

THE TAILWIND TIMES

March 2009, Vol. 17, No. 3

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Spring in Arizona...You've Got to be Riding, *and* it's a Great Time to Give Back!!!

By Bob Beane

We are starting the month of March with high temperatures ranging between 70 and 90 in the Valley. The *sun is shining* (much better than that "Belgian Sunshine" we had in Santa Rosa a few weeks ago on Stage 1 of the Tour of California!!!)...If you rode the **Casa Grande Century**, or **Jane & Paul's Tour** to Tucson and back, you've already got some bona fide miles in your legs. The **Saturday PMBC rides** have been drawing big crowds (nearly 90 riders!!!), and then there's the **Sunday Kokopedalis and Spin Cycle rides**...we are also working on a **new weekend ride starting in Scottsdale** (stay tuned...).

This year, **more than just a few of us headed to California** for the newly expanded (now 9-day) **Tour of California** pro race. Some great photos from that event will accompany this newsletter on our web site this month and next. **Lance Armstrong** was riding again, **Tyler Hamilton** and **Floyd Landis** were also back in the saddle, and the peloton was the strongest (and the course the hardest) it's ever been. In the field were defending champ **Levi Leipheimer**, along with **George Hincapie**, **Fabian Cancellara**, **Jens Voigt**, **Francesco Mancebo**, **Mark Cavendish**, **Michael Rogers**, **Thor Hushovd**, and **Dave Zabriskie**, to name just a few of the stars...basically a Tour de France field testing their early season legs. In only the fourth year, the ToC is arguably the #4 race in the world, and set another record for attendance (roughly 2 million) for any sporting event ever conducted in CA, if not the USA.

Point: If you aren't inspired and riding at this point, please check pulse and/or visit physician...something ain't right!!! And, while you are out enjoying our wonderful spring weather, **please make a point to give back, as you can**, to those who make these great cycling opportunities possible. **As the #3 cycling state in the country, we have much to be thankful for, and to support.**

On the calendar in March and April, in addition to the regular weekend rides, are the **Mining Country Century**, WV's ride **Around the Tanks**, **MS rides in Tucson/Phoenix**, **Tour de Cure**, **El Tour de Phoenix**, the **Tour of the Tucson Mountains**, the **Ride for the Children**, **Senior Olympics** cycling events, and **The Answer to the Challenge**. No doubt there are other major rides I've failed to mention (please check the ride schedule and cycling links on our web site for even more events). Many of these rides are charity rides, and in a down economy, these folks need our help! **2009 might be the best ever year, in our lifetime**, to fulfill that New Year's resolution to get back in shape while supporting the charities and causes that really need our financial support!!! If you can't ride, consider being a volunteer at one of these events. **Volunteers are ALWAYS needed, and are greatly appreciated.**

If you are just starting out, or just coming back to cycling, think about taking a **League of American Bicyclists Road 1 cycling course** to enhance your cycling skills. One of our riders who took that course last fall has taken the time to share reflections on that experience (**see Page 8 for his insights**).

Speaking of LAB, that's another organization that needs your support. These folks lobby for us in Washington, publish lists of clubs and major events around the country, make our insurance program possible, bring together cycling advocates from all over the USA to develop coherent cycling agendas, issues and solutions, and provide a lot of **coordination on a national level** to move our cause forward. To find out more about what the LAB is doing on your behalf, visit www.bikeleague.org, and consider becoming a member (our club, and a number of our members, are LAB members, as well).

Finally, our own LAB "chapter", if you will, is our very own advocacy and education organization here in Arizona, the **Coalition of Arizona Bicyclists**. These folks volunteer their time to help make cycling safer and more accepted all across Arizona. Just skimming their March *Sprocketeer Newsletter* gives you a glimpse of a few of the activities they are involved in on our behalf. Here is a brief sample listing: (1) Representing cyclists at the **Light Rail** opening, (2) Conducting **free road and MTB cycling courses** for novice *and* experienced cyclists, (3) Conducting bike maintenance courses, (4) Making available an affordable, high visibility "Share the Streets" jersey, (5) Publicizing cycling-related programs such as the ADOT Bicycle Safety Awareness program recently initiated in the Verde Valley, and the formation of the IMBA-affiliated Central Arizona Mountain Bike Patrol with **CPR-trained members who now patrol South Mountain Park** as a supplement to Park Rangers. Annual membership in the CAZB costs a mere \$25 (single) or \$30 (family), and a business sponsorship is only \$200. (Membership: 602-400-6936, www.cazbike.org)

