

# THE TAILWIND TIMES

September 2009, Vol. 17, No. 9

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## Five Common Hydration Myths

*Abbreviated Excerpt from the July Issue of Bicycling Magazine*

The Editors of *Bicycling Magazine* listed five common misconceptions regarding hydration, and tapped Monique Ryan, RD, author of *Sports Nutrition for Endurance Athletes* to debunk those myths. For the full details, check the article or Ryan's Book. Here is an abbreviated summary:

- “Replace every lost ounce of fluids during each ride” – Truth: In most cases, your body cannot absorb liquids as quickly as it loses them. Better plan: Know your sweat rate and aim to replace about 75% of losses while riding. Find your sweat rate (varies by temperatures/time of year) by weighing yourself before/after a one hour ride with no fluid intake and calculate fluid weight loss per hour. (Editor's note: If your scale isn't that fine, as mine isn't, see the next item)
- “Pre-hydrate just before your rides” – Truth: Heavy hydration in a short period can't be absorbed. Better plan: Pre-hydrate during the day before the ride in smaller increments and a 16 ounce sports drink an hour or two before the ride. Then, take in fluids at six to eight ounces every 15 to 20 minutes while you ride (see bullet above).
- “Caffeine will dehydrate you” – Truth: Caffeine (in moderation) actually makes you feel better and lowers perceived exertion while improving endurance and mental performance.
- “You need a sports drink with protein in addition to carbohydrates” – Truth: If you are on a century or other long ride where you are eating periodically, you are probably taking in enough protein and don't need extra in a sports drink additive.
- “Hydration during exercise is the be-all and end-all” – Truth: For most exercise, the more important factor is keeping up daily hydration. Studies have shown that nearly half of us start our rides/workouts in a dehydrated state. The old “eight glasses a day” of water is a reasonable guide for most people.

## Random Cycling Stuff That You Might Want to Know About...

*By Bob Beane*

This is what happens when there is no *one topic* that grabs your editor, but a number of things cross his desk that seem notable and newsworthy, and which shouldn't be missed. So, here we go:

- **Check Your Insurance** – According to *Bicycling Magazine* contributor and attorney/cyclist Bob Mionske, less than 30% of cycling accidents involve an automobile. However, roughly 75% of cycling injuries requiring a hospital stay involve a car or truck. So, it pays to know your insurance coverage. Places to check: Health insurance plans and Automobile insurance coverage should be checked to see what coverage is provided and if there are any specific exclusions. Also, check your automobile policy for un/under-insured motorist coverage levels which are usually fairly inexpensive to increase to meaningful levels.
- **Want to stage a cycling comeback?** – For only the price of \$5.99 (plus your effort, sweat and spare parts) you can get a 12-week training plan similar in approach to that used by Lance Armstrong. “The Comeback Training Plan”, crafted by Lance's long-time coach Chris Carmichael, includes tools to assess your current fitness level and then boost it substantially using short-duration, high-intensity workouts. Visit [Bicycling.com](http://Bicycling.com) to get more details and download the PDF.
- **Foods, Herbs and Spices that Heal** – The August issue of *SWEAT* magazine (free at many local bike shops) includes an article on various foods, herbs and spices that have healing, restorative and/or other beneficial properties for those who exercise. Included on the list are **ginger** (anti-inflammatory and immune system booster), **turmeric** (powerful antioxidant), **rosemary** (circulatory, immune system and digestive aid), **berries** (good for vascular system), **tomatoes** (high in various vitamins and antioxidant lycopene), **nuts** (good for bones and joints) and **salmon** (helps prevent high blood pressure, heart attacks and strokes). See the magazine for all the details.
- **Think you're protected in a crosswalk? Think Again!** – According to Tucson attorney and cyclist, Eric Post, if a driver hits a pedestrian in a crosswalk it is a moving violation where a criminal citation may be issued. However, a cyclist, by definition, is not a pedestrian, so our legal status is lower. This is one of many inequities in Arizona law discussed in an article by Susan Dawson-Cook in the July/August *Tail Winds* publication of Tucson's PBAA. Read this article and you will clearly understand why the Coalition of AZ Bicyclists and fellow cyclists need your voice to help change AZ laws.

## Sunrise/Sunset (Phoenix, AZ)

Sep 1            6:03 a.m./6:53 p.m.  
Oct 1            6:23 a.m./6:12 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](mailto:tla85258@gmail.com).



### **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](mailto:ronwaller@cox.net)); Tom Adams VP & Mailing List ([tla85258@gmail.com](mailto:tla85258@gmail.com)), Mike Kirk, Treasurer ([mkirk9942@aol.com](mailto:mkirk9942@aol.com)); Jane Larson, Secy ([Jlreports@qwest.net](mailto:Jlreports@qwest.net)); Bob Beane, Newsletter Editor, (480) 961-1951, ([marco3@cox.net](mailto:marco3@cox.net)).

