

# THE TAILWIND TIMES

October 2008, Vol. 16, No. 10

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## Leon “The Captain” Smith Leaves The Pack...

Leon Richard Smith, known to Arizona cyclists and PMBC members in particular as “The Captain”, passed away at home in Tempe on September 13 after a short illness. At age 77+, Leon had still been riding with the club and co-leading Kokopedalis rides on Sundays. He was born August 26, 1931, in Missouri, and was a veteran of the Korean War.

Leon was an avid cyclist, and a long-time PMBC member, volunteer and ride leader. The “Captain’s” family was his circle of friends from the cycling community, including members of the Tucson/PBAA community, where Leon enjoyed one of his favorite annual challenges...the El Tour de Tucson.

A ride in Leon’s honor and memory will be held on Sunday, October 12, at 7:00 am at Kiwanis Park in Tempe. Details will be posted at [www.pmbcaz.org](http://www.pmbcaz.org), and a suggestion for donation, for those wishing to honor his memory in that way, would be to the League of American Bicyclists ([www.bikeleague.org](http://www.bikeleague.org)).

## How You Can Help the Olsen/Kilpatrick Family

On Tuesday Sept 2nd, Bill Olsen went out for a pedal which ended in a helicopter ride to a trauma center. A fall from his bike resulted in Bill being critically injured. As of this writing, Bill is facing a long, difficult road to recovery. Known as Little Bill or PB to his circle (those are the nick-names that can be used in this family friendly setting), Bill just a few months ago gave up a lifetime of being a bachelor to wed the love of his life, Debbie. Their friends are surrounding them with love and care, but there is another issue we can all help with. Debbie was laid off from her job just a few days before Bill's accident, and Bill's future includes much uncertainty.

A bank account has been established to provide financial assistance for the benefit of the Kilpatrick/Olsen Family at the Arizona Business Bank. The bank has waived any fees for the time being as it is thought to be a temporary account. If you can donate please do. We will have fliers/envelopes at some rides in the future but you can donate directly as follows.

1. Wire Transfer; Arizona Business Bank  
Routing (ABA) #122105540  
Short Name: ARIZONA BSN BNK  
2600 N. Central Ave, Suite 110  
Phoenix, AZ 85004  
For Credit to the account of Debbie Kilpatrick  
Beneficiary Account Number: 5180252
2. Mail: Arizona Business Bank  
2600 N. Central Ave, Suite 2000  
Phoenix, AZ 85004  
Account Number: 5180252

## Purposes and Objectives of our (GABA legacy) 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...

**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).

**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.

**Moving or changing e-mail addresses?** Please let PMBC Vice President Tom Adams know any change of e-mail address so that his posting notices will find you.

**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. While we encourage submissions from club members and guest writers, 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](http://www.pmbcaz.org)**

**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)

Oct. 1	6:23 a.m./6:12 p.m.
Nov 1	6:48 a.m./5:46 p.m.

## OCTOBER RIDE SCHEDULE

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

*\*\*\*Liability Waivers: If Ride Leader asks for riders to sign, and you don't, you are NOT part of the ride*

*(Includes most major club/event rides. For a more comprehensive ride schedule visit [www.sportsfun.com](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@yahooogroups.com](mailto:kokopedalli-subscribe@yahooogroups.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-Legacy 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)**

**Oct. 5 (Sun) – Tour de Scottsdale – dcbadventures** – Century/Benefit Ride to benefit the McDowell Sonoran Conservancy and Rebuilding Together. \$85 single entry, \$100 tandem. 7:00 am start at Market Street at DC Ranch. [www.dcbadventures.com](http://www.dcbadventures.com).

**Oct. 11 (Sat) Cochise County Cycling Classic – PBAA** – 45, 92, 157 or 252 miles. [www.pbaa.com](http://www.pbaa.com)

**Oct. 18 & 19 - Cave Creek Tour – GABA Tucson** - Scenic and fairly easy ride from Roadforks, NM to Portal, AZ, and up the Cave Creek Canyon. 45-mile per day on east side of the Chiricahuas with overnight stay in cozy cabins at SW Research Center. Meals included. [www.bikegaba.org](http://www.bikegaba.org).

**Oct. 25 (Sat) – Ride for Safety – CAzB & PMBC** – [www.cazbike.org](http://www.cazbike.org) (see Page 4) for info and registration form.