Supporting Member Profile – Landis Cyclery

By Bob Beane

Each month in 2009, we'd like to profile one of our supporting members. These are the bike shops, their owners and employees and other folks and organizations that support our cycling events and clubs in central and northern Arizona. This month, we are profiling the **annual supporter of the three-day "monster" Answer to the Challenge ride, Landis Cyclery.**

Landis Cyclery has been a mainstay of the Valley cycling scene for years, and now has **four shops** in the metro-Phoenix area. The two shops closest to most PMBC members are at Rural & Warner in Tempe (NE corner) and Southern & Price in Tempe (NW corner). Landis also has Phoenix and Scottsdale bike shops (see www.landiscyclery.com for locations, phone numbers and hours).

Landis Cyclery has an extensive web site that includes a product catalog, "bikes we sell" (Trek, Specialized, Gary Fisher, Cervelo...not all brands at all stores), sponsored events, cycling links/groups/rides, frequently asked questions (on all kinds of cycling-related topics), cycling tips and more.

Landis is participating in the **Trek/Gary Fisher free bicycle test ride program**, and has announced a site for riders to test ride in March. Here is the announcement from the link on Landis' web site (please confirm dates/times in mid-March):

Fri. Mar 27th, 2009—Sat. Mar 28th, 2009 10:00-3:00

Friday March 27th come out to McDowell Mountain Regional Park to test out the 2009 Trek and Gary Fishers. I'll have **Trek Madones, Six-Niner, Top Fuel's, EX's, Remedy's, Sessions plus Gary Fisher Superfly's, Hifi 26"/29" and the do all Roscoe.** See you for this all smiles afternoon product demo.

Location:

McDowell Mountain Regional Park
Scottsdale, AZ

Directions:

McDowell Park is located in the Scottsdale area of Phoenix. Take Shea Blvd. to McDowell Mountain Rd. and you will see the entrance. I always park at the competitive track. Contact your local Trek or Gary Fisher dealer for exact directions.

Sunrise/Sunset (Phoenix, AZ)

Mar 1	6:56 a.m./6:25 p.m.
Apr 1	6:16 a.m./6:49 p.m.

Did You Know?

- **Calories Consumed per hour by a cyclist riding 16-19 mph:** 135 lbs – **735**, 150 lbs – **816**, 175 lbs – **953** (that ought to help the bagels go down with less guilt!!!)
- **Calories Consumed per hour by a cyclist, stationary bike/moderate intensity:** 135 lbs – **429**, 150 lbs – **476**, 175 lbs – **556** (still good news for your stationary cycling class at the gym...lighten up on the cream cheese, though).
- The March issue of **Phoenix Magazine** includes a one-page article titled "**Casual Cranks**", listing six sites around the Valley suggested for taking the kids, family and/or novice riders to introduce them to cycling on easier bikeways. In addition to the PMBC favorite, **San Juan Road in South Mountain Park** (5.5 miles one way, elevation change 450 feet), author Mare Czinar lists: (1) **Skunk Creek Linear Park**, Glendale (3.5 miles one way, paved, flat), (2) **Papago Park West Park Loop** (4 mile loop, dirt/MTB, 50 feet), (3) **Indian Bend Greenway**, Scottsdale/Tempe (12 miles one way, paved, 200 feet), (4) **Arizona Canal Bikeway**, Phoenix (14.5 miles one way, paved, flat), and (5) **Cave Creek Wash**, north Phoenix (8 miles one way, paved, minimal grade change). The article includes much more detailed insights regarding trail access and features, and includes links to Maricopa County bike path maps (at mag.maricopa.gov/pdf/cms.resource/Bike-map20), the CAzB and Arizona bicycle laws. Kudos to the author and Phoenix Magazine on an EXTREMELY well researched and written piece of this type...one of the best your editor has ever read, and a "must keep handy" resource for anyone who is introducing friends or family to riding in the Valley. (Contact your editor if you would like a copy...)
- **Versus** is conducting a **free Fantasy Cycling competition** in conjunction with several of the major cycling events this year. Contestants select 15 riders from the field, subject to a budget restriction and varying "salaries" of the riders, and choose 9 riders to be on the squad for each stage. Riders may be moved to/from "the bench" each day, prior to designated cut-off times. Your editor gave this a try for the Tour of California, and *was so sure* that he had picked a winning squad that he named it "**OnThePodium**". Well, when **Fabian Cancellara dropped out due to illness after winning the Prologue**, my strategy (and Fabian's earned and potential points) went in the tank...I finished in the top 1,200, though, which wasn't as bad as it might seem (thousands of budding *Director Sportifs* apparently competed). Sign up a day or two prior to the next Grand Tour, and test your cycling knowledge (and luck).

