

THE TAILWIND TIMES

November 2008, Vol. 16, No. 11

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Memorial Ride for Safety Benefits Coalition of Arizona Bicyclists

By Bob Beane

On Saturday, October 25, in nearly perfect weather conditions, **PMBC** and the **CAzB** co-hosted the eleventh annual Memorial Ride for Safety. This year's ride included over 140 participants, with proceeds going to the CAzB to fund advocacy, education and safety initiatives benefiting the cyclists of Arizona. Thanks go to PMBC, BullshifTERS, ABC and other clubs and individual riders who rode.

PMBC volunteers helped staff SAG stations to make sure the cyclists had plenty to eat and drink on their routes, which ranged from 35 to 62 miles. Thanks go to **Tom Adams** and **LeRoy Kopel**, who worked at SAG #2, and to **John, Kyle and Hannah Kerns**, and to **Linda Torres**, who worked SAG #1/#3. Kyle gets special mention for his now nearly world famous PB&Js, cut in quarters, which were a big hit with the riders, as was the ant at SAG #1/#3 who "caught the big one" (a goldfish cracker nearly 5 times his size was hauled from the SAG table back to the anthill over about 45 minutes!!!) . Special thanks also go to Rich and Mary Rumer for taking the lead again in organizing this event, to Coldwell-Banker for providing the location for SAG #1/#3, and to AJ's for providing bottled water, fruit and hosting the post-ride lunch.

PMBC Members Support Tour de Tempe

By Sue Fassett

The ride was the usual great event. There was a good turn out of club members. All those AZ jerseys looked grand mixed in with the crowd. Nothing like a free ride that starts with a free t-shirt, free Starbucks coffee and free bagels. My 80 year old dad, who is not a cyclist, came down to the start just to sign in and pick up the free swag! With our traditional exuberant give away of free air, our booth was as popular as ever. We worked on the usual eclectic mix of bikes, some of which were cobweb coated with dry-rotted tires. We even managed to sell three club memberships. They shortened the route this year (like that could even be possible) so we did a whopping 10 miles. Lots of police support at all the intersections. It was a beautiful day to go pedal with several hundred people on bikes.

Upcoming Club Events

Here are some upcoming PMBC events to put on your calendar:

- **Free Ride** – As mentioned in the November issue of *Bicycling Magazine*, the annual PMBC Free Ride will take place on Saturday, December 6. Phoenix Metro Bicycle Club says thanks to their members for another great year of cycling and welcomes all riders to join us in an adventure celebrating cycling. Three ride options will be offered: 25 miles, 40 miles, and 60 miles. All rides will start (and end) at Pioneer Park in Mesa and head to the northeast, with plenty of hill climbing for those opting to ride the 60-mile route. Food and drinks will be provided along the way and a catered lunch will be at the end of the ride. But best of all this ride is **FREE!** We do ask that you please RSVP (see below) in order that the necessary food and drinks will be available. Otherwise, you may go hungry.
- **General Membership Meeting and Election of 2009 Officers** – The next PMBC general membership meeting, which will include election of next year's officers, will take place at the Hometown Buffet in Scottsdale on Saturday, December 13. The nominating committee has announce that the **proposed slate of officers is as follows: President – Ron Waller, VP – Tom Adams, Treasurer – Mike Kirk, Secretary – Jane Larson**. Make plans to attend, eat, listen and vote.
- **Casa Grande Century 2009** – The date for the Casa Grande Century has been set: Sunday, January 11. Ride options are 103, 62 and 34 miles. For other details and registration visit the Major Events section of the PMBC web site or register on line at www.active.com.
- **Dia de Los Muertos Art** - An altar celebrating the lives of cyclists constructed by PMBC member Jay Stewart is now on display at the Burton Barr Central Library. You are all invited to stop by to view the altar and remember all who have passed before us. Burton Barr Central Library will host its Ninth Annual Día de los Muertos exhibit of altars Oct. 28 – Nov. 8 at the library's @Central Gallery, 1221 N. Central Ave. A free artist reception, sponsored by the Friends of the Phoenix Public Library, will be held from 7 to 10 p.m. Friday, Nov. 7.

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 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. 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

Tucson : www.bikegaba.org

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

Sunrise/Sunset (Phoenix, AZ)

Nov 1 6:48 a.m./5:46 p.m.
Dec 1 7:15 a.m./5:20 p.m.