**West Valley Bicycle Club: (2009 Officers)** President: John Oplinger – 928-671-0070 or [JOplinger5200@msn.com](mailto:JOplinger5200@msn.com)  
Vice President: Eric Kessler – [hogansgoat7@cs.com](mailto:hogansgoat7@cs.com), Secretary: Chuck Gerke – 623.974.9918, [Chuckruthgerke@aol.com](mailto:Chuckruthgerke@aol.com),  
Treasurer & Membership: Betsy Turner – 623.979.8110 [bettur@qwest.net](mailto: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 15<sup>th</sup> 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](mailto: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](http://www.pmbcaz.org)

**Tucson :** [www.bikegaba.org](http://www.bikegaba.org)

**Prescott:** [www.prescottcycling.org](http://www.prescottcycling.org) (e-mail: [pcc@prescottcycling.org](mailto:pcc@prescottcycling.org))



**The Memorial Ride for Safety XII**  
**Saturday Oct. 24, 2009**

The 2009 theme is **Share the Road**. Join The Coalition and Phoenix Metro Bicycle Club for this great ride and to get the word out to motorists. The routes are 100K and 35 miles through Carefree and scenic vista's North in the Tonto National Forest, Pinnacle Peak and up to Sears Kay Ruins. The Start/Finish is by AJ's market at Pima and Pinnacle Peak Rd. Your entry fee will include a ride map, 2 rest stops, and a Bar- B-Que meal at the finish.

GABA/ABC/CAzB members pre-registered only -----\$25.00  
 Non - members pre registered only -----\$30.00  
 Day of Registration ----- \$30.00  
 Tandem members pre -registered \$35.00 Day of ----- \$45.00

Pre-Registrations must be in by Oct. 10, 2009. Make check payable to PMBC

**Registration starts at 7:00 AM Ride at 7:30 for 100K and 8:00 - 35 mi.**

The Safety Ride and the safety message grew out of the tragic cycling accident Winston Benson had approximately 12 years ago and the many more since then in Arizona. The Coalition of Arizona Bicyclists is an organization dedicated to educate bicyclists, motorists, and government officials on all issues concerning bicycling.

[www.cazbike.org](http://www.cazbike.org)

Join PMBC and the Coalition (CAzB) for a ride that benefits all AZ Bicyclists. Ride goes rain or shine call Rich at 602 953-2585. Sign and mail to:  
 Safety Ride 5509 E. Everett Dr. Scottsdale, AZ 85254

By completing the following information and paying the registration fee I acknowledge that the registration process is not complete until the morning of the Event when I complete and sign the "Release and Waiver Form". Anyone under the age of 18 wishing to participate must have a parent or guardian present to sign the Release and Waiver Form.

Name: \_\_\_\_\_ Distance Riding \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ email \_\_\_\_\_

## SEPTEMBER 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](http://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](mailto: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](mailto: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 7:00-8:00 a.m. The primary ride start is currently **Corpus Christi Church parking lot** (Knox and 36<sup>th</sup> St.), 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](mailto: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](http://www.pmbcaz.org/rideschedule.html). More info? Contact Kathy Mills [kmills67@cox.net](mailto: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)**

**Sep 5-7 (Sat-Mon) – Blue Loop Tour (GABA-Tucson)** – This is the annual 3-day tour through the mountains of eastern Arizona and western New Mexico. Cycle from Clifton, AZ to Glenwood, NM on Saturday (62 miles, 4800 ft of climbing), from Glenwood to Alpine, AZ on Sunday (58 miles, 5346 ft of climbing), and then back to Clifton on Monday along the Coronado Trail (96 miles, 6800 ft of climbing). For full details, visit [www.bikegaba.org](http://www.bikegaba.org).

**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](http://www.bikegaba.org).

**Oct 4 (Sun) – Tour de Scottsdale (DCB Adventures)** – Cat 1 and 2 race, and 70 mile ride. [www.dcbadventures.com](http://www.dcbadventures.com).

**Oct 17 (Sat) – 22<sup>nd</sup> Cochise County Cycling Classic (PBAA)** – 45, 92, 157 or 252 miles!!! [www.pbaa.com](http://www.pbaa.com).

**Oct 24 (Sat) – Memorial Ride for Safety XII (CAZB/PMBC)** – See Page 3 of this newsletter for details/registration form.

**Nov 7 (Sat) – Heart of Arizona (BullShifters)** – 104 mile century or 125 mile sanctioned Brevet. Page 5 & [www.bullshifters.org](http://www.bullshifters.org).

