

THE TAILWIND TIMES

December 2008, Vol. 16, No. 12

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"Free Ride"

Courtesy of Glen Fletcher & PMBC

Maybe **Glen** will have **Edgar Winter** blasting "Free Ride" on a boom box...I don't know. But, one thing you can be sure of is that the entry fee for this ride on **Saturday, December 6**, is truly \$0...Zippo, zero, nada, nothing...

Dig deep into your closet, find your best retro wool jersey, and come on out for PMBC's annual celebration of another year of great cycling. This ride is getting so popular that it is now getting mentioned in the December issue of *Bicycling Magazine*. Why? No cost, choice of distance, SAG, and free food when you finish. You can't beat that with an old pump!

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.

Saturday, December 6, 2008

Start location at Pioneer Park in Mesa

(Saturday Cycling, normally based at Kiwanis, will relocate to this start for this date only)

Food and Drinks

Provided before, during, & after the ride

In addition, we will have a catered lunch after the ride

- When:** Saturday, December 6th
Sign-in starting at 9:00am
Ride starts at 9:30am
No mass start – this is not a race
- Where:** Pioneer Park – Mesa AZ
1/4 mile east of Mesa Drive on Main Street
Ride starts and ends at Pioneer Park
Limited parking... cycle or car pool is suggested.
Route will head to the northeast,
60 mile option will have a lot of hills!
- Cost:** Zip, nothing, nada. PMBC says thanks to their members for a great year and welcomes all riders to join us in an adventure celebrating cycling.
- RSVP:** Send Glen Fletcher an email if you plan on attending so we know how much food to bring. (wgfletcher@cox.net)

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)

Dec 1	7:15 a.m./5:20 p.m.
Jan 1	7:33 a.m./5:32 p.m.

DECEMBER 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 kmills67@cox.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)

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...Please RSVP to wgfletcher@cox.net so that we can bring the right amount of food and drink. **Volunteer Opportunity: Contact Glen Fletcher**

Jan 1 (Thu) – Original Pinnacle Peak Pedalers - 9 a.m. Show and Go bike ride, > 10:30 a.m. potluck (bring a delicious dish to share), Utery Mountain Regional Park at 3939 N. Utery Pass Road, Mesa, AZ, Ramada D-1, group picnic area (Note: park admission is \$6/car)

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 at Page __ and on the web site. **Volunteer Opportunity: Contact Ron Waller or Mary Ellen Coe (See Page 6 of this newsletter).**

Feb 13-16, 2009 (Fri-Mon) - 7th Annual Jane & Paul Tour to Tucson & Back Tour.

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.

Special Olympics Arizona Cycling Championship Needs Volunteers

A message from Gail Gilmartin:

- When: **Saturday, December 6, 8:00 am – 1:00 pm**
- Where: **Grand Canyon University, 3300 W. Camelback Rd.**
- What: Volunteers are needed to help with registration, timing, staging, meal service and awards for the Special Olympics cyclists.
- Who to contact: Gail Gilmartin, VP of Corporate Fulfillment and Volunteerism at gailg@soaz.org or call Gail at 602-230-0075. If leaving a message, please leave your name, phone number and e-mail address.

Thank you for your support of Special Olympics Arizona!!!

Holiday Shopping Ideas for the Cyclist

By Bob Beane

You, too, can help spur economic recovery, support the cycling community and give a unique and thoughtful gift to a fellow cyclist this holiday season. If you are feeling flush, visit one of our **sponsoring members (see the last page of this newsletter)** and buy your significant other, friend or child a shiny new bicycle, jersey or helmet. Also, a cyclist can never have too many spare tubes, cool cycling socks, or Polar bottles, so now is a good time to stock up.