**Oct. 26 (Sun) - Tumacacori Gene Chapman Memorial Century.** Options for 25, 65 & 100 miles. Ride south of Tucson, starting in Sahuarita. Continue past Green Valley to Tumacacori Mission. Great lunch after the ride! [www.bikegaba.org](http://www.bikegaba.org).

**Oct. 26 (Sun) – (Tentative date for West Valley’s Nuclear Century. Watch for updates as to ride status)**

**Nov. 1 (Sat) – Heart of Arizona – Bullshifters** - [www.bullshifters.org/heartofaz.htm](http://www.bullshifters.org/heartofaz.htm).

**Nov. 8 (Sat) – McDowell Century – ABC** - [www.azbikeclub.com](http://www.azbikeclub.com).

**Nov. 9 (Sun) - Silverbell Century.** NW Tucson/Marana. East to west course! Leaders: Colin and Mandi Cordell, [colinandmandi@comcast.net](mailto:colinandmandi@comcast.net) or 572-6229

**Nov. 22 (Sat) – PBAA – El Tour de Tucson** – 33, 67, 80 or 109 miles around the perimeter of Tucson. [www.pbaa.com](http://www.pbaa.com)

**Dec. 6 (Sat) – PMBC – “Free Ride”** - Who says there’s no such thing as a free lunch? Ride first, and then find out for yourself...Ride details will be forthcoming in October, but mark your calendar now. **Volunteer Opportunity: Contact Glen Fletcher (Page 2)**

**2009 Casa Grande Century** – January 11, 2009, Sun Lakes to Casa Grande & Back...Why do AZ bicyclists ride a (full or metric) century in January? Because we can...Watch for details in future issues or on the web site. **Volunteer Opportunity: Contact Ron Waller (Page 2).**

**2009 7<sup>th</sup> Annual Jane & Paul Tour to Tucson & Back Tour (Four days)**

The 2009 4-day "J&P 7th Tucson Tour" is scheduled for the President's day weekend from Fri 2/13/09 until Mon 2/16/09. It's an almost painless introduction to bike touring. We ride about 60 miles per day and stay in motels each night. We provide a SAG vehicle, route maps, motel and restaurant recommendations, but "I'm not your Mom!".

This year our route is clockwise: Scottsdale-Florence-Tucson-Casa Grande-Scottsdale. Since you pay your own expenses, there is no ride fee, but you'll be expected to drive SAG for 10 or 20 miles and kick in \$10 for gas money. If you are interested in joining us and earning your touring "Artie", email Tom Adams, [tla85258@gmail.com](mailto:tla85258@gmail.com)

**A Note on Membership Questions** *from PMBC Vice President Tom Adams*

We usually update our membership list at the end of the month. When we process the memberships, we'll send you a membership postcard. If you paid and haven't heard back from us by the first week of the next month, or if you have any questions about your membership, please drop me an email at [tla85258@gmail.com](mailto:tla85258@gmail.com).

## “The PMBC/CAzB Connection”

### (1) A Great Cycling Club and (2) A Very Dedicated Group of Volunteer Advocates

*By Bob Beane*

Some events, good and bad, happen by accident...Some advances happen through planning and dedication. Sometimes, the two cross paths. Such seems to be the case with the Phoenix Metro Bicycle Club (formerly “GABA-Phoenix Metro”) and the Coalition of Arizona Bicyclists.

Once upon a time, an organization known as “GABA” (Greater Arizona Bicycling Association) connected clubs in Tucson, Phoenix, the West Valley, Prescott and Flagstaff. Without going into great detail, some legal liability issues related to a cycling accident in the Tucson area complicated a state-wide “club” affiliation. To be honest, I wasn’t in “management” when all that happened, so the less I say the better. But, the end result was a segmenting of “GABA” into local chapters loosely connected by a “Corporate” GABA, which has since been dissolved.

Enter, the Coalition of Arizona Bicyclists...

Mind you, GABA Tucson remains the largest single bicycle club in Arizona. Our neighbors to the south are very well organized, have a club of over 1,000 members (we have about 350), and they have their own advocacy efforts that have been effective enough to place their community/county at the Gold level of “Bicycle Friendly Communities” as designated by the League of American Bicyclists.