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: (2009 Officers) President: John Oplinger – 928-671-0070 or JOplinger5200@msn.com
Vice President: Eric Kessler – hogansgoat7@cs.com, Secretary: Chuck Gerke – 623.974.9918, Chuckruthgerke@aol.com,
Treasurer & Membership: Betsy Turner – 623.979.8110 bettur@qwest.net

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)

MARCH 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 LOCALES (most involve rider registration fee or donation)

Mar 7, 8 (Sat, Sun) – Arizona Senior Games Cycling Events – Time trial and road race events will start at 40th St and Pecos Rd in Ahwatukee at 8:30 am on Saturday and 8:00 am on Sunday. For more information and to register, visit www.seniorgames.org.

Mar 8 (Sun) – Tucson Tour de Cure (ADA) – Start/Finish is at Rancho Sahuarita, 10 miles south of downtown Tucson. Take I-19 south to exit 75. Ride options are 100K, 50K, 30K, and 10K Family Fun Ride (www.diabetes.org/tour)

Mar 14 (Sat) – Mining Country Century (PMBC) – Start/Finish is at Main St and Magma, Superior, AZ. Registration and pre-registered rider sign in is between 8:00-9:00 a.m. For detailed ride information, see Page 6 of this newsletter or www.pmbcaz.org.

Mar 14 (Sat) – Phoenix Tour de Cure (ADA) - Start/Finish is at REACH 11 Sports Complex, Cave Creek and Deer Valley Roads. Ride options are 63 mile, 35 mile and 10 miles. (www.diabetes.org/tour)

Mar 22 (Sun) – Around the Tanks (West Valley Bicycle Club) – 70 miles around the White Tanks Mountains, with lunch after the ride, starting at 7:30 am from White Tank Regional Park in Waddell, west of Phoenix. Pre-register and get your admission to the park included in your ride fee. For details of the ride and registration information, see the ride posting at www.pmbcaz.org or contact John Oplinger (928-684-3331, JOplinger5200@msn.com) or Betsy Turner (623-979-8110, bettur@qwest.net).

Mar 27, 28 (Sat, Sun) – Arizona MS Ride – Starts at 7:00 am each day at Heritage Park in Florence. There are multiple route options, and a Saturday night dinner, live music, party and overnight. Donations/pledges required. For more information and registration, visit: <http://bikeaza.nationalmssociety.org> .

Apr 4 (Sat) – El Tour de Phoenix (PBAA) – 74 and 26-mile courses, all routed throughout Mesa, Arizona, and beginning at [Red Mountain Park](#) in Mesa. Routes extend into the beautiful and rugged backdrop of the Salt River Recreation Area and Tonto National Forest. The 74-mile event is a perimeter ride around Red Mountain and the 26-mile course feeds onto the main route. Both courses feature an approximately 4-mile climb as participants begin the final leg. www.pbaa.com

Apr 24-26 (Fri-Sun) – 26th Annual Answer to the Challenge (PMBC) – The annual three-day challenge for the very fit recreational cyclists and racing caliber riders among us. See the Major Events listing at www.pmbcaz.org.

Apr 26 (Sun) – Tour of the Tucson Mountains (PBAA) – 70-mile (around the Tucson Mountains) and 27-mile courses, both beginning at the Town Hall of Marana, NW of Tucson. www.pbaa.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.

Versus Early Season TV Coverage of Cycling

Here is the tentative Versus cycling coverage schedule for this spring. Please check local listings to confirm times:

- **Paris-Nice** – Sundays, March 8 and 15, 5:00 pm ET.
- **Criterium International** – Sunday, March 29, 5:00 pm ET.
- **Tour of Flanders** – Sunday, April 5, 5:00 pm ET.
- **Paris-Roubaix** – Sunday, April 12, 4:00 pm ET.
- **Liege-Bastogne-Liege** – Sunday, April 26, 3:00 pm ET.
- **Fleche Wallone** – Sunday, April 26, 3:30 pm ET.
- **Tour of Romandie** – Sunday, May 3, 4:00 pm ET.