NOVEMBER RIDE SCHEDULE

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

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

(Includes most major club/event rides. For a more comprehensive ride schedule visit www.sportsfun.com)

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-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)

Nov. 9 (Sun) - Silverbell Century. NW Tucson/Marana. East to west course! Leaders: Colin and Mandi Cordell, 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

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)**

Jan 11, 2009 (Sun) - Casa Grande Century – Sun Lakes to Casa Grande & Back...Why do AZ bicyclists ride a (full or metric) century in January? Because we can...Details, registration options and more on the web site. **Volunteer Opportunity: Contact Ron Waller.**

Feb 13-16, 2009 (Fri-Mon) - 7th Annual Jane & Paul Tour to Tucson & Back Tour (Four days, not an official PMBC event)

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

Mar 8, 2009 (Sun) – Tucson Tour de Cure (www.diabetes.org/tour)

Mar 14, 2009 (Sat) – Phoenix Tour de cure (www.diabetes.org/tour)

Apr 4, 2009 (Sat) – El Tour de Phoenix (PBAA)

Apr 26, 2009 (Sun) – Tour of the Tucson Mountains (PBAA)

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.

Highline Canal in South Phoenix to Receive Major Makeover

By Gene Holmerud of the CAzB

HURRAY! Our pleas have been heard. The City of Phoenix will fund a major makeover of the Highline Canal path.

The bike path from 40th St to Central Ave. has had its potholes patched and has been thoroughly swept of sand, gravel and debris. But most importantly, the approaches to 32nd St. have been fixed with asphalt paving. 32nd St and its bridge over the canal were widened a few months ago, and, basically, the path approaches were ignored by the contractor. Now they are very rideable.

I rode it both directions today (16th St to 40th St). Now there is pavement where there was so much sand washed in that previously I didn't know there was pavement below it! The many cracks are still there, but most are hardly felt and virtually all are at 90-deg to the direction of travel so they are not a problem to steering. **The Artistic and Improvement Project will be repaving from 40th St to 12th St over the next six or so months.**

Did You Know?

- **The 2008 El Tour de Tucson** will be dedicated to Tour de France commentator, former USPS pro cyclist and El Tour 2001 and 2002 winner Robbie Ventura. Also attending and riding El Tour will be America's top 2008 pro women's team, Cheerwine. If you are riding El Tour this year, please note that the starting queue will face to the south instead of the north this year, due to road construction. The rest of the route will be "normal", including the approach to the finish.
- **Ahwatukee cyclists have attracted Phoenix Police attention** – Complaints from residents regarding a weekday cycling group have gotten the attention of Phoenix Police. Phoenix Police Officer and Bicycle-Pedestrian Coordinator Toby Ehrler met with members of the subject group on Thursday, October 2, to address issues of riding more than 2 abreast, stopping at stop signs, and other issues resulting from resident complaints. The meeting was an effort to achieve cooperation prior to issuing citations to cyclists for traffic violations. Please keep in mind that you represent the entire cycling community when you are on the road, and act accordingly.
- **Bicycle Commuting now has tax benefits** – Congress recently passed a bill that includes provisions to benefit bicycle commuters. The tax benefit is based on costs incurred for purchase, repair, improvements and storage of your commuting bicycle, and may amount to up to \$240.00 per commuting year. The benefits are available for tax years beginning after December 31, 2008.
- **Boulder, CO plans innovative bike park** – The Boulder Mountain Bike Alliance, IMBA and the City of Boulder Parks and Recreation Department have announced plans and fundraising effort to construct a 45 acre bike park that will include a network of single-track mountain bike trails, a cyclo-cross course, BMX and children's skills areas, among its facilities.
- **League of American Bicyclists Spending Breakdown** – Based on their 2007 report, the LAB spends 9% of its budget on fundraising, 9% on "Management & General Expenses", and 82% on program services. As an alternative to making donations to the LAB each year, you can currently become a Lifetime Member for the sum of \$1,000.
- **South Carolina has passed a comprehensive Bicycle Safety Law** – This new law may be a model for many other states, as it includes provisions to prohibit "buzzing" cyclists, and includes civil AND criminal fines for harassing, taunting, maliciously throwing objects at or injuring cyclists.
- **TV star Shemar Moore (*Criminal Minds*) is a convert to cycling** – As reported in *Bicycling Magazine*, Moore's coworkers on the set helped him "upgrade" from a hybrid to a 15 lb Look frame with Campy components and Bontrager wheels, so that he could join the *Criminal Minds* team of nearly 40 riders on the SoCal MS 150.

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 du Faso** (road racing in Africa?) – Versus: Sunday, November 9, 4 pm ET

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.

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 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"**.

Phoenix Metro Bicycle Club

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