

# THE TAILWIND TIMES

December 2009, Vol. 17, No. 12

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## After Six Years, A Few Parting Thoughts...Planning for a Fresh Voice in 2010

*By Bob Beane*

Time flies when you "own" the soapbox. It is hard to believe that I've been playing editor for six years now. But, I do have the back copies to prove it. It's not that I've said everything I have to say, but more a recognition that our club needs a fresh new voice and updated publishing style that has moved me to seek the "Next Gen" editor for The Tailwind Times. Maybe it is too late, but I would prefer not to be an Andy Rooney, staying on beyond relevance and "connection" with our (PMBC) audience. Having said that, I do have just a few parting thoughts that I feel an editor and 16-year or so PMBC member is entitled to. So, here they are:

- **Sue Fassett** is a club "Gem". She has welcomed so many cyclists to our club, has nurtured the inexperienced and has gently dished pearls of cycling wisdom via her weekly pre-ride comments and post-ride "Tid Bits" (see Pages 10 & 11 for some selected examples). If you do not listen to Sue, you are a lesser cyclist for not doing so. Be wise, grasshopper... listen to Mama Sue! There is a reason she was selected as the Tempe Bicycle Hero last year.
- **Ron Waller** has been the right leader at the right time for PMBC. He has a gift for performing with style and humor in front of a crowd (our quarterly meetings), but he also effectively presides over board meetings that most of you never see. He is a strong leader when needed, but also seeks consensus whenever possible. OK, maybe he has given away way too many **pink and green socks**, but that really wasn't completely his fault. Many may not know that Ron is a Senior Games medalist and a former Cat 3 racer, so he knows how to get it done on a bike as well as off the bike.
- **Tom Adams** and **Jane Larson** have quietly served PMBC for years, putting in much more time and effort that most of us will ever know. Our club has been much enhanced by their service. They deserve our sincere thanks as they step down from their well performed officer roles at the end of this year.
- **Glen Fletcher** has led the Spin Cycle for years, after taking over from John Arle (hopefully some of you remember John's participation and incredible humor...we miss you, John!). Glen was once best known for being an early victim of Neal Thomas' bicycling learning curve. Suffice it to say that Neal would not be the cyclist he is today without Glen being the "carrot" to Neal's donkey. Had Glen and the Spin Cycle group not "tolerated" Neal's coming of age on the bike, there would likely not be some crazy guy in a yellow wig and PMBC jersey riding and running the Cols of Le Tour de France each July, and representing PMBC near the front of El Tour de Tucson each November.
- Our Web "Meister", **Terry Wright**, is a humble hero who would be cherished by any club fortunate to receive his services.
- Having spent four years as club treasurer, I know how much work that job can take. Our current money man is **Mike Kirk**. Mike not only is on top of the status of our funds, but he can also tow a pack of cyclists like a diesel-powered George Hincapie-style Spring Classics horse. We are fortunate to have Mike in our club doing what he does, on and off the bike.
- We are a much more social club than we used to be. When I started riding with "GABA Phoenix Metro" about 16 years ago, there were virtually no social activities. Thanks to people like **Tina Miller, Cindy DiMassa, Linda Torres, Nancy Kirk, Jack Graham, Neal Thomas** and **Mike Klein**, there have been many get-togethers for us to attend in recent years.
- Our former officers and board members should be thanked for their time and service. I'm not sure we've really done that adequately over the years. So, to folks like **Roy Kopel, Jay Stewart, Mike Morross** and many others, thank you for taking a pull when you did and being part of what got our club to where we are today.

I promised myself that I would only use one page for these reflections, so inevitably we have left many deserving folks unmentioned. I would simply ask that you look each year for the people who take a leadership role in organizing club events and activities, and be sure to give them your thanks. Nobody here gets paid to make your club work. They only get "paid" by your appreciation, and from what I've seen it should *not* be at "minimum wage". Thanks to all who have helped PMBC be what it is, which also includes supporting spouses, "significant others" and the families who let us go out and play!!!

