

THE TAILWIND TIMES

May 2009, Vol. 17, No. 5

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Sue Fassett Receives Tempe 2009 Bike Hero Award

By Bob Beane

At a Tempe City Council Meeting on Thursday evening, April 23, **Tempe Mayor Hugh Hallman and the Council bestowed on our very own Saturday Cycling leader, Sue Fassett**, the richly deserved honor of **"2009 Tempe Bike Hero"**. A number of club members, family and friends attended to applaud Sue's award. **A photo of Sue receiving the award from Mayor Hallman accompanies this newsletter on the web site.**

A letter signed by Mayor Hallman was previously delivered to Sue, and a copy of it is posted on the PMBC web site. For those who don't know, here are a few nomination considerations that led to Sue's selection:

- Sue Fassett has been the **Ride Leader** for Phoenix Metro Bicycle Club's Tempe-based "Saturday Cycling" for over 10 years. Sue has set an "inclusive" tone for this ride (which regularly includes 80-100 riders). People who ride from 12 mph to 25 mph, "newbies" to club-pace "road dogs" to racers all can participate. Sue regularly starts the ride with a safety reminder, coaches new riders in safe riding techniques and helps riders with their flat tires and mechanical issues.
- Sue has been a **point of contact for numerous riders visiting from outside the Valley** and Arizona, and has welcomed those riders to town as an unofficial "Ambassador" for Tempe.
- Each week Sue e-mails a summary of the Saturday ride with **cycling tips and "feedback"** on improvements needed among the riders who rode that week. Without mentioning names, she offers tips on sharing the road, dealing safely with lane restrictions, how to properly cross railroad tracks, etc.
- Sue is a **regular bike commuter** to her job in Tempe (3-5 days per week, year round...).
- Sue has **set an example of fitness via cycling** by competing and medaling in her age group at the state level, but also is seen at the back of a group ride **helping new riders** fix flats or learn cycling technique.
- Saturday Cycling, under Sue's leadership, has been listed in *Bicycling Magazine*, further **promoting cycling in Tempe**.
- Sue has **played a major part in growing the recreational Phoenix Metro Bicycle Club** from modest membership numbers to a club of roughly 350 over last 15 years. Many of those members came to the club through Saturday Cycling.

Not mentioned by Mayor and Council was that Sue is a good personal friend to many of us, and just plain special. Congrats, Sue!!!

"The Legend of Croce d' Aune"

Summarized from the true story told in "Campagnolo: 75 Years of Cycling Passion" (VeloPress.com \$39.95)

On a cold, rainy day in November of 1927, in the Veneto region of northern Italy, the Gran Premio della Vittoria bicycle race was contested. The racers included several of the leading champions of the day...and a **27 year old amateur racer from Vicenza**. On the road from Feltre to **Croce d' Aune, a pass at altitude of 1,020 meters**, the field was reduced to three of those well-known champions, and this very amateur racer. As the leading group climbed to the pass, the young amateur felt good enough to imagine winning the race. But, the weather was getting worse, the rain had turned to snow, and the ascent was getting more difficult...it was time to change gears.

In those days, changing gears meant stopping, removing the rear wheel, flipping it around, and re-mounting the chain on an easier gear which was on the opposite side of the hub. The young amateur dismounted and set about changing his gear, but his hands were nearly frozen and time dragged on as he attempted to loosen the unyielding wing nuts in order to make the gear change.

When all was said and done, the amateur's hopes of contesting the race vanished up the road with his former riding companions. Upon finally getting the gear change completed, with fingers bleeding, he remounted his bike and uttered a phrase in his Vicenza dialect "Bisogna cambia qualcosa de drio" (something in the rear must change). Young **Tullio Campagnolo** finished fourth on that day, but, more importantly, suffered the misfortune that later led him to invent the **quick release** and **gear changer** that we take for granted, today. **The history of cycling is thus divided into "BC" (before Campagnolo) and "AC" (after Campagnolo).**

League of American Bicyclists Update

By Bob Beane

The **March/April 2009 issue of *American Bicyclist***, the monthly LAB magazine, is titled “**2009 Bicycle Friendly America Yearbook**.” It includes articles describing the LAB “bicycle friendly” programs (Cities, States and Businesses), lists contacts for each program, and includes updated lists of all entities that have qualified, to date, in each program. Among the many factoids included in this issue were the following:

- **Arizona ranked #3 among states**, behind **Washington** and **Wisconsin**. Why was Washington #1? Among the factors were: (1) Cooperation between state and local agencies, bicycle groups and health professionals to increase cycling opportunities while reducing injuries and deaths, (2) Defined priorities and strategies to improve bicycle connections and to make biking a viable commuting option, (3) Persistent efforts by the advocacy community, and political/governmental leadership.
- **Boulder, CO and Portland, OR** joined **Davis, CA** as Platinum Bicycle Friendly Communities.
- **Tucson & East Pima Region** retains Gold status. Recent developments: Tucson now has a policy to add bike lanes on all new streets. Specific new programs in education and enforcement (both drivers and cyclists) are in place.
- **Tempe** continues as a Silver community. Two new non-profit organizations have formed in the last two years (Tempe Bicycle Action Group and Bicycle Saviours) that are working with the City to restore and redistribute bicycles and support an enhanced bicycle community.
- **Scottsdale** also continues as a Silver community. In the past year, the city striped twelve miles of new bike lanes, designated 64 miles of streets as bike routes, added 6 miles of paved paths and added 33 miles of unpaved trails to their bike system.
- **Chandler** is a Bronze award city, opening Espee Park as the first “bike only” (BMX, Freestyle, Grind) facility in the Valley.
- **Flagstaff** is also a Bronze city, with 40 miles of FUTS trail network, and a sales tax component of \$800K per year for the next 20 years allocated to bicycle and pedestrian Safe Routes to School improvements.
- **Gilbert** is a Bronze innovator, partnering with Ben & Jerry’s to offer free ice cream to kids spotted wearing helmets.
- **Mesa** is working hard to maintain Bronze, or move up, by identifying gaps in their bicycle friendliness, and has upped their bike lane miles to 128. Bicycle safety awareness is also a priority.

Sunrise/Sunset (Phoenix, AZ)

May 1	5:40 a.m./7:11 p.m.
June 1	5:19 a.m./7:33 p.m.
July 1	5:22 a.m./7:42 p.m.

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 Summer TV Coverage of Cycling

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

- **Tour of Romandie – Note the time change** >> Sunday, May 3, 5:00 pm EDT (2:00 pm MST)
- **Dauphine Libere** – Sundays, June 7 & 14, 5:00 pm EDT (2:00 pm MST)
- **Tour de Suisse** – Sundays, June 14 (with Dauphine Libere) and June 21, 5:00 pm EDT (2:00 pm MST)
- **Tour de France** – July...(schedule to be announced)

Note: The **Dauphine Libere** and the **Tour de Suisse** are **THE two major “tune-up” races** for the Tour de France.

From *Dancing on the Pedals (The Found Poetry of Phil Liggett...The Voice of Cycling)*

Big Ring

There goes Bernard Hinault
In a gear
Most men use
Only
On the
Downhills

Beast

Vicious
is the word.
Savage
is the climb.
--Stage 12, 2000
On Mont Ventoux

Fair Warning

Oh! Look at this!
Oh! My goodness me!
That was the roundabout
We were warned about.
And they’ve gone straight into the barriers.
--Stage 4, 1995

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@gmail.com), Mike Kirk, Treasurer (mkirk9942@aol.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)

MAY RIDE SCHEDULE

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

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

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

REGULAR CLUB RIDES (generally free to members, prospective members and guests)

EVERY MONDAY, WEDNESDAY & SATURDAY: Bike rides are held throughout the West Valley. For information on meeting places, times, etc., call Gene Marchi (623) 546-8112.

EVERY SATURDAY: SATURDAY CYCLING – Kiwanis Park, Tempe (SW of Mill & Baseline, across from the sand volleyball courts). 25-40 mile rides with optional breakfast stop. Contact Sue Fassett at (602) 758-0722 or suefassett@att.net.

EVERY SUNDAY: SPIN CYCLE starting at Desert Breeze Park, located between McClintock & Rural, and Chandler & Ray, on Desert Breeze Pkwy. For more information, contact Glen Fletcher at wgfletcher@cox.net.