However, we need a *statewide* organization to advocate for our place on the road, to lead political support for that, to champion good legislation, and to train and educate motorists, law enforcement and, yes, bicyclists to safely co-exist and share the road.

Nearly 12 years ago, a club member of ours, Winston Benson, died as the result of a tragic accident in Scottsdale. An ill-fitting drainage grate provided a slot for his front tire to lodge, and the fall caused enough damage to take his life. Winston was a former neighbor of mine, a good man and a Senior Olympics National Silver Medalist representing our club, the State of Arizona and his friends from Phoenix. Losing Winston was devastating to his family and friends...

It was about this time that I met some folks from the Coalition of Arizona Bicyclists. Rich Rumer and Bill Lazenby helped Winston’s wife, Lois Benson, and a dedicated group of cycling advocates organize the first Memorial Ride for Safety to commemorate Winston’s life and to raise money for an ongoing bike safety effort here in Arizona. They were all volunteers, which the CAzB remains today, with a minimal budget but a sincere desire to make a difference.

A few years later, I was elected (OK, nobody else volunteered) president of PMBC for one year...It was a fairly uneventful year, with one exception. Rich Rumer and I had a discussion one day, and settled on the concept that the CAzB should be the focal point for advocacy efforts and resources, and recreational clubs should put on cycling events and fund advocacy through membership in the CAzB and other contributions. The Memorial Ride for Safety is one of those contributions, as the proceeds of this co-sponsored ride go to the CAzB each year. PMBC, we decided, would promote the CAzB through communications such as this, but would not dilute or fragment advocacy efforts by separately trying to lobby on a local, state and national level. We joined with the Arizona Bicycle Club in a pact to take this approach, and agreed that we would ask other recreational clubs to participate in supporting the CAzB as our “voice”.

This October, we will again co-sponsor the **Memorial Ride for Safety on Saturday, October 25**, with proceeds going to the Coalition of Arizona Bicyclists. The CAzB has grown into a truly statewide organization, encompassing both road and mountain biking, and was responsible (with the PBAA) for bringing **League of American Bicyclists President Andy Clarke** to Phoenix this past spring for an advocacy conference in conjunction with the EI Tour de Phoenix. I’ve listed **recent accomplishments and actions of the CAzB at the bottom of Page 5** for your review. Why? **I’d like for you to consider becoming a member.** Individual memberships involve a contribution of **\$25/year**, families are \$30/year and organizations (clubs, companies, etc.) are only \$200/year. If you ride, the CAzB is one of your best friends in Arizona...whether you know it or not. **Please join, and/or please come ride with us on October 25.**

**Volunteer Opportunity:** To volunteer to help with this ride, contact Bob Beane at 480-961-1951. A few spots remain for stationary SAG and “runners” (for ice or to shuttle riders with mechanicals, etc.)

The Memorial Ride for Safety XI  
Saturday Oct. 25<sup>th</sup> 2008  
**SHARE THE ROAD**

The 2008 theme is **Share the Road**. Join The Coalition and Phoenix Metro Bicycle Club for this great ride. The routes are 100 K and 35 miles through Carefree and scenic vista's of Tonto National Forest & Pinnacle Peak, but we will not go to Bartlett Lake. We will visit the Sears Kay Ruins towards Seven Springs. The new route will be a little easier and user friendly. The Start/Finish is by AJ's market at Pima and Pinnacle Peak Rd. Your entry fee will include a ride map, 2 rest stops, and a Bar- B-Que meal at the finish. Share the Road Jerseys may be ordered at this event for a reduced amount. The fee schedule for the ride is as follows:

GABA/ABC/CAzB members pre-registered only -----\$20.00

Non - members pre registered only -----\$25.00

Day of Registration ----- \$30.00

Tandem members pre -registered \$35.00 Day of ----- \$45.00

Pre-Registrations must be in by Oct. 8, 2008

Make checks payable to PMBC

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

The Safety Ride and the safety message grew out of the tragic cycling accident Winston Benson had approximately 11 years ago and we honor all those bicycle fatalities in Arizona since then. The Coalition of Arizona Bicyclists is your voice with all levels of government concerning bicycling in our State.

