

THE TAILWIND TIMES

June 2009, Vol. 17, No. 6

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What’s Happening Within PMBC: An Update from Prez Waller

Ok, I admit I have been lousy about sending out a “President’s Message” every month or so for our newsletter the *Tailwind Times*, but I have lots of excuses. Most of those reasons are pretty good too.

It gives me a great deal of pleasure to look at our membership list and see how the club has grown. We now have over 350 members. Growing membership is not our number one priority, but having a vibrant and active organization is. One of our goals is to welcome and help cyclists of all skill and interest levels. PMBC does a good job at that, but we welcome feedback. Our regular rides cover all abilities and needs. We recently added a new ride the **Watukee Wheelers**, every Wednesday morning. From the **Kokopedalli**’s to the “**Sunday Spin Cycle**,” PMBC offers a ride you can participate in and enjoy.

In addition, we have offered several non-cycling activities for members and their families. Our social committee has come up with several ideas from a **boat cruise on Tempe Town Lake** to a fun filled **evening at Macayo’s**. We also do random “**feed and watch**” **events of various cycling races**. I know our hard working social committee is developing other great ideas too. Watch the *Tailwind Times* for updates.

It would not be a President’s letter without a call for help! That’s right; we are always looking for SAG support, helpers, food servers, tire changers or whatever, so please donate your time. You may contact any of the club officers. Our next event will be the **White Mountain Tour!** Registration has started and you can go directly to our website or ACTIVE.com.

- White Mountain Tour – July 11 & 12th – Contact **Silverio Ontiveros** at silverioontiveros@gmail.com

We have ordered additional PMBC jerseys and shorts. Go the PMBC website and download the order form. They will be here before the next club breakfast on June 6th. If you want to make sure we have your size, order on the website. <http://www.sportsfun.com/gaba/jerseydesign.html>

Ride smooth - be safe.

Ron Waller, President



(Editor’s Note: See attached photo for additional cryptic “non-verbal” message from our Prez and Neal T.)

League of American Bicyclists Update...Continued (from last month)

By Bob Beane

Last month, we listed some highlights from the **March/April 2009 issue of *American Bicyclist***, the monthly LAB magazine, titled "**2009 Bicycle Friendly America Yearbook**." It included articles describing the LAB "bicycle friendly" programs (Cities, States and Businesses), and listed contacts for each program. Since that publication arrived, there have been some additional significant announcements and activities communicated by LAB:

- **For 2009 Arizona is ranked #7 among "bicycle friendly" states, dropping from #3 in 2008.**
- **Curiously, given the above, Arizona was one of only four states Awarded a "medal" designation (Bronze, in our case) out of the 50 states.** Michael Sanders, the Bicycle and Pedestrian Coordinator for ADOT, is in the process of helping your editor understand and explain the difference between the two ratings (to be continued...). Washington and Wisconsin received "Silver" awards, while Minnesota and Arizona received "Bronze". Maine, Oregon and Iowa, which were ranked higher in the LAB "bicycle friendly" rankings, did not receive a "medal" award...Hopefully, the ultimate explanation will be easier to understand than the results of bank "stress tests"...
- The **LAB Smart Cycling Conference 2009** will take place in San Jose, CA, this June 18-20. This conference is dedicated to the topics of safe cycling and cycling education, and will include an update of LAB educational programs (including expansions and revisions to those programs). For more information, or to register for the conference, visit www.bikeleague.org.
- The \$27 billion **American Recovery and Reinvestment Act** includes funds for various roadway, bridge and infrastructure projects around the country. Arizona's share of that money is \$522 million. (Editor's note: While **none of the projects submitted by Governor Jan Brewer appear to be specifically cycling-related**, several are designated as "roadway widening" or "shoulder widening", including a shoulder widening project from Payson to Pine at milepost 255. It seems more likely that cyclists will indirectly benefit from TEA-funded projects that will proceed on schedule due to this funding.)
- **Davis, CA** will become the new home of the **U.S. Bicycling Hall of Fame**, which will relocate from Somerville, NJ. Davis won out over 11 other cities vying for this opportunity.

Sunrise/Sunset (Phoenix, AZ)

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:**

- **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.