Hey, what about ordering a **PMBC club jersey, bib shorts or vest?** The club is making an order very soon, so visit the web site and fill out your order form, today!!! Looking for stocking stuffers or a unique idea to round out that holiday shopping list? Here are a few other suggestions:

- **2009 Graham Watson Cycling Calendar** – Color photos, taken by *the signature photographer* of the pro peloton, grace the pages of this calendar. This calendar is available at many local bike shops, or from World Cycling Productions at www.worldcycling.com (\$14.95).
- **Phil Liggett's Morning Brew** – A bag o beans to get your day started! French roast with the label of the most famous cycling commentator in the world. www.worldcycling.com (\$12.95)
- **A slice of Arizona cycling for your friends "back east"** – Coach Troy Jacobsen offers a two course serving of Tucson area cycling on his training DVD "On the Road" 3.0 Tucson Training Rides. This training DVD features a two course (one hour each) training ride series, the first through the Saguaro National Park West (including climbing Gates Pass from both directions) and second a climb of Mt. Lemmon. Use it to train, then send it to your buddies back east so they can see where you ride! (\$34.95, www.spinervals.com, or 1-888-288-0503).
- **Waterproof Helmet Cover** – Currently on sale, 50% off!!! Basic black. (\$14.95, www.nashbar.com or 1-800-627-4227)
- **Bicycle Theme Tree Ornaments** – Road bike, Santa on a MTB, team time trial, and more (\$9.95 to \$16.95 at www.velogear.com or 1-800-234-8356).
- **Campagnolo: 75 Years of Cycling Passion** – In honor of Campagnolo's 75th anniversary, this "lavish, oversized book celebrates the legacy and the legend with an inside look at the company-the history, the factory, the products, the people and the future." This is a coffee table must for the serious cyclist. 9 and 1/2" x 11 and 3/4", 160 pages. (\$39.95 at www.velogear.com or 1-800-234-8356).
- **3D Road Rider Crystal** – A very cool "how did they do that" image of a road cyclist suspended in a 3" x 2" x 1" block of clear glass. An "editor's choice" for best cycling-related gifts under \$20.00 (\$14.95, www.velogear.com).
- **Low Cost Rain Jacket** – It doesn't rain much in Arizona, so who wants to spend a fortune on rain gear? Here is the perfect solution: A clear, light weight, inexpensive waterproof jacket from a well known name – Voler. (\$9.95, call 1-800-371-2801 or order at www.velowear.com).

Did You Know?

- **Mesa sells surplus goods (including bikes)** – Every Tuesday and Thursday from now to Christmas, the City of Mesa is selling everything from refrigerators to bikes. **Bikes are half off through December 18.** Sales take place from 8:00 am to noon at 7041 East Adobe St., Mesa. Call 480-644-2663 or visit www.mesaaz.gov/auction for more information.
- **Trek is producing chainless bikes!!!** – Starting with the single-speed "District" in December (\$930) and following with the eight-speed "Soho" in January (\$990), Trek is now manufacturing carbon-fiber-belt-driven bikes that won't require greasing, are whisper quiet and are less likely to catch clothing of the casual, urban rider for whom the bike is designed.
- **Congress has passed a Bike Commuter Act** – For details on the tax benefits now available to you for commuting by bike, visit www.bikeleague.org, or quiz your local CPA to see if he is staying current with his CPE.
- **LAB 2010 Rally will be in Albuquerque** – From the Planning Ahead Department (who has a 2010 calendar already?), the League of American Bicyclists has announced that their big ride and rally for 2010 will take place in July in Albuquerque, N.M. No details are yet available on the exact location, but it shouldn't be too hard to find (just kidding, Bill Jacobsen).
- **The Cyclist With the Most World Championship Wins Trains in Arizona** – French Cyclist **Jeannie Longo, at age 49, finished 4th in the Olympics this year.** A disappointment for her, but "not bad" to the rest of us. Longo has been the first female finisher in both the El Tour de Tucson and Tour of the Tucson Mountains (editor's personal note: at the *peak* of my fitness, I finished merely 16 minutes behind her in a 55 mile version of that event in 2002...I'm sure she was "cruising", while I was going as hard as I have ever gone in my cycling life to achieve my *only* Platinum medal finish in a PBAA event and my crowning moment as a cyclist). When asked about when her cycling career might end, her response was "Retire? I don't understand why everybody is asking me that question. It's impolite, isn't it? It's almost as if they are saying 'We are sick of you and want to see you go away.' I like to ask reporters then 'When will you stop your work? When will you stop writing?' Longo has spent as much as six months a year training in Tucson, and seems much more accepted and adored in Arizona than in France, where the French Olympic Committee sees her as somewhat of an embarrassment and a dinosaur (in that they haven't been able to find enough quality young French female riders to push her into retirement). Since 1984, Longo has won 26 World Championship medals (13 of those Gold), which have included road, track and MTB events. Chances are that if you ride in major co-ed events in Tucson during the winter months, you will eventually meet Jeannie Longo. When you do, **please congratulate her on being the most successful cyclist in history.**