START TIMES FOR SATURDAY CYCLING AND SUNDAY SPIN CYCLE: Jan 8:30, Feb 8:00, Mar 7:30, Apr/May 7:00, June-Aug 6:30, Sep/Oct 7:00, Nov 7:30, Dec 8:00.

EVERY SATURDAY: SUN LAKES BICYCLE CLUB – Starts from the Cottonwood Clubhouse on Robson Blvd between Dobson & Alma School, south of Riggs Rd. (Exit 167 from I-10). 35-40 mile breakfast ride at moderate pace. For information call Bob Prochaska at (480) 895-2601.

EVERY WEDNESDAY (NEW!!!): WATUKEE WHEELERS represents the latest expansion of PMBC rides. Start times are generally 7:30-8:00 a.m. The primary ride start is **Sun Ray Park in Ahwatukee**, but start locations may vary. Road rides are 25 to

30 miles, at a 12-15 mph average pace (no drop). Contact Roseann Wagner to be added to the ride notice e-mail: bluebike@earthlink.net .

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.

Sunday Kokopedalli “No Drop” Rides (20-22 miles, with longer options):

1st & 3rd Sundays from Chaparral Park, Scottsdale.

2nd Sunday from Kiwanis Park, Tempe.

4th Sunday from Gene Autry Park, Mesa.

Ride times and details at <http://groups.yahoo.com/group/kokopedalli> and at www.pmbcaz.org/rideschedule.html. More info?

Contact Kathy Mills kmills67@cox.net 480-235-5052.

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)

May 2 (Sat) Desert Classic (ABC) - Co-hosted by Oggi’s Pizza & Brewery, ride options are Century, Metric Century & 34 miles in the Northwest Valley/Lake Pleasant/New River areas. Ride starts and ends at Oggi’s Pizza & Brewery, South of Loop 101, on the east side of 67th Avenue. The first 130 riders will receive a custom made pair of socks from the Sock Guy! www.azbikeclub.com.

May 2 (Sat) 11th Annual Sedona Century Bike Tour – (Absolute Bikes and The Old Town Mission) – Cancelled per the web site, but Absolute Bikes is said to be putting on a replacement event so check www.absolutebikes.net Sedona link for details.

May 2-3 (Sat-Sun) Salt River Canyon Tour (GABA-Tucson) - Join us for spectacular scenery and challenging hills on a tour from Globe up through the Salt River Canyon. With over 8,500 ft of climbing on the 1st day into Show Low, this ride is advised for strong and experienced riders. Scott Audilet 520-834-3801, centuries@bikegaba.org.

May 8 (Fri) – Mt. Lemmon Ski Valley Hill Climb (GABA-Tucson) – 16th Annual climb, with four SAG stops, followed by lunch at Summerhaven. www.bikegaba.org.

May 17 (Sun) Santa Fe Century - A hundred miles of history pass under your wheels as you bicycle down the ancient Turquoise Trail through the old mining towns of Madrid and Golden, across the mineral rich Ortiz and San Pedro Mountains, across the Estancia Valley through the villages of Cedar Grove and Stanley and on to the very old village of Galisteo, and 100 miles after you start, wheel back into Old Santa Fe. In addition, there are 25, 50, & 75 mile "out & back" routes and an easy 50 mile ATB loop with 6 miles of country dirt road. www.santafecentury.com .

July 11-12 (Sat-Sun) White Mountain Tour (PMBC) - The White Mountain Tour is a two-day fully supported tour and includes sag support, plenty of good snacks and luggage delivery to your hotel or campsite. The tour takes place in the cool White Mountains of eastern Arizona and will take you through Pinetop/Lakeside, Show Low, Vernon, and Springerville/Eager on the first day. On the second day the tour takes you from Springerville/Eager up to near the Sunrise Ski Resort. From there it’s a nice downhill ride back to the start. See [Major Events](#) at www.pmbcaz.org for **further information and registration**.

July 25 (Sat) – Taylor House Century (Absolute Bikes/Taylor House) – Flagstaff area ride options include a 95 mile route, 65 mile route or the 45 mile route. Absolute Bikes and The Taylor House are organizing a century bike ride to benefit The Taylor House, a home away from home for friends and families of patients of the Flagstaff Medical Center. www.absolutebikes.net.