## Sunrise/Sunset (Phoenix, AZ)

Dec 1                7:15 a.m./5:20 p.m.  
Jan 1                7:33 a.m./5:32 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@q.com](mailto: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 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))

## DECEMBER 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 6:30-8:00 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: [watukeewheelers@gmail.com](mailto: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](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)**

**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 5 (Sat) – Dawn to Dusk Scottsdale** – One, two and four-person team MTB racing on the 15.5-mile Pemberton Trail in McDowell Mountain Regional Park. For info: [www.dcbadventures.com](http://www.dcbadventures.com).

**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](http://www.muddybuddy.com).

**Jan 10 (Sun) – Casa Grande Century** – Why do we ride a century in January? Because we can!!! Join PMBC and a veritable hoard of Valley and other cyclists on the trek from Sun Lakes to Casa Grande and back. **See Page 7 for all the details.**

**Feb 7 (Sun) – Picacho Century (GABA-Tucson)** – [www.bikegaba.org](http://www.bikegaba.org)

**Mar 13 (Sat) – Tour de Cure, Phoenix (ADA)** – [www.diabetes.org/tour](http://www.diabetes.org/tour)

**Apr 3 (Sat) - El Tour de Phoenix (PBAA)**

**April 25 (Sun) - 13th Annual Ride for the Children** - Ride for the Children is a charity bicycle ride benefiting homeless children who attend schools in Maricopa County. Registration starts at 7 a.m. and the Ride begins at 8 a.m. from Horizon High School at 56th Street and Greenway Road in Scottsdale. Three distances will be available: Metric Century (65 miles), 25 miles, or 10 miles. For complete ride and registration information visit [Ride for the Children](#).

# 5th Annual PMBC Free Ride - 25, 40, and 60 mile Options Saturday, December 5, 2009

**Sponsored by Phoenix Metro Bicycle Club**

Phoenix Metro Bicycle Club says thanks to their members for another great year of cycling and welcomes all riders to join us in an adventure celebrating cycling. Three ride options will be offered: 25 miles, 40 miles, and 60 miles. All rides will start (and end) at Pioneer Park in Mesa and head to the northeast, with plenty of hill climbing for those opting to ride the 60-mile route. Food and drinks will be provided along the way and a catered lunch will be at the end of the ride. But best of all this ride is **FREE!** We do ask that you please RSVP (see below) in order that the necessary food and drinks will be available. Otherwise, you may go hungry.

**Saturday, December 5, 2009**  
**Start location at Pioneer Park in Mesa**

(Saturday Cycling, normally based at Kiwanis, will relocate to this start for this date only)

**Route options of 25, 40, or 60 miles**

**Food and Drinks**  
**Provided before, during, & after the ride**  
**In addition, we will have a catered lunch after the ride**

- When:** Saturday, December 5th, 2009  
Sign-in starting at 9:00am  
Ride starts at 9:30am  
No mass start – this is not a race
- Where:** Pioneer Park – Mesa AZ  
1/4 mile east of Mesa Drive on Main Street  
Ride starts and ends at Pioneer Park  
Limited parking... cycle or car pool is suggested.  
Route will head to the northeast,  
60 mile option will have a lot of hills!
- Cost:** Zip, nothing, nada. PMBC says thanks to their members for a great year and welcomes all riders to join us in an adventure celebrating cycling.
- RSVP:** Send [Glen Fletcher](#) an email if you plan on attending so we know how much food to bring.