In addition to the **Tour de France**, Versus also has plans this year to cover four days of the **Dauphine Libere** and three days of the **Tour de Suisse**, which are the two major “tune-up” races for the Tour de France.

2009 Amgen Tour of California – WE WERE THERE!!!
Various PMBC Contributors, Noted Below, plus Alan Havir and Allen Hirsch

Part 1: Bob Beane and Linda Torres (Prologue and Stage 1)

Prologue: This year's Tour of California opened on **Valentines/President's Day weekend (February 14/15)** with a prologue in downtown Sacramento. Linda and I quietly queued up at the Phoenix airport on Saturday morning, not expecting many others to be headed north into the forecast bad weather...for a bike race...*on Valentines weekend (how romantic?!)*. I guess the **LiveStrong** gear that Linda and I had donned (my V-Day present from her) was a dead giveaway...**we became a magnet** for the handful of hardcore fans who were on our flight. **Nathan and Melanie were connecting from Texas** (she is a triathlete...he just tries to keep up with her on the bike), and **Alan and Allen** were two separate guys we met (not traveling together) who ended up sending us some great photos and/or being part of some fun stories (how do you end up speeding along **behind the race director's car** coming into the finish of a Tour of CA stage when all you have is a press pass for a paper with 1/3 the circulation of the Ahwatukee Foothills News?). Check out the big "oops" at about minute 27:30 of this podcast: <http://www.thefredcast.com/?p=592>

This being the third year we have attended the Tour of California (out of four), and after reading about the field, we had **high expectations**. The Tour did not disappoint (OK, maybe the weather *stunk* for Stage 1, but the riders had it MUCH worse).

The Stages were as follows:

- Sat, 2/14 – Prologue (Sacramento)
- Sun, 2/15 – Stage 1 (Davis to Santa Rosa)
- Mon, 2/16 – Stage 2 (Sausalito across the Golden Gate Bridge and south to Santa Cruz)
- Tue, 2/17 – Stage 3 (San Jose to Modesto)
- Wed, 2/18 – Stage 4 (Merced to Clovis)
- Thu, 2/19 – Stage 5 (Visalia to Paso Robles)
- Fri, 2/20 – Stage 6 (Solvang individual time trial)
- Sat, 2/21 – Stage 7 (Santa Clarita to Pasadena)
- Sun, 2/22 – Stage 8 (Rancho Bernardo to Escondido)

Picture a Prologue time trial of only about 2.5 miles. Picture 10,000 to 15,000 fans, with cameras, all wanting to get the *perfect* shot of **Lance Armstrong, Levi Leipheimer, Fabian Cancellara, George Hincapie, Mark Cavendish, Tyler Hamilton...**you get the idea. After checking out the lifestyle exhibits and busting a fence to get a quick photo of **Phil Liggett and Paul Sherwen**, Linda chalked a "**Go Lance**" message on the pavement and we headed off to find a spot to photograph the riders as they approached the finish. Luckily, a non-addicted couple was leaving their spot at the **100-meter-to-go** sign after watching warm-ups for 15-20 minutes (what's all the fuss about, anyway...who-strong?). We dove in and locked up a primo spot on the rail...All the major cycling dudes were doing cruiser laps on the course to get the feel of the corners...When **Lance** and a small **Astana** entourage came on course, it was **literally a vocal version of "the wave"** following them around. But, Lance wasn't the only one getting attention from the crowd. Levi, George, Tyler, Floyd, Fabian Cancellara, Michael Rogers, Mark Cavendish...there were more than enough knowledgeable fans **dishing out love to all the skinny-tired gladiators** as they paraded in warm-up mode. Then, it was time to get down to business!!!

Guys like Svein Tuft, Mark Cavendish (surprisingly!!!), Tom Zirbel and Ben Jacques-Maynes (the last three were on my Fantasy Cycling team...yes!!!) set the early markers. The crowd was cheering each and every rider, and roaring as the big names came by. By the time **Hincapie scored a 4:36**, just off **Thor Hushovd's** time, and good enough for 6th in the end, the crowd was whipped into a frenzy. We knew when Lance came by that he wouldn't win the stage, but the decibels were off the chart, never-the-less. Just seeing the **big dog** back in the saddle, and finishing 1.8% slower than the winning time in his second race, was amazing!!!