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

Safety Ride 5509 E. Everett Dr. Scottsdale, AZ 85254

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**Memorial Ride for Safety Oct. 25, 2008**

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

Name: \_\_\_\_\_ Distance Riding \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ email \_\_\_\_\_

**Recent CAzB Accomplishments and Actions Include:**

- Monitored and provided expert witness in a trial involving the hit-and-run death of West Valley bicyclist, Robert Walmsley, at the request of that cyclist's family, contributing to convictions for negligent homicide and leaving the scene of a serious injury accident.
- Promoting and scheduling League of American Bicyclist bicycling classes for beginners, experts and MTBrs (to sign up, visit <http://cazbike.org/BikeEd.htm>.)
- Providing input to ADOT, MAG and city bike/pedestrian planners on cycling-related projects in Arizona.
- Writing a letter in support of Federal Funding for a Scottsdale trail project that includes an under-street tunnel.
- Meeting with City of Phoenix officials to recommend and push for a new striping plan for 48<sup>th</sup> St between Guadalupe and Piedmont in Ahwatukee.
- Co-sponsored (with PBAA) bringing LAB President Andy Clarke to Phoenix for the annual bike conference.

## Arizona Named 3<sup>rd</sup> Most Bicycle Friendly State by LAB

In September, the **League of American Bicyclists** (LAB) announced their first-ever rankings of Bicycle Friendly States. This recent expansion of LAB efforts to promote a Bicycle Friendly American ranked states in their promotion of cycling in the areas of legislation, policies and programs, education and encouragement, infrastructure, evaluation and planning, and enforcement. Arizona was ranked 3<sup>rd</sup> out of the 50 states, following #1 Washington and #2 Wisconsin, and just ahead of #4 Oregon and #5 Minnesota. The bottom three was #48 Alabama, #49 Georgia and #50 West Virginia. Arizona ranked as follows in the 6 survey categories that included 74 assessment questions:

- 4<sup>th</sup> in Infrastructure
- 4<sup>th</sup> (tied) in Policies and Programs
- 4<sup>th</sup> (tied) in Evaluation and Planning
- 8<sup>th</sup> (tied) in Legislation
- 8<sup>th</sup> (tied) in Education and Encouragement
- 12<sup>th</sup> (tied) in Enforcement

Arizona was already among the leading states in Bicycle Friendly Communities, which include Tucson/East Pima County (Gold), Tempe and Scottsdale (Silver), and Chandler, Flagstaff, Gilbert and Mesa (Bronze). Arizona was also recognized for enacting a three-foot minimum distance for passing cyclists, but was kept from a higher score by a mediocre ranking in enforcement of this and other laws. A related article on this announcement in the *Arizona Republic* on Saturday, September 13, quoted several experienced cyclists, planners and officials regarding the successes we've had, and what remains to be done to make cycling safer and a more viable option for commuters. Among the opportunities to improve that were cited were: (1) Enforcement of bicycle and motor vehicle laws, (2) Driver and rider education regarding rights and responsibilities, (3) Hiring full-time bicycle and pedestrian coordinators in communities that don't have them, and (4) fixing "rumble strips" on rural highways that are dangerous for cycling. As noted by Eric Iwersen, a transportation planner for Tempe, the Transit Tax support by Valley voters provided crucial funding for infrastructure improvements to better accommodate cycling.