The Blind Masseur who Helped Fausto Coppi See Greatness

An excerpt/summary from a June 2009 Bicycling Magazine article by Bill Strickland

Fausto Coppi, at age 19, had been racing for four years, three without a license and then one as an amateur. Between races, the gangly, frail boy worked in a butcher shop in Novi Ligure. One regular customer of the butcher shop was a blind, 250-pound masseur, **Biagio Cavanna**, who worked the bodies of some of Italy's great cyclists, such as **Alfredo Binda** (a five-time winner of the Giro d' Italia who had been so dominant that organizers paid him not to race in 1930). Urged (or dragged) by friends, Coppi visited Cavanna, who had heard of Coppi but had never met him. After several minutes of working Coppi's legs on the massage table, Cavanna is reported to have said, "You must listen to me. My hands see better than any person's eyes. **Within you is a great champion.** Maybe the greatest champion. But, you must do as I say. **You must not race for three months.**" Fausto replied, "I shall not be paid. I must race," to which Cavanna responded, "Then that is too bad for the world. You shall win your money this year, but we shall lose our champion." Coppi took the rest of the 1938 season off. In 1939, he began winning races by margins approaching ten minutes. He went on to win the Giro five times, the Tour de France twice, and was the first to win both in the same year. In Italy, Fausto Coppi is simply known as "Il Campionissimo" (The Champion, or champion of champions...). **Grazie, Biagio!**

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 – hogangoat7@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)

JUNE 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: **Note – The group is trying several new locations around the East Valley. Contact Kathy Mills for details.**

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)

June 20 (Sat) 2nd Annual Show Low Bluff Bike the Bluff Road Race (Cycle Mania) - Located in Show Low Arizona, Bike the Bluff is a 34 mile road race in the cool pines of the White Mountains. The race is 2 laps around a 17 mile paved course. For more information and registration visit [Bike the Bluff](#).

June 20 (Sat) Flagstaff Barn Burner 100+ mile Mountain Bike race and Cross the Ranch cyclocross race - Casey Brown, Red Rock Company, 717.475.8899, www.redrockco.com.

June 21 (Sun) Silent Sunday at South Mountain Park (Phoenix Parks & Recreation) - The Phoenix Parks and Recreation Department is sponsoring Silent Sunday, which will close the park’s main Central Avenue-access roads to motor vehicles from 5 a.m. to 11 p.m. The park roads will be reserved for the entire day for all non-motorized recreational activities! Come on out and enjoy a car free bicycle ride in the park. For more information call 602-534-6324.

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.

Aug 21-23 (Fri-Sun) – Grand Canyon Overnight (ABC) – This ride includes SAG, a Saturday night chili dinner, and camping at Mather campground for \$30 (ABC and GABA legacy clubs), \$40 for non-members. For full details, visit www.azbikeclub.com.

Sep 27-Oct 3 (Sun-Sat) – “2009 Ride for the Old Pueblo” (Page to Tucson,GABA-Tucson) – There is optional bus transportation from Tucson to the start in Page on Saturday, October 26. This ride covers 530 miles and 27,297 feet of climbing over six days (rest day on day 5 in Show Low). The shortest day is 63 mile, the longest is 97. SAG stops and nightly meals are included. Lodging options range from camping to hotel/motel. For full details, visit www.bikegaba.org.

PMBC Riders Finishing the El Tour de Phoenix 72 Mile Event

Here is an **UPDATED LIST** of the folks we spotted, with additions **in bold**. Thanks for catching the ones we missed:

3:04 Steve Miller (Platinum Medal), 3:11 Gary Bernard (Platinum Medal), **3:11 James Stephan** (Platinum Medal), **3:12 Tony Holden** (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), **3:32 Steve Van Cott**, 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, **4:20 Shelley Stephan**, 4:26 Jeff Stanton, 5:04 Charlie Davis, 5:21 Jack Graham, 5:23 Bob Beane, 5:43 Quyen Nguyen.

PMBC 2009 WHITE MOUNTAIN TOUR

The **WHITE MOUNTAIN TOUR** has been attracting participants for more than 20 years. It's a two day supported ride which includes sag support, emergency mechanical support, bathrooms at each rest stop, plenty of good snacks and luggage delivery to your hotel or campsite. Saturday night's dinner is also included in the entry fee.

The **cost** of the two-day event is **\$70.00**. A special rate for **PMBC/GABA/ABC** club members is only **\$60.00**. A **\$20.00 late fee** applies to **all** riders if registration is received post marked after **July 1, 2009**. For your convenience you can also register through www.active.com. If you are camping, there is an **additional fee of \$5.00** for Saturday night.

There is a [list of local hotels](#) for Friday night in Pinetop-Lakeside and Show Low. For Saturday night motels in Springerville/Eager are [listed](#). Camping is available Saturday night. The site includes showers and bathroom facilities at the Round Valley Middle School in Eager.