Michael Rogers and Dave Zabriskie scorched the course, but **Cancellara** set the bar low at **4:32**. All the way around the course **Levi** was within striking distance, but, in the end, he was just under 2 seconds from winning. To say that the atmosphere while watching the last dozen riders was "electric" wouldn't quite do it justice. Quite simply, you had to be there (or be watching on Versus with Phil and Paul making the call...)

Stage 1: Neither we nor the TV viewers saw much of this stage, due to the weather grounding air links and affecting signals. Suffice it to say that Mancebo went on an early break, and "Chapeau" to him, he stayed away. Lance and Levi were running him down after **90+ miles in "Belgian Sunshine"** as they came into Santa Rosa, but the race director chopped off the three lap finishing circuit (due to dimming light and lousy weather), so the Astana boys finished with a gap of 1:07. Not to worry...

On our way into town (along the route, on foot), we found some courageous **Safeway employees** who had been out in the rain most of the day to supply race fans with food and beverage...few fans ventured from their TVs, so they gave us the **souvenir cowbells** since we came all the way from Phoenix to say "what up?". We also found **Superburger on 4th**, where we hung with the owner and locals until the race came to us (BTW, the burgers and mixed fries/onion rings basket was just fine...). One guy there says "What's going on?" I say, "The biggest bicycle race in the USA." He says "Here?". I say "Lance Armstrong and Levi Leipheimer will be busting by here in about two minutes (it was great getting the **Versus** feed from brother Tom back in Phoenix via the cell phone...). He says "You're kidding?". I say "No, I'm not..." He goes outside about two minutes later...gets a reality check...We pay our bill, and head back to the Flamingo Hotel and dinner with Linda's Uncle, Aunt and cousins from San Francisco.

Postscript: We didn't actually witness the start of Stage 2, in person, but we did see the riders, **live on SF television, crossing the Golden Gate Bridge**...chills!!! If the weather had been good, you would have seen it on SportsCenter on ESPN, guaranteed...

Post-postscript: On a cold, rainy day between Sacramento and Santa Rosa, it was a great idea to visit Trefethen, Stag's Leap and Rombauer wineries en route...chocolate and a little finely crafted red helps make up for the lousy weather between start and finish. Unfortunately, the riders were not so lucky. **Kudos go to the best-of-the-best on two wheels for hammering out a rain-soaked stage, because that's what they do on days when the rest of us wouldn't leave the house.**

Part 2: Janet and Lance James (Solvang Time Trial)

Solvang: "Lance Armstrong Rides Again" posters are everywhere we look when we arrive in Solvang to begin our bike tour of this area with the **Bicycle Adventure Club** on a cloudy Sunday...it will be another 5 days before the Tour de California descends upon this quiet, sleepy village nestled in the rolling country hills. My husband, Lance, and I can hardly believe our good fortune to learn that our bike tour coincides with this great event.

Solvang is a bike-friendly area...so many beautiful country roads that lead to magical places (and wineries). It is easy to see why the time-trial event is held in this city. The course is 15 miles long over rolling hills. Our bike group decided to test out our endurance on this grueling, arduous course. **Being true to Sue's Saturday Cycling mantra (ride to eat)**, we stopped at a little coffee shop for muffins and coffee before the BIG HILL. Of course, this added to our overall time, but the extra energy gave us a speed advantage. Along the way, we had to stop and take photos of deer munching on the wildflowers. So in the end, the ride that Levi Leipheimer finished in 30 minutes 40 seconds took us over 1 ½ hours to complete. But, Team Tandem, felt like winners by finishing a good 3 days ahead of Levi and Lance.

Thursday afternoon: Solvang shows the first signs of the Tour of California...large trucks roll in carrying all sorts of things that create a mini-cycling city...SAT up-links, tents, poles, lights and more. Our hotel is between the start line on the East and finish line on the West. Outside our hotel room in the park is tent city, where all the vendors will be giving away free goodies. The atmosphere is electrifying.