### Did You Know?

- **The 2008 Tour of Missouri** was won by **American Christian Vande Velde**, who in July was the top American finisher in the Tour de France (5<sup>th</sup>). 2008 has possibly launched Christian's career to the level of his father, John, a former US Pro Champion and Olympic cyclist.
- **The 2008 Tour of Utah** was won by **Jeff Louder** of BMC. The 5-day, 5-stage race included **over 30,000 feet of climbing**, and was billed as "the toughest race in America". The Best Young Rider jersey went to a rider with a familiar last name: **Peter Stetina**, son of former multi-National Championship winner **Dale Stetina**.
- **Retirements – Multi-World Champion Paolo Bettini of Italy and American cyclist and 15-year pro, Bobby Julich**, have announced their retirements in September. Bettini has been a man of class, and a force in one-day classics and the World Championships for years. Julich has had a number of outstanding results in his career, including a **win at Paris-Nice**, a **third in the Tour de France** and **Bronze Medal in the time trial in the 2004 Olympics**. They will be missed.
- **Peddling Homes in Portland!** – The latest real estate "craze" in Portland is realtors who tour prospective clients by bike to visit potential homes. Catering to buyers who place more emphasis on cutting their gasoline bills and commuting times, realtors can showcase bike lanes, nearby urban centers and mass transit, and homes in these closer-in neighborhoods are selling faster than homes in the suburbs.
- **Tour of Spain - Astana Teammates Contador and Leipheimer take 1<sup>st</sup>, 2<sup>nd</sup> Over Tour de France Winner, Sastre** – Tour de France victor Carlos Sastre finished 3<sup>rd</sup> over three minutes behind the one-two punch of Contador and Leipheimer, who finished about a minute apart. **Alberto Contador** was clearly the class of the climbers, and **Levi Leipheimer** won both individual time trials and wore the leader's jersey for two days during the Vuelta. In winning, Contador accomplished the remarkable feat of winning each of the three Grand Tours within an 15 month span, the quickest that has ever been done from the date of the first win. (Editor's Note: Your new cycling trivia question – "Name the only five riders in history who have won all three Grand Tours: **Alberto Contador, Bernard Hinault, Eddy Merckx, Jacques Anquetil and Felice Gimondi**.)
- **Tyler Hamilton Wins National Title in Photo Finish** – Tyler Hamilton, riding for Rock Racing after returning from a two-year suspension and riding as if he had something to prove, gutted out the final miles of the 115 mile USA Cycling Professional Road Race Championship to edge **Blake Caldwell** of Garmin-Chipotle by **two thousandths of a second**. The race was held in Greenville, SC, home turf of **George Hincapie**, who finished 22<sup>nd</sup>, and included four climbs of Paris Mountain. Tour de France animator **Danny Pate** was third.
- **Lance Armstrong to Return to Pro Cycling** – Lance Armstrong announced in September that he plans to return to pro cycling and hopes to win an 8<sup>th</sup> Tour de France. Johan Bruyneel is apparently interested in bringing Lance to Astana, but it would be challenging for Astana to keep three Grand Tour contenders (Armstrong, Contador, Leipheimer) happy, and it is rumored that Contador has several other offers outstanding. Stay tuned to see how this one plays out...
- **Michael Fine**, former owner of Sportsman's in Phoenix and current owner of **Fine's Cellar (coffee/bistro/wine bar)** on the corner of Fifth Avenue and Marshall Way in Scottsdale, is a serious cyclist (about 1,200 miles/month) and bike collector, in addition to being an expert on wine. Michael's road bike collection is reportedly worth around \$100,000, but only the collector status **1999 Trek USPS Team Edition OCLV 5500** is not ridden any more...

## Updated Cycling on TV

...From the **US broadcaster for the Tour de France through the 2013 race**. Versus is the main network for bike racing in the US. Major events remaining in 2008 include (Live/Web Broadcast Dates and Tentative Versus TV Date/Time):

- **Tour of Missouri** – If you didn't see the **September 28** recap, you missed the #3 race in America, and a show of strength by Mark Cavendish in the sprints, and Christian Vande Velde in the GC.
- **Vuelta a Espana – (rescheduled)** Versus: **5 pm ET, Saturday, October 11**).
- **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**)
- **Tour du Faso** (road racing in Africa?) – Versus: Sunday, November 9, **4 pm ET**

### Cycle Stats from 1World2Wheels.org

- The average person **loses 13 pounds** in their first year of commuting by bike.
- In 1964, 50% of US kids rode bikes to school and the obesity rate was 12%. In 2004, 3% of US kids rode bikes to school and the obesity rate was 45%.
- About 40% of automobile trips are made within 2 mile of home.
- In Fruita, CO, mountain bike tourism pumps about **\$1.5 million in to the local economy** each year.

### From the “Are You Kidding Me?” Corner: Hardin County, Iowa, Requires \$1 Million Insurance for Bike Rides

Stemming from a 2004 RAGBRAI-related lawsuit, Hardin County, IA, now requires any bike ride to register in advance, divulge their route, list start and end time, number of participants. Rides of > 10 participants must obtain a minimum \$1 million liability insurance policy in advance. The Thunderhead Alliance and local cyclists will be working together to try to

## 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.

**DNA CYCLES:** 2031 N Power Rd, #10, Mesa, AZ 1 (480) 924-2453 and 7077 E. Mayo Blvd. suite 100, Scottsdale, AZ 480-515-BIKE

**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/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”**.

**Phoenix Metro Bicycle Club**  
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Tempe, AZ 85285

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