Saturday's dinner, which is included in the entry fee, will be served from **5:00-6:30 PM**. Non-riders and family members can purchase dinner for an additional fee of \$15.00. **This year the dinner has been moved to Round Valley High School Cafeteria in Eager.**

Registration on Saturday is 7:00 - 8:30 AM. No mass start. This year we will again start and finish at Hon-Dah. You will ride North on Highway 260 through Pinetop/Lakeside to Show Low. In Show Low, turn East onto Highway 60 then to the sag stop at Midway Station convenience store in Vernon. If you are a casual rider, you may wish to get an early start to avoid missing the SAG stop, which will close at 11:30am. From there it's down to Springerville/Eager for 63 miles for day one. Riders can also select a 100 mile option for day one.

Day two, start 8:00 AM. The return SAG stop will be set up at 8:30am near the Sunrise Ski Resort. From there it's mostly down hill back the start for the day's total of about 38 miles. **Luggage Pickup** will start at **8:00 AM** on Sunday for the return trip and will be at Hon-Dah Casino by **10:00 AM**.

If you have further questions please contact the ride coordinator [Silverio Ontiveros](#) or call him at 602-237-2745.

WHEN

- Saturday & Sunday, July 11 & 12, 2009.
- Registration from 7:00 AM to 8:30 AM on Saturday.

WHERE

- The Hon Dah Resort and Casino (parking and registration behind the hotel) located at the intersection of AZ highways 73 and 260, south of Pinetop.

ONLINE REGISTRATION:

- Register online at www.active.com.

REGISTRATION FEES

- ____ PMBC/GABA/ABC club members - \$60.00
- ____ Non-Members - \$70.00
- ____ Late Fee, after July 1, 2009 - \$20.00
- ____ Saturday night camping add \$5.00

YOU MUST COMPLETE AND SIGN THE WAIVER.

Mail your check, with the completed [registration form and the signed and completed waiver](#) to:

- PHOENIX METRO BICYCLE CLUB
PO BOX 26788
TEMPE, AZ 85285-6788

MAKE CHECKS PAYABLE TO: Phoenix Metro Bicycle Club

ADDITIONAL WHITE MOUNTAIN TOUR INFORMATION

- For more information contact [Silverio Ontiveros](#) or call him at 602-237-2745.

LODGING OPTIONS

FRIDAY NIGHT LODGING

in [Pinetop-Lakeside](#)

- Bear's Paw Motel - 928-368-5231
- Best Western - 928-367-6667
- Blue Ridge Motel - 928-367-0758
- Bonanza Motel - 928-367-4440
- Comfort Inn - 928-368-6600
- Cozy Pines Cabins - 928-367-4558
- Double B Lodge - 928-367-2747
- Forest House Motel - 928-368-6628
- Hilltop House Motel - 928-367-4451
- Hon-Dah Resort - 1-800-929-8744
- Mountain Hacienda - 928-367-4146
- Murphy's Cabins - 928-367-5555
- Pinetop Lodge - 928-367-3510
- Super 8 - 928-367-3161
- Timber Lodge Motel - 928-367-4463
- Woodland Inn & Suites - 928-367-3636

FRIDAY NIGHT LODGING

in [Show Low](#) (about 10 miles from start)

- Apache Pines Motel - 928-532-4328
- Bear Mountain Inn - 928-368-6600
- Best Western - 928-537-5773
- Day's Inn - 928-537-4356
- Downtown 9 Motel - 928-537-4334
- Hampton Inn - 928-532-4444
- Holiday Inn - 928-537-5115
- KC Travel Lodge - 928-537-4433
- Kiva Motel - 928-537-4542
- Lake of the Woods - 928-368-5353
- Motel 6 - 928-537-7694
- Rainbow Ends - 928-368-9004
- Snowy River Motel - 928-537-2926
- Sleep Inn Hotel - 928-532-7323
- Whispering Pines - 928-367-4386

SATURDAY NIGHT LODGING:

in [Springerville](#) / Eager

- Camping is available Saturday night for an additional \$5.00.
The site includes showers and bathroom facilities at the Round Valley Middle School in Eagar
- Reeds Lodge - 928-333-4323
www.k5reeds.com/
- El Jo Motor Inn - 928-333-4314
- Super 8 Motel - 928-333-2655
- Corral Motel - 928-333-2264
- Paisley Corner B&B - 928-333-4665
- Rode Inn - 928-333-4365
- Whiting Bros Motor Inn - 928-333-5870
- Best Western - 928-333-2540
- 26 Bed & Breakfast - 928-333-2102
- Spanish Trails B&B - 928-333-4034
- White Mountain Escape Bed and Breakfast - 928-333-2000
www.whitemountainescape.com