**Download the official [Free Ride Flyer](#) - (.pdf Adobe Acrobat File)**

## Did You Know?

- A **physician who was accused of deliberately injuring two cyclists** by slamming on his car brakes on a narrow downhill Brentwood, CA, road has been convicted of assault, mayhem and other criminal charges. Dr. Christopher Thompson, an emergency room physician, was quoted by one of the arresting officers as saying that he stopped suddenly “to teach them a lesson” because they weren’t riding single file and had responded unpleasantly to his shouting at them. Though he claimed no intent to injure, one of the cyclists ran face-first into the rear window of the doctor’s Infiniti breaking his front teeth and nose, while the other was sent hurtling onto the sidewalk, separating a shoulder.
- **Arizona ranked 49<sup>th</sup> of 50 states** in 2008 in spending available funds from the Federal Highway Administration’s Highway Safety Improvement Program. Of \$85 million in cumulatively available funds, Arizona had spent less than \$6 million as of September 30 of 2009. Your **Coalition of Arizona Bicyclists** representatives are meeting with ADOT and FHWA staff in the first week of December to see what can be done to significantly increase our use of these funds for bicycle safety projects.
- The **Perimeter Bicycling Association of America**, organizers of El Tour de Tucson and the Tour de Phoenix, has contracted with Pima County DOT to manage and execute bicycle education in Pima County. The program, known now as the Bicycle Ambassador program, uses LAB-certified instructors (LCIs) to teach classes, promote cycling at community events, conduct bike helmet fittings and perform other safety and advocacy functions. The Tucson area boasts 35 certified instructors, the largest of any community in the U.S.
- A relatively undiscovered **Slice of Slickrock Heaven** may now be a bit better known, thanks to a recent article in PBAA’s Tail Winds (Sep/Oct 2009). **Little Creek Mountain** lies just south of Gooseberry Mesa in Southern Utah, and is considered a great spot for less technical MTBr’s who are looking for a fun slickrock experience. Little Creek Mountain, in contrast to its name, is a generally flat mesa with 10 and 6 mile main loops in addition to other less-traveled trails. It is a good destination to combine with a trip to the north rim of the Grand Canyon, as it is about one and a half hours away. For more information and a cool video, visit [www.utahmountainbiking.com](http://www.utahmountainbiking.com).
- Our very own PMBC president, **Ron Waller**, is available to train you, a friend, a family member or anyone who has a cycling goal in mind. Ron recently decided to put his 25 years of cycling experience (including racing as a CAT 3 “roadie” and more recently a “senior” competitor) and his Master’s Degree in Education to use in developing up-and-coming cyclists. For more information about Ron and the coaching/training he can provide, visit [www.arizonacyclingcoach.com](http://www.arizonacyclingcoach.com).
- **Newly published:** From the long-time coach of Lance Armstrong, **Chris Carmichael**, and co-author Jim Rutberg comes *The Time-Crunched Cyclist: Fit, Fast and Powerful in 6 Hours a Week*. Just in time for the gift-giving season and post-feast resolutions...how nice!!!

## Partial Calendar of Major Pro Races in 2010 *(for a more complete list see the December issue of VeloNews)*

- Jan 19-24      Tour Down Under (Aus)
- Mar 7-14      Paris-Nice (Fr)
- Mar 20      Milan-San Remo (It)
- Mar 28      Ghent-Wevelgem (Bel)
- Apr 4      Tour of Flanders (Bel)
- Apr 11      Paris-Roubaix (Fr)
- Apr 18      Amstel Gold (Ni)
- **Apr 20-25      Tour de Georgia (USA)**
- Apr 25      Liege-Bastogne-Liege
- Apr 27-May 2      Tour de Romandie (Swi)
- May 8-30      Giro d’ Italia (It)
- **May 16-23      Tour of California (USA)**
- Jun 6-13      Dauphine-Libere (Fr)
- Jun 12-20      Tour of Switzerland (Swi)
- **Jul 3-25      Tour de France (Fr)**
- Aug 28-Sep 19      Vuelta a Espana (Sp)
- **Aug 30-Sep 5      Tour of Missouri (USA)**
- Sep 29-Oct 3      World Championships (Aus)

# Casa Grande Century



## January 10, 2010

### 100, 62 and 34 mile Options



**Sponsored by Phoenix Metro Bicycle Club**

There are three routes: 103-mile century, 62-mile metric century and a 34-mile ride. There will be rest stops, SAG support and a hot lunch at Dave White Regional Park in Casa Grande.

You can register by downloading the flyer and registration form at the PMBC website. You can also register at [www.active.com](http://www.active.com)\* until 5PM, January 2, 2009.