Friday morning: RACE DAY!!! We're up early to check out the town. Media trucks, cables, generators and lots and lots of busy workers still assembling the race course are everywhere. A few hours later, the team buses start to roll in...**Rock racing, Ouch!, Astana, Robobank.** Each time a bus pulls up, a crowd surrounds them, trying to get a glimpse of the team cyclists. The friendliest teams were Ouch and Rock, giving away posters and allowing time for some of their cyclists to sign autographs.

My husband and I decided to stay around this area to see if we could get a photo or two of the big players. Before long, a black Cadillac SUV pulled up right next to us...**Floyd Landis** quickly appeared and ducked into Ouch's bus. Got photos! Next a black sedan with a time-trial bike passed us and went into Astana's staging area. My husband, Lance, started taking photos of the bike when suddenly **Johan Bruyneel** stepped out and quickly removed **Lance Armstrong's "stolen-but-returned" bike**. Got photos! Next, along came a black Cadillac SUV into the Astana area. Yes, it was **Lance Armstrong and Levi** in this vehicle. We scored!!! Got photos!!!

We decided to stay in this area and my husband, Lance, took photos of most of the cyclists prior to entering the staging area for the start. Got great close-up photos!!! After photographing Levi (#1), we quickly packed up and went to the other side of the hotel where the end of the race was underway. (A big thanks to Bob Beane for this time-trial tip--- as it is possible to see both the beginning and end of the race this way.) It was really crowded, but Lance was able to procure a table from our hotel and stand on top of it in order to take more great photos. (Please check www.pmbcaz.org for photos, and come back next month for Mike and Nancy Kirk and "Potato Neal's" take on the final stages of this year's Tour of California...)

Cycling Humor and Notable Quotes (from "The Quotable Cyclist", Edited by Bill Strickland)

- "On the continent of Europe it is said that 21 July 1969 was a very important day in world history...For two reasons. A man called **Neil Armstrong** walked on the moon, and a man called **Eddy Merckx** won his first Tour de France." *David Walsh, from The Agony and the Ecstasy*
- "Learn to swear in different languages. Other riders will appreciate your efforts to communicate. They'll also know who you are talking to." **Robert Millar**, *to date, Scotland's greatest contribution to the pro peloton and the Tour de France*
- "When riding, the mind should precede the rider by one bike length...Figuratively speaking." *William Nealy, Mtn Bike*
- "Train your weakness, race your strength." **Chris Carmichael** (*coached some guy named Armstrong*)
- "Never use your face as a brake pad." **Earthquake Jake Watson** (*MTB magna-persona*)
- "I'm not going to be doing any Tour de Frances or big mountain bike courses, but its good to mix things up," *a quote from Shaquille O'Neal, after custom-ordering the first bicycle that ever fit him...*
- "You not bike rider, you nobody." *World Famous cycling coach, Eddie B*

Mining Country Challenge

AN APPROVED HELMET IS REQUIRED FOR ALL RIDES LISTED



16th Annual Mining Country Challenge - 66 and 96 Mile Options Saturday, March 14, 2009

Sponsored by Phoenix Metro Bicycle Club

Volunteers are still need to help out with this ride. We are always looking for SAG support, helpers, food servers, tire changers or whatever you can donate of your time. Please contact [Charlie Davis](#) or [Jack Graham](#) if you would like to help your club put on this ride.

The official 2009 Mining Country Challenge Flyer and Registration Form is available at www.pmbcaz.org.

Saddle up, Pardner, it's time to hit the trail, and some trail it is!

We're not talking about some easy little jaunt into the desert on some mule with no name (apologies to America) with a pick and shovel hung over your shoulder. No siree! However, when you see what you'll be climbing, you may want to reconsider that mule! Or maybe get a mountain goat!

Climb. Climb. Then climb some more. That's the Mining Country Challenge. It's not for everyone, but if you have aspirations to really put your climbing abilities to the test, this is the ride for you. By the end of the 96 mile ride you'll have climbed 7000 feet.

The ride starts in Old Town Superior in the heart of Arizona's mining country. From Superior, you'll go through the Queen Creek tunnel on US 60 (bring your blinking red tail light) and head on toward Miami on the climb nicknamed "Top of the Hill." The road has a narrow shoulder or no shoulder in some spots and it is a two-lane road – please ride single file. The route passes the Inspiration Mine near Globe and then leads southeast out of Globe. Then you tackle a long, 8% grade into the Pinal Mountains to the top of "El Capitan." This is a great place for a rest stop. The downhill into Winkelman is your reward...and the lunch stop after you turn the corner toward Superior (or the Circle K if you prefer).