Hot (off the press) Cycling News

By Bob Beane

As we head into summer in Arizona, let's take a quick look at what's **hot news** in the world of cycling:

- **Tour of California moves to May in 2010, and becomes ProTour event in 2011** – After four years in an early-season February calendar slot, the Tour of California will be moving to a more favorable May 16-23 calendar placement next year. This move will allow the Tour of California to utilize mountain-top finishes and longer stages, due to warmer weather and a later date in rider preparation schedules for the Tour de France. The race will go “head-to-head” with the Giro d’ Italia, but the placement between the Tour of Romandie (April/early May) and Dauphine Libere (June) provides a logical stepping stone between those two races for riders who are preparing for July’s three-week contest in France. Organizers of the Tour of California were surely planning on this change to grow the event from “merely” the biggest cycling event in the USA to a truly world-class race with even greater fan attendance and worldwide television audiences.
- **Tour of the Gila surprise** - Cycling fans in **Silver City, New Mexico** were treated to a visit by **Lance Armstrong, Levi Leipheimer** and **Chris Horner** for the **Tour of the Gila** stage race from April 29-May 3. The three Astana riders raced under the banner of **Mellow Johnny’s** (Armstrong’s Austin, Texas bicycle shop), due to UCI rules, as they prepared for the Tour of Italy. The final podium for the five-day race was: 1st – Levi Leipheimer, 2nd – Lance Armstrong, 3rd – **Phil Zajicek** (former winner of the **El Tour de Tucson**, who is now riding for **Fly V Australia**).
- **The USA Crits Championship Finals** will again take place in **Las Vegas, NV**. The speeds of these races are phenomenal, and the crashes can be painfully spectacular...Date: September 24. More information: www.usacrits.com.
- On March 26, 2009, young **Taylor Phinney** became the first American male track rider to win an elite world championship since **Marty Nothstein** in 1996. To find out more about this up-and-coming American cycling star, see the June issue of *VeloNews*, which includes a two-page interview with the still **teenage** cycling phenom.
- **In case you missed it:** In the history of the Tour de France, there was no closer race than in 1989. That was the year that Greg LeMond beat Laurent Fignon, in a three week race, by a mere 8 seconds. In the history of the oldest one-day Italian classic, **Milan-San Remo**, there was no closer race than the one that took place in March of this year. In a race of **298 kilometers (186+ miles)**, British sprinter **Mark Cavendish** (Columbia-High Road) edged **Heinrich Haussler** (Cervelo Test Team) by the **width of a tire**. If you saw the finish...and the photos of the riders when the final result was announced...a certain ABC Olympic phrase comes immediately to mind: “**The thrill of victory...the agony of defeat.**” If you have not seen these photos, buy a copy of the June 2009 issue of *VeloNews*, or borrow it from your editor...

Why You Should Like (and subscribe to?) the “New” *Bicycling Magazine*

By Bob Beane

Several years ago, truth be told, I almost cancelled my *Bicycling Magazine* subscription. The magazine had been significantly “dumbed-down”, almost to the point of being insulting to cyclists with any modest experience. Things have changed. There is a new Editor in Chief (Loren Mooney), Style Man is gone (he was witty, in an arrogant kind of way...), and content has improved. Here are just a few examples of the improvements:

- **Better coverage of races in addition to the Tour de France.** The June issue includes a wonderful segment on the Giro d’ Italia, including a must-read story on **Fausto Coppi** (see Page 2 above for an abbreviated version, but get the issue to read the full story written by long-time cycling journalist, Bill Strickland). Also, visit www.bicycling.com, for Giro updates.
- **Adult articles.** No, not the XXX kind...June’s issue includes a piece on three planned communities where cycling is at the core of the community design. For example, **Mesa del Sol, near Albuquerque**, is to have 37,000 units, a Johan Bruyneel Cycling Academy, urban villages linked by paths and trails, and a 20 mile Velocircuit. (www.mesadelsolnm.com)
- **Road Rights** is a column by cyclist/attorney Bob Mionske, which discusses current and historical legal rights of cyclists.
- **Celebrity cyclists** are regularly featured. Did you know that **LeBron James, Matt Damon** and **Patrick Dempsey** ride?

