

THE TAILWIND TIMES

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More cyclists killed, another cyclist hit on Pecos Road...When, and how, will it change?!!!

By Bob Beane

Recently, a 53 year-old cyclist was hit and killed on Hunt Highway. In recent weeks, I've heard of cyclists being hit and killed, or seriously injured, in Tucson, Phoenix and Kingman. Then, in the third week of September, **an Ahwatukee Foothills triathlete, Adam Folts, was hit by a 17 year-old driver on Pecos Road, near my home and where I ride nearly every week.** According to the *Ahwatukee Foothills News*, Folts was thrown onto the windshield of the car that rear-ended him, but somehow escaped serious injury despite having his helmet knocked off by the impact.

In 2004, retired engineer, husband and grandfather, Don Anselmo, was not so lucky. A young driver rear-ended this 68 year-old, retired cyclist while he was riding “safely” well to the right on the paved shoulder of Pecos Road, throwing him through the windshield and killing him almost instantly. The driver in that situation received only a minor fine, and was soon back on the road. And, get this, violation of the 3-foot safe passing law was initially not even cited...because Anselmo was hit *from behind* rather than from the side!!! (a great example of the absence of common sense and context in application of a law...)

How does that happen? Kill a person with a gun, and you go to prison. Kill a person with a car, and you pay \$1,000 and get back in your car. Why the difference? Oh, when you drive a 2,000+ pound vehicle irresponsibly and kill someone, it is “an unfortunate accident”. The law provides no specific remedy or penalty of any significance, unless a prosecutor chooses to pursue a negligent homicide charge. In many cases, prosecutors have no incentive to spend taxpayer money to do that, so the story ends with a fine.

I just don't get it. The consequences for driving after drinking two “beverages” in an hour and exceeding the legislated BAC limit while injuring nobody can put you in jail for ten days and suspend your license for 90 days. **Killing or injuring a cyclist as a result of negligent driving is seemingly a lesser crime, if a crime at all.** Does anyone else see an inequity here? What is our civil responsibility to redress this situation? When, and how, will it change? The answer is: politics. Simply put, organizations like MADD have been much more vocal and aggressive in rallying support for “pre-emptive” laws such as ratcheting down BAC limits in an attempt to prevent senseless death and injury. They have moved the needle of social consciousness...and the law. Kudos to them!!! They have certainly saved lives by doing that.

But what about cyclists and pedestrians victimized by drivers who may or may not be impaired, and who may simply be driving negligently? Well folks, there has simply been an insufficient political presence to address that situation. Just like a school of fish swimming in the ocean, many of us seem to be “OK” (or not sufficiently upset) when one member of the “school” is picked off while we swim on. Wake up fellow cyclists! The next fish might be you!!!

If we don't at least join in the efforts to change this situation, should we really expect someone else to fix it for us!

OK, what good is a rant without a proposed solution that you can support? Not much. So, here are some ways **you** can help change this situation:

- **Join the Coalition of Arizona Bicyclists.** Your annual membership fee (\$25 individual, \$30 family) will help support those of us working to increase the legal consequences for negligent or intentional injury and death as a result of driver actions. The CAzB meets with AZ legislators each year, and continues to propose enforcement of, and modifications to, laws to help address these issues. The CAzB also has helped pioneer programs to educate drivers, law enforcement officers and public officials as to existing laws and their proper enforcement.
- **Participate in the Ride for Safety (see Page 3).** Proceeds will go legal and education issues to make cycling safer.
- **Contact your state representative.** Give him/her a strong message regarding your concerns on this issue. Tell him/her that support of improved conditions for cyclists is a “make or break” issue for your vote. If possible, assemble a voting block in your district, and provide numbers of voters to that representative.

In short, you cannot afford to stay on the beach on this issue. You are “in the water” each time you ride, and right now the sharks have free reign...You can be one of the fish in the school, or you can help make a sea change. **It's up to all of us to do our part.**

Sunrise/Sunset (Phoenix, AZ)

Oct 1 6:23 a.m./6:12 p.m.
Nov 1 6:47 a.m./5:36 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.



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@q.com.

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)



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

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 _____

OCTOBER 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 6:30-8:00 a.m. The primary ride start is currently **Corpus Christi Church parking lot** (Knox and 36th 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: watukeewheelers@gmail.com

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-Arizona 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)

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

Oct 10 (Sat) – Breast Cancer Awareness Ride (Landis Cyclery/TREK) – 10 and 25 mile ride options and a \$25 donation puts you in the group supporting the Breast Cancer Research Foundation on this date. The ride leaves from the Landis bicycle shop on the NE corner of Warner and Rural roads at 10:00 am. For more info, contact Vanessa (vcianci@landiscyclery.com) 480-839-9383.

