyclingnews.com.

Extra Special Thanks go out to **Pat's Cyclery of Mesa** and **DNA Cycles of Mesa/Scottsdale** for their support of the **2008 Mining Country Challenge**. Please remember to support the shops who support your rides!!!

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/West Valley/Prescott clubs 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.

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"**.

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