**MAIL YOUR COMPLETED REGISTRATION FORM AND YOUR CHECK, WAIVER AND COMPLETED**

**REGISTRATION FORM TO:**

**Phoenix Metro Bicycle Club  
P.O. Box 26788  
Tempe, AZ 85285-6788**

#### **REGISTRATION INFORMATION AND FEES\***

- PMBC/GABA/ABC members before December 29, 2009: **\$20.00.**
- Non-members before December 29, 2009: **\$25.00.**
- PMBC/GABA/ABC members after December 29, 2009: **\$30.00.**
- Non-members after December 29, 2009: **\$35.00.**
- The 34-mile ride is only \$15
- Tandem: add \$15 for the additional rider
- Fee includes snacks, sag support, and lunch in Casa Grande.
- \*Additional fees for using [Active.com](http://www.active.com) may apply.

**AN APPROVED HELMET IS REQUIRED. HEAD PHONES ARE NOT ALLOWED.**

***Please join us for the first century (or metric century) of the year.***

Please bring enough spare tubes for your ride. There will be SAG and sweep vehicles on all routes to assist you. The sweeps are also available for the weary and downtrodden!

**Download the Registration Form and ride waiver from our website at**

**[www.pmbcaz.org](http://www.pmbcaz.org)**

This ride is a great first century or metric century. The terrain is flat, the roads have low traffic, and if history repeats itself, the weather will be sunny with a high of 70. What more could you want?

How about SAG stops with water, fruit and snacks, and the century and metric riders get a hot lunch at Dave White Regional Park in Casa Grande? You'll also get a route map and the first 200 registered riders receive a PMBC commemorative gift.

There are three ride options: A Full Century (100 miles), a Metric Century (62 miles) and a 34-mile ride. The 34-mile ride is out-and-back and flat. The 62-mile ride is out-and-back, with a slight hill. The 100-mile ride is mainly a loop and flat.

**WHEN - Sunday, January 10, 2009.**

Registration at 8:00 AM - 9:00 AM. (Sleep in for once and enjoy starting when it's close to warm!) There is no mass start, so you can leave any time after you register.

**WHERE** - Start and finish at the **Safeway store at 4970 S. Alma School Road, Chandler**. It is on the northwest corner of Alma School Road and Chandler Heights Road, 1 mi. N. of Riggs Rd. Please park at the edges of the lot so we don't block Safeway customers.

**Directions:**

From Phoenix or Tucson: Take I-10 to Riggs Road exit, then go three miles east to Alma School Road, then one mile north to Chandler Heights Road.

From Scottsdale, Mesa and Tempe: Take Loop 101 south past Chandler Blvd. to Loop 202 exit, then go east two miles to Alma School Road, then south four miles to Chandler Heights Road.

**FOR ADDITIONAL INFORMATION**

Email Mary Ellen Coe [mary.ellen.coe@medtronic.com](mailto:mary.ellen.coe@medtronic.com) or phone 480-239-8226.



# Phoenix Metro Bicycle Club

**THIS IS AN IMPORTANT DOCUMENT THAT WAIVES YOUR LEGAL RIGHTS.**

**NAME OF EVENT: Casa Grande Century Bike Ride Date: January 10, 2010**

## RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AGREEMENT, AND WAIVER OF CONSTITUTIONAL RIGHT

In consideration of my participation in any way in the Phoenix Metro Bicycle Club ("Club") sponsoring bicycle activities ("Activity"), I do for me, my personal representatives, assigns, heirs and next-of-kin:

1. AGREE, represent, acknowledge and understand the nature of bicycle activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which hazards of traveling are to be expected.

2. FURTHER AGREE and warrant that at any time if I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

3. FULLY UNDERSTAND that (a) bicycling activities involve risks and dangers of serious bodily injury including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence or gross negligence of "Releasees" as designated herein; (c) there may be other risks and other social and economic losses either not known to me or not readily foreseeable at this time; (d) and I fully accept and assume all such Risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

4. HEREBY RELEASE, discharge, and covenant not to sue the Club, any of its directors, agents, officers, members, volunteers, and employees, any other participants, sponsors, advertisers, and, if applicable, any owners or lessors of the premises on which the Activity takes place, and the League of American Wheelmen (all collectively defined as "Releasees"),

**FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING THE NEGLIGENCE IN RENDERING ANY KIND OF CARE WHATSOEVER.**

5. FURTHER AGREE that despite this Release and Waiver of Liability, Assumption of Risk, Indemnity Agreement and Waiver of Constitutional Right, I, or anyone on my behalf, makes a claim against any of Releasees, I will indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney's fees, loss, liability, damage, or cost which any may incur as the result of this claim.