Oct 17 (Sat) – 22nd Cochise County Cycling Classic (PBAA) – 45, 92, 157 or 252 miles!!! 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.

Nov 14 (Sat) - McDowell Mountain Century (ABC) – www.azbikeclub.com for information and registration.

Nov 21 (Sat) – 27th El Tour de Tucson (PBAA) – 35, 67, 80 or 109 miles around Tucson. www.pbaa.com.

Dec 5 (Sat) – Free Ride (PMBC) – PMBC's annual Free Ride to thank our members for another great year of cycling in Arizona. Lunch after the ride! And, yes, it is totally free (well, we may twist non-member arms to join the club, but that's it).

Dec 13 (Sun) – Muddy Buddy Ride and Run – Two-person teams compete over a 6-7 mile course taking turns running and MTBing. There are obstacles and mud to conquer along the way. Get down and dirty at McDowell Mountain Park along with up to 900 other contestants. For more info, visit www.muddybuddy.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 3rd 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 18th

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>

Nominations Are Being Accepted for 2010 PMBC Officers

Do you know someone who is ready and willing to serve the club for the next year? If so, please forward their name and a few particulars on their bicycling background and/or other qualifications and interests to one of the members of our nominating committee. Please indicate which officer position the nominee is seeking: Pres, VP, Treas, Secretary.

Nominating Committee members are:

- Glen Fletcher – wgfletcher@cox.net
- Sue Fassett – suefassett@att.net
- Bob Beane – marco3@cox.net
- Lance James – lance@lancejames.com
- Neal Thomas – NBThomas@aol.com

If you are not prepared to volunteer as an officer, but would like to be considered for PMBC board membership, please let one of these people know of your interest.

Thanks!

Did You Know?

- **About the PMBC super model rumor?** – After many hours (OK, a few minutes) of investigative journalism, I've traced this rumor to its source: The Backroads Biking & Multisport Trips 2010 color catalog. One of our members, a stunning blond, is pictured on page 35 with her dapper husband, in the feature photo above the biking, hiking and kayaking tour along the Mediterranean in Turkey. Our smiling super model couple is none other than Cindy and Gerry DiMassa. We believe the rumor was started because (1) they got paid for the gig, and (2) they do actually look pretty good in the photo.
- **Brad Gorman Memorial in Tucson** – You may or may not know that the Arizona law requiring motorists to allow a 3 foot safe passing distance when passing cyclists was the result of a tragic accident that took the life of Tucson cyclist, Brad Gorman, on September 30, 1999. Vowing not to have her son's life taken in vain, Brad's mother, Jean, began a crusade to achieve something positive out of her devastating loss, which resulted in the passage of that law. In addition, working with the Tucson-Pima County Bicycle Advisory Committee, Pima County and the Pima Association of Governments, the Catalina Highway has seen bike lanes added/striped, and a memorial trailhead with parking, a ramada and picnic area is being build for use by cyclists at the base of the Mt. Lemmon climb. For a donation of \$50, you may support completion of this memorial trailhead and have an engraved commemorative paver added to the site. Contributions/paver orders may be made by sending a check payable to The Brad Fund, c/o Perimeter Bicycling, 2609 E. Broadway Blvd, Tucson, AZ 85716. Paver text is limited to 13 characters (including spaces) per line, three lines.
- **New road biking opportunity in Payson, AZ!!!** – We love riding in the pines so close to home! We loved it enough that PMBC *used to* put on a **Tour de Payson** each May, featuring an out-and-back on the scenic ten-mile **Houston Mesa Road**...and, **we may bring it back (only bigger, and more challenging) next May**. The westward extension of Main Street in Payson (past Green Valley Park, the public golf course and water treatment plant, and known locally as **Baby Doll Ranch Road**) has been paved for 10+ scenic miles down into the valley to the west of Payson. This road is low traffic, but includes curvy, technical descending in spots, cattle guards and some serious climbing on the way back (roughly the altitude change of South Mountain's main pitch times about two, with many variations in grade up to about 8%). Strong legs and/or triple chain rings are required. If you would like more information, or if you would like to vote (or volunteer) to help **bring back the Tour de Payson in a larger, 50-62 mile format**, feel free to contact your editor or contact Mick Wolf at Hike, Bike & Run in Payson: (928) 257-1315, www.hikebikeandrun.com.
- **David Zabriskie won 2009 US TT Championship and Tour of Missouri** – The soft-spoken but strong-legged American time trial specialist had a pretty good month of September this year. After winning his **fourth straight US time trial championship**, he followed that with his first high-level major tour victory in Missouri. The Garmin-Slipstream rider edged

up-and-coming American **Tom Zirbel** by 44 seconds in the US TT championship, then used the TT in the Missouri tour to separate himself from the pack and hang on for his biggest win to date.