Casa Grande Century

Updated 11/23/2008

AN APPROVED HELMET IS REQUIRED FOR ALL RIDES LISTED

Casa Grande Century - 103, 62 and 34 mile Options January 11, 2009

Sponsored by Phoenix Metro Bicycle Club

Online registration is available at www.active.com until 5 p.m. Friday, January 9, 2009.

Volunteers are needed to help out with this ride. Please contact [Mary Ellen Coe](mailto:MaryEllenCoe@pmbc.org) if you would like to help out your club on this ride.

Download the Official Casa Grande Century Flyer in Microsoft Word format (.doc): [CasaGrande2009flyerA.doc](#).

QUESTION: Why do Arizona cyclists ride Centuries in January?

ANSWER: Because they can!

Remember where you used to live? The closest you came to riding a Century in January was trying to get your old Buick started when it was 5 below. So join us January 11, 2009 for the first century of the New Year. Then call all your friends in Minnesota and tell them what a good time you had!

This ride is a great first century or metric century. The terrain is flat, the roads have low traffic, and if history repeats itself, the weather is sunny with a high of 70. What more could you want? How about SAG stops with water, fruit and snacks, as well as a hot lunch at Dave White Regional Park in Casa Grande. You'll also get a route map, and the first 200 registered riders receive a PMBC commemorative bottle (Polar!). Join your cycling friends for PMBC's biggest ride of the year!

New to cycling or club rides? Try our new 34-mile option. You'll get one sag stop, a route map and if you are **one of the first 200 registered riders, you will receive a Polar Bottle**. There will be three ride options: A Full Century (103 miles), a Metric Century (62 miles) and a 34-mile ride. The 34-mile ride is out-and-back and flat. The 62-mile ride is out-and-back, with a slight hill. The 103-mile ride is mainly a loop and flat.

Please bring enough spare tubes for your ride. There will be sweep vehicles on all routes to assist you, but they carry a limited number of tubes. They will have pumps! The sweeps are also available for the weary and downtrodden!

Download the Official Casa Grande Century Flyer in Microsoft Word format (.doc): [CasaGrande2009flyerA.doc](#).

WHEN

- Sunday, January 11, 2009.
- Registration at 8:00 AM - 9:00 AM. (Sleep in for once and enjoy starting when it's close to warm!)
- There is no mass start, so you can leave any time after you register.

WHERE

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

NEW ONLINE REGISTRATION:

- Online registration is available at www.active.com until 5PM, Jan. 9, 2009.

REGISTRATION FEES

- PMBC/GABA/ABC members before 12/29/2008: \$20.00.
- Non-members before 12/29/2008: \$25.00.
- PMBC/GABA/ABC members after 12/29/2008: \$30.00.
- Non-members after 12/29/2008: \$35.00.
- 34-mile ride only: \$15.
- Tandem: add \$15 for the additional rider.
- Fee includes snacks, sag support, and lunch in Casa Grande.

MAKE CHECKS PAYABLE TO:

- Phoenix Metro Bicycle Club

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

- Phoenix Metro Bicycle Club
P.O. Box 26788
Tempe, AZ 85285-6788

FOR ADDITIONAL INFORMATION

- Email [Mary Ellen Coe](mailto:MaryEllenCoe) or phone 480-239-8226.

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"**.

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