July 26 (Sun) – Durango 100 Century – Durango, CO to Farmington, NM and back, or shorter 85 and 50 mile options. For more info, and to see pictures of last year’s ride, visit www.durango100.com.

PMBC Riders Finishing the El Tour de Phoenix 72 Mile Event

Here are the folks we spotted (thanks, Sue Fassett, for your help!)...if we missed you, please let your editor know:

3:04 Steve Miller (Platinum Medal), 3:11 Gary Bernard (Platinum Medal), 3:13 Bill Shea (Platinum Medal), 3:25 Joshua Hutchison, 3:26 Joern Shad, 3:26 Bob Culbertson, 3:29 Robyn Kang (Platinum Medal), 3:33 Tina Miller (Platinum Medal), 3:35 Lisa Hudson (Platinum Medal), 3:42 Scott Pollat, 3:45 Gary Weir, 3:50 Dave Lehnen & Lucy McKee (tandem), 3:52 Mark Jacoby, 3:53 Court Phillips, 4:02 Julie Moore, 4:09 Jeff Mohr, 4:10 Ed Dumas, 4:20 David Garcia, 4:26 Jeff Stanton, 5:04 Charlie Davis, 5:21 Jack Graham, 5:23 Bob Beane, 5:43 Quyen Nguyen.

So, **Steve Miller** was our top road dog for the day, and between the men and the ladies, we tallied **six Platinum Medals**.

After a fierce battle for “Lantern Rouge” (the red lantern...the caboose...etc.), **Quyen Nguyen** edged your editor for this year’s title.

Test Your Twitter Telepathy

According to *Bicycling Magazine*, the following “Tweets” were peeped by members of the pro peloton. **Match the rider with the Tweet** (answers on the last page of this newsletter):

Riders	Tweets
1. Lance Armstrong	A. Turning 30 in a few hours, watching 24, just shaved my head.
2. Ivan Basso	B. Just went to Target, Mel decided last minute she wanted a Santa costume, Target was closed. Yes!
3. George Hincapie	C. I'm happy to announce I'm not the oldest guy in the race. Jens Voigt is one day older.
4. Dave Zabriskie	D. Just made eye contact with some honeys at whole foods. Too bad our older sisters rolled up and ruined the vibe.
5. Taylor Phinney	E. I arrive in the bunch, don't crash, and the legs is not so bad. I'm happy. Now is the moment for go to sleep.

Some of the **51 Things to do Before You Die** (From *Bobke II* by Bob Roll...available at your favorite “bookstore.com”)

- Own and use regularly any **Campy** part made before **Tullio** ascended to heaven on his fiery parallelogram chariot.
- Pick a year, any year, and **ride your bike** more miles than you drive your car.
- Ride every cobbled stretch of **Paris-Roubaix**, but not all at once.
- **The Great North Road**, north of London, saw the invention of time trialing. Ride it at 5 o'clock on a Sunday morning.
- **Do RAGBRAI** towing a keg of beer in a **Burley trailer** with a **Run-DMC** ghetto blaster duct-taped to your handlebars blasting **Donna Summer, Bee Gees, Tower of Power and Harold Melvin and the Blue Notes**.
- **Memorize ten exclamations from Phil Liggett's Tour coverage**. Recite them at the top of your lungs, complete with suave British accent, substituting your buddies' names for the names of the Tour riders, at your next group ride.
- **Count 8 seconds**. Imagine **Greg LeMond** beating **Laurent Fignon** by this margin in a race that is 3 weeks long.
- **Climb Alpe d'Huez** the day before the Tour de France passes. Watch the entire procession of lunatics. Partake of all alcohol offered to you by the crazed fans on that hill. Cheer like a senseless fanatic for the leaders. Cry like a baby for the sprinters' grupetto who will be suffering like animals. Take photos - **but if you stand in the middle of the road, under no circumstances whatsoever should you knock a racer down**.