- **George Hincapie wins US road race championship, and signs with BMC for 2010/2011** – “Big George” sprinted away from top domestic pros **Andy Bjadali** and **Jeff Louder** in the final 100 yards to win his first US road race title since 2006. The following day, it was announced that Hincapie signed a two-year contract with the American-Swiss BMC Racing Team, which has also signed world champion Alessandro Ballan of Italy and five other European cyclists.
- **Alejandro Valverde won the Vuelta a Espana** (Tour of Spain) in September. Along the way, young American sprinter **Tyler Farrar** picked up his first Grand Tour win on stage 11, edging Philippe Gilbert of Belgium and Marco Marcato of Italy at the finish line. **Ryder Hesjedal**, a teammate of Farrar’s, picked up another win for North America and Garmin-Slipstream the following day when he attacked in the final kilometer to secure **Canada’s first-ever win at the Vuelta** atop the Alto de Velefique.
- **World Championship Road/TT Results for 2009** – Winning the time trial gold medals were **Fabian Cancellara** (SWI, his third) and **Kristin Armstrong** (USA, her second). This was Armstrong’s final race, at age 36. She will retire to her home state of Idaho, where she will run a cycling program to help get young American riders into the sport at a high level. In the men’s TT, Iowan **Tom Zirbel** finished fourth in his first ever attempt. Tom just signed with Garmin-Slipstream for 2010, so look for him in the European pro peloton next year. In the women’s TT, 50+ year-old **Jeannie Longo-Ciprelli** (FRA), who trains in Tucson during the winter, finished in 10th place, besting many cyclists half her age. In the men’s road race Australian **Cadel Evans** achieved the biggest win of his career, taking the gold medal by separating himself from two breakaway companions on the final climb and attacking to establish a 27 second winning gap by the finish line.

Cycling and Training Tips *(from the Editors of Bicycling Magazine)*

- **Lean your bike, not your body, into turns** – On dry, non-tricky turns, lean your bike into the turn, pushing down (weight) on the outside pedal, which should be at 6 o’clock (down), while keeping your body upright.
- **Vary your effort and pace** for better training. Doing a 20-30 second sprint every five minutes, or so, on long training rides will improve your overall fitness and average riding speed.
- **Shift up when you stand up** – For short, steep climbs, or for a break on longer climbs, shift up a gear or two as you rise from the saddle.
- **Beware of parked cars** – When passing parked cars, watch for brake lights, heads in the window and other signs that someone may suddenly open a door or begin to pull out in front of you. Try to pick a riding line 3-4 feet away from the parked cars that provides both reaction time and a “cushion” against opening doors and movement of cars.
- **Preparation for big rides** – When you are 3 months from a big ride, divide up what you need to do to get ready from your present base and start a steady progression. The last two months before a major ride (century, etc.) are the most important, and the time where you should work on increasing both distance and average riding speed.
- **Hydrate** – Dehydration is the most preventable cause of cycling fatigue. Hydrate well a day or more before a major ride.
- **Don’t forget deep breathing** – As effort becomes harder, increase the force and depth of breathing rather than frequency.
- **Pedal faster instead of harder** to pick up an extra mile an hour, or so.
- **Apply spray lube to derailleurs at least monthly** – Since they rotate about 15,000 times per hour of riding, they can be a significant source of increasing or decreasing effort via increased or reduced friction.
- **Ride hills** – Given a choice between a flat 25-mile ride and a hilly 15-mile ride, the latter will usually make you stronger.
- **Ride the day after a century** – A light 30-45 minute spin on the day after a century or other major effort is more beneficial for recovery than not riding at all.
- **Do abdominal exercises off the bike to increase comfort on the bike** – Increased abdominal strength will increase comfort on the bike and allow a cyclist to ride longer in a lower, more aero-dynamic position.
- **Thirty minutes before a two-hour ride**, eat one energy bar and drink 12-16 ounces of water to top off fuel stores.

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. 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@g.com.**

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