6. FURTHER AGREE that as a participant in any Club activity, I must obey all Arizona traffic laws and must wear at all times an ANSI, ASTM, or Snell-approved helmet.

7. FURTHER AGREE, acknowledge, and understand that this release and Waiver of Liability, Assumption of Risk, Indemnity Agreement and Waiver of Constitutional Right, shall be applicable to any and all Club activity from this date forward regardless of whether I remain a member of the Club and expressly agree that this "Agreement" is intended to be applicable to any Club activity in which I participate from the date of the execution of this Agreement.

8. RELEASE, WAIVE and otherwise disavow any protection of Article 18, Section 5, of the Arizona Constitution, which allows for the defenses of contributory negligence or assumption of the risk to be a question of fact and to be left for the jury consideration and expressly acknowledge that the waiver of this constitutional right and the execution of this release shall forever bar my rights to make a claim, sue or otherwise file any type of litigation against Releasees.

**I EXPRESSLY ACKNOWLEDGE WAIVING THE AFOREMENTIONED CONSTITUTIONAL RIGHT. Initial Here: \_\_\_\_\_**

I have read this Agreement, fully understand its terms, understand that I am giving up substantial rights **including waiving a constitutional right**, by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release and/or waiver of any and all liability and/or constitutional right to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

PRINTED NAME OF PARTICIPANT: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

I HAVE READ AND ACCEPT THIS RELEASE

PARTICIPANT'S SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

Emergency contact information: Name \_\_\_\_\_ Phone: \_\_\_\_\_

**MINOR RELEASE** : AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST WHICH MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

I HAVE READ AND ACCEPT THIS RELEASE

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

(Only if participant is under the age of 18)



# Phoenix Metro Bicycle Club

## Casa Grande Century Bike Ride Registration

**January 10, 2010**

This is a mail-in registration form for the Casa Grande Century Bike Ride. Please sign the attached waiver, complete the registration form and mail it with your check to *Phoenix Metro Bicycle Club*.

**Phoenix Metro Bicycle Club  
Casa Grande Century  
P.O. Box 26788  
Tempe, AZ 85285**

Please complete the following registration fee schedule:

**If registering before December 29, 2009**

PMBC/ABC/GABA Members only:			Non-Members:		
103 Miles	\$20	_____	103 Miles	\$25	_____
64 Miles	\$20	_____	64 Miles	\$25	_____
34 Miles	\$15	_____	34 Miles	\$15	_____

**If registering after December 29, 2009**

PMBC/ABC/GABA Members only:			Non-Members:		
103 Miles	\$30	_____	103 Miles	\$35	_____
64 Miles	\$30	_____	64 Miles	\$35	_____
34 Miles	\$15	_____	34 Miles	\$15	_____

If you are you riding a Tandem add \$15 for the second rider \_\_\_\_\_

**Total Registration Fee:** \_\_\_\_\_

Reminder: All riders are required to wear an approved helmet. Head phones are not permitted. Obey all safety and road laws. Even though SAG support is offered, riders are expected to carry sufficient tubes, tools, etc., to complete the ride.



# Wise and Clever “Pearls” from our Princess of Saturday Cycling

By Bob Beane

**Luke Skywalker** had **Obi Wan Kenobi**, then **Yoda**...**Dorothy** had the **Good Witch**...PMBC has our Princess of Saturday Cycling, **Sue Fassett**. In each case, the wisdom is there for the taking...often disguised in clever prose and witticisms. And, like Luke and Dorothy, it sometimes takes a while for us to wake up and smell the coffee.