Eating and Fitness Tips from the January/February issue of *Bicycling Magazine*

Bicycling Magazine packed their January/February issue with helpful non-riding tips to aid your performance. Pick up a copy and learn more about the following in “Eat Smarter” and Selene Yeager's monthly fitness column:

- **Don't skip breakfast** – Tip: Stock up on “just-add-water” breakfasts, such as instant oatmeal, or whip up a smoothie.
- **Don't experiment at the wrong time** – Try new foods and energy drinks during training, not during races/events.
- **Fuel up on long rides** – Plan your energy needs before a long ride or event, and consume food and drink on schedule, even if you don't feel hungry or thirsty at the time.
- **Don't miss the recovery window** – Make sure you eat within 30 to 60 minutes after your workout or event to maximize muscle repair and glycogen replacement.
- **Keep drinking fluids after the ride** – Continuing beverage intake after the ride helps recovery.
- **Adjust to seasonal changes** – Adjust calorie intake to the duration and intensity of workouts.
- **“Ride out of your rut”** – Vary workouts, train your weaknesses, mix it up to improve overall fitness.
- **Work on fundamentals** – Work on your pedal stroke...try one-legged 30 second spins, alternating legs, then combine both legs. Up the time to 60 seconds each, and repeat the sequence three times.
- **Get a jump on the competition** – Researchers have found that twice-weekly “explosive” jumping and hopping training for a month can increase power endurance by 17 percent. This can help your sprints and hill climbs, in particular.
- **Take the lead, or ride alone** – Too much pack riding will keep you from reaching your potential. Take your turn in front!
- **Strengthen your core to benefit your legs** – Researchers have found that core fatigue leads to wobbly legs.
- **Set up a cycle** – Three weeks hard, one week light, is actually better than non-stop “push, push push.”

Did You Know?