**Nov 14 (Sat) - McDowell Mountain Century (ABC)** – [www.azbikeclub.com](http://www.azbikeclub.com) for information and registration.

**Nov 21 (Sat) – 27<sup>th</sup> El Tour de Tucson (PBAA)** – 35, 67, 80 or 109 miles around Tucson. [www.pbaa.com](http://www.pbaa.com).

# The Heart of Arizona

## Saturday, November 7, 2009

Start times: 7:30 brevet, 8:00 century

The **HEART** is back again! Please join the BullShifters as we host this incredible event for the 3<sup>rd</sup> year.

### Ride Options:

104 mile century –the old route that you so enjoy  
125 mile (200 km)RUSA sanctioned Brevet

### Cost:

\$40 Bull Shifter, ABC, GABA/PMBC, RUSA members  
\$45 for non-members  
\$10 late fee if signing up after October 18<sup>th</sup>

### You get:

- o Beautiful route
- o 4 sags on route
- o Roving support
- o Great schwag (for pre registered riders)
- o Hot dogs & hamburgers at the finish
- o Cheerful and helpful volunteers
- o Memories to last a lifetime

### Ride Description:

Both distances will start and end in Congress and head out on the same route. Early on, you'll get to stretch your legs as you mostly descend to the Santa Maria River along the picturesque Joshua Tree Forest Parkway. There, you'll find the first sag. You'll want to tank up here cuz the fun, er, climbing is about to begin!

For the next 16 miles you'll roll and climb through some of Arizona's finest to your second sag. From there, the 200k riders will head left UP the hill to Bagdad and back. Meanwhile, the century riders will start the 6 mile descent (woo hoo!) back to the Santa Maria River. Enjoy it while it lasts since the 10 mile climb to Hillside awaits on the other side of the river! Never fear though, the Bull Shifters will be waiting for you at the top for your 3rd sag of the day.

From here you'll roll past numerous ranches to your 4th sag near Kirkland Junction. At the junction, 200k riders will hang a left for an out-and-back to the sleepy town of Wilhoit, just at the base of White Spar Mountain. Century riders will go right and head for Yarnell. There's a pretty big climb to get to Yarnell, but your reward is the thrilling 7 mile descent of Yarnell Hill! This is what you've worked for all day long. After the e-ticket descent, you'll have a couple miles of soft peddling and story telling with your riding buds as you cruise on in to the finish.

At the finish, the Bull Shifters will be cooking up some grub so you can feed your tired bodies while reminiscing about your day's events. Sit back, relax, and have a burger or hot dog and Coke on us. You've earned it by riding either 104 miles with 6000' of climbing or 125 miles with 7100' of climbing!

### Directions:

US-60 to Wickenburg, SR-89/93 N (6 mi.) to SR-89 N (10 mi.) to Congress. Left on SR-71 (0.3 mi.) to Start

MapQuestmap: <http://tinyurl.com/58arz2>

## Armstrong and Leipheimer in “Trash Talk Battle” over Leadville 100 As reported at VeloNews.com

As if the battles between Lance Armstrong and Alberto Contador weren't enough, now *VeloNews* has learned that a battle has been brewing between Armstrong and Levi Leipheimer. Apparently, it all started during training for the Tour de France when the pair was riding in the Rocky Mountains, together. Rumor has it that the two joked about using the Tour as training for the arduous Leadville 100 mountain bike race.

Well, as we all know, Levi's riding plans were undone by a crash in the Tour, which also kept him from riding in Leadville. Lance, when asked about those circumstances, claims that Levi has faked the broken wrist so that he didn't have to face Armstrong in Leadville.

Levi, for his part, claims that he is confident that he would have beaten Armstrong in Leadville, a race that Armstrong just won and one in which he set a new course record. When asked by *VeloNews* how he would have expected the race to turn out, Leipheimer said the following: “If I was racing, I'm sure I would have been told to wait (by Armstrong) numerous times. And once or twice I could wait, but after a while, you just gotta go. You gotta do your own race. That's the way I saw it happening.” When pushed by VN as to why he was so confident in his mountain biking abilities versus Armstrong, Levi offered the following: “I come from NorCal, the birthplace of mountain biking. I ride Mt. Tam all the time. What's there in Texas, a freeway overpass?”