Never-the-less, week after week, month after month, Sue offers up those pearls of wisdom for all who seek to receive them. And, I would be remiss in my final attempt as editor if I did not recap some of the best of those from the year 2009. So, I'll just click the heels of my cycling shoes (i.e. there is no need to go too far from home to learn a lot about cycling when Sue is writing her “Tid Bits”) and list some of my favorites:

- **10/24/09** - Today was National Make a Difference Day. We had some club members volunteer their time to staff a rest stop at the Ride For Safety. They didn't ride, so that others could, and so that funds could be raised to make cycling in Arizona a safer thing to do. One of our riders this morning stopped at the cyclist memorial on Pecos Road, to spiff it up and remove trash. We have an entire squadron of club volunteers lined up to assist with Tempe's community bike ride tomorrow morning. They're giving up their usual Sunday morning romp so that we can help introduce local residents to the joy of cycling. Simply opting to ride your bike somewhere as transportation instead of driving a car makes a difference. We, as cyclists, have the power to make a difference daily, not just one day a year.
- **10/10/09** - A quick reminder, traffic code requires that if you are cycling before legal sunrise time, you need lights. As we pedal into the end of the year, keep an eye on sunrise versus the time you roll out your door to come join us on Saturday morning. Low cost combo packages of white head-light and red blinky tail-lights are sold at most of the local bike shops. Get legal, get lit, get to the park alive. See how nicely that works?
- **9/19/09** - Now that our weekly route maps are available off the website, we have a number of riders who by-pass the concept of signing in for our romps. Just a reminder, the club carries accident insurance that applies to our members, *if you have signed in for that day's ride*. In today's world of limited health coverage, your bank account and your family might be appreciative of you having access to a few extra medical dollars if you get injured during one of our romps. (And no, we will not let you sign-in after you have fallen down!)
- **8/29/09** - Do you plan to do one of the large rides this coming season? If Tucson is on your schedule, you are now approximately 90 days out from that event. It's time to focus, grasshoppers. Now is the time to contemplate your equipment, and the human engine that drives it. If you carry more cargo on your frame (that would be your body frame, not your bike frame, though that applies also!), the next month or two is your window of time to part with it. Every pound of body weight you drop will shave minutes off your riding time, and add minutes to the length of your life. Pretty cool pay off, just for cutting back a bit at the feed trough, huh?
- **7/18/09** - For those of us rooting for Levi in the TdF, watching him break a wrist in a seemingly gentle fall off his bike was heart wrenching. Some recent studies indicate high mileage cyclists are at risk for calcium loss, from two fronts. Though not seen as frequently in the recreational cycling world, paring your body weight down to the bare minimum is hard on your bones. (See? Thugs rule!) But no matter what your body weight, when you sweat for hours while riding, you're losing the valuable minerals that your body needs. You can take supplements, but a better choice is just work calcium rich foods into your fuel choices. Low fat milk on your cereal before the ride. Post ride, a low fat milk or yogurt makes for great recovery. The next time your family catches you eating ice cream straight out of the carton with a spoon, tell them you're strengthening your bones.
- **6/20/09** - You adore riding, but your hands don't. You ride a few miles, and then notice that your paws feel tingly or like numb blocks attached to your wrists. There are various solutions, some easy, some take time and effort. The quickest fix is to use correct hand/wrist form when you ride. Whether you are riding the hoods (with your hands cupped around your

brake hoods), riding down in the drops (on the lower part of your drop bars) or on top (with your hands on the top of the handle bars, up near the stem) your form for all of those hand positions is to have your wrists straight, not flexed. The back of your hand and your fore-arm should always form a straight line, with no bend in your wrist. Riding with your wrists bent compresses the nerves at the base of your hands, resulting in loss of sensation in your fingers. Occasionally lifting one hand off the bike at time and waving it around a bit helps a lot, too, and makes the car drivers think you are happily waving at them. Long term fix? Do your push-ups and crunches. Building strength in your torso and chest will reduce your habit of bracing your body weight against your handlebars for support. Waving at the cars sounds easier, doesn't it?