- **Armstrong bike theft arrests have been made** – On April 7, the Associated Press reported that two men had been arrested in conjunction with the theft of Lance Armstrong's time trial bike during the Tour of California. 39-year-old Lee Crider was arrested on suspicion of stealing that bike and two other team Astana bikes (which have not yet been recovered). Another man, 34-year-old Dung Le, was arrested on suspicion of possessing stolen property. He was the man who turned in Armstrong's bike to police four days after it was reported stolen.
- **The New Tempe Bikeway Map is Here!!!** – Bike lanes, paths, designated bikeways and more, are included in the recently released Tempe Bikeway Map. Not to be provincial, the map even includes bordering portions of Phoenix and east Ahwatukee, Mesa and Chandler. **Tempe gets an "A" for this foldable, roughly 18" x 20", color-coded, easy-read map**, with routes as of February 2009. It is the perfect reference for planning a commute or training ride. Call the City of Tempe at (480) 350-2739 or visit www.tempe.gov/tim for more info or to request that a free copy be mailed to you.
- **Bicycling is the new (\$\$\$) Golf?** – I've heard this "clever" comment several times, now, and so far I have traced this odd notion to a **NY Times article in November of 2006**, which highlighted novice, "corporate" Manhattan cyclists (who could afford to do so...then) who were buying *multiple* \$9,000+ bikes **before they knew the difference between a crank arm and a bottom bracket**...Curiously, the author *seemed to have no clue* why bike shop employees might have an "attitude" about some of those clients, and described bike selection as "an interrogation that bears more similarity to an adoption proceeding than to a bicycle purchase." It seems that the concept of *trying really hard* to give a new cyclist a bike that would be right for them, and keep them happy, was beyond his intellectual reach. Author Steve Friedman also lamented the bike fitting process, and the time it took. And, somehow, he **couldn't find a shop that sold anything for less than \$1,600**. In recent TV advertisements, I've heard the NY Times claim that they have **the best reporters in the world**. We've got one data point that says "Not", though I'll acknowledge that it is from late 2006. Well, if bicycling IS the new golf, a lot of us outside of Manhattan are playing the game just fine with something other than new Pings...and as to reporting (to use a poker analogy) I'll "call" Steve Friedman and **raise him one Jane Larson**. I guess we aren't supposed to be very smart, since we don't live in New York City, but **I think we can generally tell a horse from an ass**. And, I'll suggest that one man's "clever" just might be another's inept reporting. To be fair, since I do not want to seem completely slanted and simply mimicking eastern sarcasm, I give Mr. Friedman mini-kudos for use of the term "**wheel envy**", which gave me a chuckle and demonstrated at least a certain level of understanding of his subject matter.
- **Congressional Leaders Welcome Report Highlighting Model Transportation Projects** – In preparation for an upcoming transportation bill, Transportation leaders from both houses of Congress welcomed a report on April 23 that contained 45 innovative example transit projects in 30 states. Included among these projects was the **McDonald's Cycle Center** in Chicago, IL, that includes bike repair services, showers, lockers and secure indoor parking spaces for 300 bikes. Costing a fraction of a comparable vehicle park-and-ride lot to build and operate, and already meeting its planned 500-member capacity, the cycle center has proven to be an extremely popular transportation alternative. If your plans take you to Chicago this summer, **check out this award-winning Cycle Center in Millennium Park**, which includes a bike mechanic on duty and **bike rentals for your spin along the shore of Lake Michigan**. Closer to home, a mini-version of this concept is located in the **Tempe Transportation Center** at 200 E. Fifth Street. (Contributed by Jane Larson)
- **Where to find a weekend getaway on a Recession budget?** – If you just need to get out of town, but don't want to spend a fortune on airfare, rental cars and fancy hotels, consider a **weekend in Tucson**. You know the cycling is great, and if you stay at the **Windmill Inn on Campbell** just south of River Road, you can book a room for two for \$100-\$120 per night. Why stay there? It's in the St. Phillips Plaza (<http://stphillipsplaza.com>), which has a bike shop (www.arizonacyclist.com), a spa, several restaurants, a wine bar/lounge, and is literally adjacent to the 12 mile (end-to-end) Rillito River bike path. You can check in on Friday, have a "hammer-fest" around Tucson on Saturday morning, visit the Desert Museum, Old Tucson or Tubac in the afternoon and chill at the Plaza at night. In addition to the restaurants in the Plaza, there are a number of other dining establishments within a mile of "home base". On Sunday morning, you can cruise the **Rillito River bike path** and stop for coffee at Starbucks (River Rd, just west of Campbell), Café Diva or Native Café & Coffeehouse (2900-3000 block of Campbell) before you checkout and head for home. (Note: As of summer 2008, the Rillito path was generally paved on the north side of the river from Craycroft west to La Cholla, where road cyclists would switch to the south side of the river to continue west to I-10. There are seven small parks along the route.)
- **New Bike Paths Under Construction in Tempe** – Three new bike paths or extensions are planned and/or under construction in Tempe. The longest of these is a **planned path along the Western Canal from the Arizona Mills Mall to Price Road south of Guadalupe Road**. This six mile path will include landscaping, lighting and public art, and will connect a number of neighborhoods to parks and destinations in Tempe. www.tempe.gov/tim/Bike/BicycleProjects.htm
- **Up and coming American cyclist Taylor Phinney** claimed the **Gold medal** in the individual pursuit and the **Silver medal** in the one kilometer event at the **Track World Championships** held in Poland at the end of March. The **18-year old** Phinney set another new American record in the pursuit during his qualifying heat, besting the record he set during World Cup competition in Copenhagen in February.
- Sadly, **Tyler Hamilton** has announced his retirement after testing positive for a banned substance in out-of-competition testing. According to Hamilton, an anti-depressant he was taking contained the substance, which he claimed was not being taken for performance enhancing purposes. Never-the-less, Hamilton has decided simply to retire.
- Final standings in the **Vuelta a Castilla y Leon**, the five-stage race where Lance Armstrong was injured, were as follows: First Place: **Levi Leipheimer (USA, Astana)**, Second Place: **Alberto Contador (Spain, Astana)**, Third Place: **David Zabriskie (USA, Garmin-Slipstream)**.
- **Team Astana** has announced that **Lance Armstrong** is recovering so well that he will race in the **Giro d' Italia**.
- **The French Doping Agency** has informed **Lance Armstrong** that they have accepted his letter explanation of the "shower gate" incident (where Lance took 20 minutes to shower prior to a blood test while Johan Bruyneel was verifying credentials of a French drug testing employee). All tests were negative...

Twitter Telepathy Answers:

1. C
2. E
3. B
4. A
5. D

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 (602) 615-6399 or via e-mail at "pnick44@qwest.net"**.

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