Product reviews, fitness tips, and ride calendars are still there...and now we also know where to buy **Magnus Backstedt’s** coffee.

Did You Know?

- **Sedona/VOC as a major Road Cycling Destination?!** – Yes, we did say road cycling destination, not mountain biking (which it already is). The **Highway 179 reformation project** construction (from I-17 to Sedona via the Village of Oak Creek) is over half completed, and my goodness what a change it will be!!! A formerly scenic-but-cycling-Unfriendly road is undergoing a complete transformation, courtesy of ADOT. Look for details in next month’s newsletter, and save a week-end on your 2010 summer calendar for a visit to spin the new **bike lanes from outside VOC into Sedona, and back**.
- On May 8, the **National MS Society** visited the **NY Stock Exchange**. In honor of the occasion, Phil Keoghan, Host of “The Amazing Race”, rang The Closing Bell **dressed in cycling “kit” and with bike**...For the record, **the Dow closed up 2% for the day**.
- In case you missed it last month, **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 a free copy.

PMBC drops to 6th Place in BikeJournal Mileage... Needs Your Help to Improve Standing

By Tom Adams

The online BikeJournal club statistics currently ranks us in 6th place for miles ridden. Last year PMBC finished at #4, down from #2 or #3 in recent years. Our Houston rival, Space City Cycling Club, was second last year and is in third place for 2009.

In 2008 we had 81 members reporting mileage on BikeJournal.com. The average number of miles per rider was 3,718 miles, which was higher than clubs that finished ahead of us. This year we have only 67 riders logging mileage on the site, with an average of 1,509 miles to date, still better than 3 of the 5 clubs ahead of us in total mileage.

To improve our standing, we need more members to log their miles on the BikeJournal.com website. If we can get around 150 members logging mileage, we have a shot at being #1. With over 330 members in PMBC, we have lots of room for improvement. 120 PMBC members already have registered on BikeJournal, but only about half are logging mileage there.

Here are things you can do to help us become #1:

1. If you don't have a BikeJournal account, sign up for one at <http://www.bikejournal.com/signup.asp>. Be sure to select Phoenix Metro Bike Club as your club affiliation.
2. If you have a BikeJournal account, but have forgotten your password or username, Bikejournal will email them to you. Just visit http://www.bikejournal.com/password_recover.asp
3. If you keep track of your mileage this year on another website or in a spreadsheet or logbook, sign in to BikeJournal and log your total mileage to date.
4. After each ride, or at the end of each week, log your mileage on BikeJournal.

Don't forget to log those miles!

Enter to Win a Free PMBC Annual Membership Renewal

Your PMBC officers are trying to determine the extent of readership of ride reports and the Tailwind Times, so we are offering this little prize drawing to be conducted at the next membership meeting/club breakfast.

Here are the rules:

1. The winner must bring a copy of the "tid-bits" from the Saturday Cycling ride report or this page of the June "Tailwind Times" to the next Club Breakfast. Write your name on the page you bring...it's your drawing ticket.
2. All entries will be entered and selected at random. (Probably from Ron Waller's dirty helmet.)
3. Only one entry per person.
4. The winner must be a club member in good standing. The award(s) may be transferred to someone else.

Member Name: _____

Optional feedback regarding newsletter, ride reports and/or any other club matters:

Thx!!!

Ask a cop: Bikes on sidewalks (from AZCentral.com)

Scottsdale police Sgt. Bill Relyea answered this week's (May 7) question. Relyea is the Downtown Squad supervisor. He has been with the Scottsdale Police Department for 22 years.

Question: My wife and I have recently moved to [downtown Scottsdale](#) and we frequently walk the city sidewalks. We have noticed numerous people riding bicycles on the city sidewalks, especially in the area of Scottsdale and Camelback roads. These are the "casual" bikers, school kids, families, etc. It is difficult to get out of the way when you can see them coming, but it is worse when they come up behind you unexpectedly. The "serious" bikers who are equipped with helmets, multi-speed bikes and bike outfits are riding in the street. What is the law on this subject? Is it legal to ride bikes on downtown sidewalks?

Answer: Thank you for your question. There are no provisions in the Scottsdale City Code that prohibit bicycle operation on city sidewalks. Likewise, there is no provision that requires bicycles to be ridden in the roadway. There are many reasons for this, the most important of which is children would be required to operate bicycles in the roadway.

Bicycle operators and pedestrians should always exercise due care when using sidewalks, crossing streets or exiting alleys. Both should be courteous, and when in doubt yield to one another - and always yield to vehicles.

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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