(Editor's note: Levi Leipheimer is recovering and is back on his road bike wearing a removable, molded hard shell cast that he will wear during training until about the beginning of September)

### Did You Know?

- **If you are a cyclist, there is a drink named for you** – In Austria and Germany there is a commonly known beverage called a “radler”, which simply translated is “bicyclist”. It is an old-school sports beverage composed of beer and soda (usually ginger ale), that is usually consumed after or near the end of a ride.
- **At least one NASCAR driver finds aggressive drivers aggravating...while on his bike** – NASCAR driver Bobby Labonte is a cyclist, Twitters with George Hincapie and has ridden in the Discovery team car during the Tour of California. Labonte is surprisingly quoted as saying that he'd rather climb a steep hill at 9 mph than descend at 45 mph, and sees the cardiovascular benefits that cycling provides while driving his race car. As to being buzzed by a driver while riding...it drives him crazy: “Dude, there's nobody within a mile and a half and you're right on my left earlobe-why?” (*from Bicycling*)
- **The fastest man in the world was once an overweight bank cashier** – Only five years ago, **Mark Cavendish** arrived at the UK's inaugural Cycling Academy weighing 187 pounds, with his power numbers down from lack of training and with his tracksuit tucked into his socks. National coach Rod Ellingworth saw beyond the conditions of the day to the potential that Cavendish had, and turned him into a world champion within 15 months. Cavendish now owns the record for most stage wins in the Tour de France by a British rider, set at nine in only two visits to the Tour.
- **Return of major stage racing to Colorado in 2011?** – In early August, Lance Armstrong and Colorado Governor Bill Ritter, himself a very serious cyclist, met to discuss the possibility of bringing back a “**Coors Classic-type**” stage race in 2011. The plan would be to have the race take place in August, since the **Vuelta a Espana** looks likely to move to April in 2011 and shorten to two weeks. If so, the World Championships would return to an early fall slot. The Colorado stage race would be scheduled just prior to the worlds. “Race for a week at altitude and then go to the worlds, it would be a great fit,” said Armstrong.
- **There are more photos from Tom's Trips** – Here is the latest e-mail from our “Ramblin' Guy” VP, Tom Adams, who has been bike-roving the USA this summer: “I got back to the Scottsdale heat yesterday (August 10). Added albums on Devils Tower, New Mexico and Petrified Forest this morning. Enjoy!” <http://picasaweb.google.com/tla85258>

(“Did You Know?” continues on Page 7)



- **Free Jamis Commuter 1 Bikes to be awarded in Phoenix!!!** – Do you know a friend or family member who needs or wants a commuter bike to get to work, improve their health/fitness, or get started in cycling for some other reason? Bicycling Magazine will be giving away 30 bikes, helmets and locks to deserving “winners” of a 50-word mini-essay contest describing why they should receive a bike. The **deadline for Phoenix contestants is September 16**, with the giveaway to take place on September 26. Visit [www.bicycling.com](http://www.bicycling.com) for more information on the BikeTown USA program.
- **Speaking of bikes...** - Supporting Member Rick Marquis informs me that there are some great deals currently available (e.g. 25% off) on Felt road bikes in stock. Call him at Javelina Cycles (contact info below) for more details.
- **Ahwatukee Road Changes...the good and the questionable** – The good: An extension of 40<sup>th</sup> St south of Pecos Road is scheduled for completion in October. This extension will provide a connecting route through the Gila River Indian Community to Queen Creek and Maricopa Roads without having to cross I-10, which will open up an alternative to current routes out of Ahwatukee. The questionable: The City of Phoenix has established some temporary traffic circles in the area of Equestrian and 36<sup>th</sup> Streets in response to neighborhood concerns about traffic speed. So far, the feedback has been more negative than positive, according to the *Ahwatukee Foothills News*, and cyclists don't seem to be impressed.
- **Tyler Farrar finally gets his first big European win** – American sprinter Tyler Farrar of Garmin-Slipstream came close to winning several stages in the Tour de France, only to be denied by Britain's Mark Cavendish. Farrar finally got his long awaited Euro-win in Hamburg, Germany on August 16, taking the **Hamburg Cycclassics 135 mile race** in a home stretch breakaway over Matti Breschel of Denmark and Gerald Ciolek of Germany.
- **Lance Twittered for riding buddies in Scotland...and 200+ showed up!!!** – Expecting a dozen or so Scottish cyclists to join him for a casual bike ride in Glasgow/Paisley, Armstrong wrote “Who wants to go for a bike ride?” More than 200 cyclists showed up for a ride in the rain, including former world champion Graeme Obree. Typical of the other riders was 44-year old nurse Julie Watson, who has been riding for ten years and said “It's a bit out of this world.” Armstrong reiterated his plans to race in the Tour de France in 2010, but said he has no plans to compete in the 2012 Olympics.

### **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 48<sup>th</sup> St, SW corner, next to Va Bene restaurant and the new Gelato shop. (Ahwatukee) 480-598-3373. Titus, Raleigh, Fuji, Felt bikes, and more. [www.javelinacycles.com](http://www.javelinacycles.com)

**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, 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@q.com](mailto:pnick44@q.com).**

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