Out of Winkleman, you'll head north toward Kearny, passing the Ray Mine. The climb culminates in a "hill" called "The End of the World," a 1.5 mile climb that averages 11%. After you make it up that hill, you will think it is the end of the world! From the top it is downhill into Superior.

Again this year we will have the addition of a metric century option (actual distance 66 miles). The route will go from Superior to Winkleman and return. This will be a great route for those who want to test their climbing abilities, but are not certain they can (or want to) ride the full 96 mile route. But don't feel leftout - The cyclists who will be riding the metric century will also have the challenge of surviving the 11% climb up "The End of the World" on their way back to Superior.

For some interesting history of the Kearny / Winkleman / Ray area that you will be riding through, [click here](#).

WHEN

- Saturday, March 14, 2009.
- Registration and starting times not yet available.

WHERE

- Ride starts in Superior, Arizona
- Registration and the Start will take place near the intersection of Main Street and Magma Ave. Look for the signs and the registration table.
- From the Phoenix Metro area take Hwy 60 (Superstition Highway) east to Superior. Exit at the 177 Winkelman exit and head north. Main Street is less than a mile from the exit and where the start will be.
- From Tucson take 77 north to 79 and continue until you get to Hwy 60. Turn east on 60 and exit at the 177 Winkelman exit and head north one mile.
- **Parking:** Main Street and the courthouse on the east end have parking spaces. Or park along a side street.
- The ride finishes at the same location.

REGISTRATION FEE

- To Be Determined

ADDITIONAL INFORMATION

- For more information contact email [Charlie Davis](#) or [Jack Graham](#).

Class Review of the CAzB Road 1 Course

By Scott Barvian

On October 18-19, 2008, I attended "**Road 1 for Commuters and Beginners**" presented at no charge by the **Coalition of Arizona Bicyclists**. It is based on the **League of American Bicyclists** class "Smart Cycling: Traffic Skills 101", expanded with topics such as Arizona laws, bike commuting and the Phoenix light-rail system.

Before taking the class, I questioned the sacrifice of an entire weekend of football watching..., I mean, prime fall cycling weather. But it was well worth the time and I recommend it to everyone. (There's also a one-day version.)

The important messages of the class are:

- Cyclists fare best when they act and are treated as drivers of vehicles.
- Never sacrifice your safety for the convenience of others.

It would take several pages to review everything covered in the class, but here are some things that I found especially useful:

- **Arizona law says bikes must ride "as close as practicable" to the edge of the street.** For safety and visibility, the class recommends riding 2 to 3 feet from the "rideable edge" of a normal street. (The gutter is not "rideable"! And it's not part of the bike lane.) On especially wide streets, ride 3 to 4 feet to the right of traffic, regardless of the distance from the curb. Drivers will be more likely to see you.

- All stop signs and traffic lights must be obeyed. **Current guidance from the Tempe police is that for a large group riding two abreast, 2 groups of two may proceed together through a stop sign after stopping...** the thinking being that 4 bikes occupy the same footprint as one car. However, all cities may not share this opinion.

- When turning left into a multi-lane street, turn into the correct lane first (the one you'd use in your car), then check over your right shoulder before heading for the bike lane or the edge of the street.

- In groups, each cyclist is responsible for his/her own safety. **According to the class manual, telling others that traffic is clear is "a dangerous practice and should not be followed".**

- If in doubt of your own safety, exercise your right to "take the lane". Arizona law requires you pull over to let traffic pass if 5 vehicles are backed up behind you, but only when safe to do so.

- Adjust your helmet so that it is not only tight, but also so you cannot push it back on your forehead.

There was a lot of "lab work" - practicing evasive maneuvers, traffic skills, and group riding.

Thanks to the CAzB instructors who gave up their weekend to teach the class. It really was very worthwhile.

More info:

<http://www.cazbike.org/BikeEd.htm>

<http://www.bikeleague.org/programs/education>

Jane and Paul's Tour to Tucson and Back...

Tom Adams documented this year's four-day, 245 mile adventure, and posted it at CrazyGuyOnABbike.com with photos at Picasa. **Nancy Kirk** also has posted photos on the club web site (more photos of Zach than Mike...Mike, I feel your pain!!!)

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.

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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