- **5/30/09** - Non-cyclists ponder how we can possibly ride on the streets, with the danger of cars being right at our elbow. What they don't realize is that cars are not our greatest risk, vehicles actually come in at about third place. We are our own worst enemies. Cyclist into cyclist wipe outs are the most popular way to get injured on group rides, followed closely by creative solo maneuvers that result in departing from your bike when you weren't planning to. When pedaling in a group, keep in mind you're in a group. Simplistic, but essential. If you need to stop during a ride, for any reason, get yourself off the road. Being run over by the cyclists behind you is a pain, literally. When you are rolling, no matter what else is going on, stay focused on the fact that you are in motion on a bike, and that motion doesn't stop if you get distracted. Arriving at the breakfast stop with tire tread marks across your torso usually results in having to do some explaining, which can be avoided by riding with care.
- **Every Week** – Ride Safe.

## **The Real Reason the French Don't Like American Cyclists: Bob Roll**

*From Bobke II (The Book)*

Most serious cyclists have heard of the in-team duel between Greg LeMond and Bernard Hinault in 1986 (not unlike the Contador and Armstrong battle of 2009). But few know the intimate details of the tactics played out amongst the lesser riders, and fewer still know the story of the leaders' helicopter ride from the top of the Col de Granon, the finishing point of Stage 17 of the 1986 Tour. After an epic battle in which LeMond cemented his lead, the exhausted supporting rider, Bob Roll (who hates flying in helicopters) boarded a French military chopper for the trip to the bottom of the mountain. Here is his story of the pre-flight conversation:

"As my eyes adjusted to the darkness inside the 'copter, I saw that none other than Andrew Hampsten (LeMond's trusty teammate) was seated directly across from me. "Whoa, Drew baby!" I practically jumped up at seeing a fellow American. "Andy, you slayed today," I exclaimed in glee. "Did you see LeMond crush these frog dweebs?" I asked.

Andy just kind of nodded, all subdued. As my eyes adjusted further, right next to Andy sat Greg LeMond, gloriously clad in yellow. "Whoa!" I jumped up for real and grabbed LeMond by the shoulders, shaking him and screaming "Greg, you beast! You got the yellow jersey, man! You're going to massacre these Philistines." I sat down and said. "I was climbin' with Hinault, and all the Frenchies were pissed that you dropped his sorry ass."

Just then, my eyes fully adjusted to the darkness and there sat Bernard Hinault himself. Oops. I could have crawled under my seat. "Hey Bernie, what's up?" was about all I could mumble. To make matters worse, the owner of the La Vie Claire team and one of France's biggest industrialists, Bernard Tapie, was sitting right next to Hinault. Tapie's script for Hinault to win his sixth Tour de France was about to be rewritten by LeMond.

But instead of pouring champagne and celebrating a major coup, Greg and Andy looked like they were at a funeral. I thought, well maybe I had better cool it and just fly off the mountain nice and easy.

The door was closed and 'copter blades started to howl. I looked straight at the drab olive wall and saw stenciled there in big white military letters "Made in the USA". "All right, Tapie." I screamed, "you see this (pointing to the sign)? Made in the USA. Baby, everything is gonna be fine."

Tapie was not amused, but Greg, Andy and me all started cracking up. Even Hinault cracked a little smile. We took off in a cloud of dust and the rest, as they say, was cycling history.

As you follow this year's Tour, remember, for every headline about the leaders, there are 100 everyday dramas about everyone else.

# The Top Ten Reasons to register for Bike MS: Round-Up Ride

By Sheryl Keeme

It seems everyone has jumped on the 'charity ride' band wagon. No more are there just a handful of local charities running fundraiser rides to raise money. National health charities around the United States have recognized that cycling is a growing activity and that many of its participants are well-heeled individuals that are fertile ground for a strong case to give of one's time and money.

Many, many of them have such strong missions with needs far surpassing their individual programs, research and operations budgets. Personally, I wish I could support them all. But after all, I am a non-profit junkie making my living growing awareness and support for the National Multiple Sclerosis Society myself. This brings me to my case as to why a cyclist should consider registering for the Round-Up Ride, formerly known as the MS150 Best Dam Bike Tour.

***My** reason for cycling in the first place can be traced back to my attempt to understand just what our organization was asking people to commit to. Among these steps are: Paying a nondeductible registration fee; Raising \$250 from friends and family; Training four or five days a week to prepare for a 75-mile ride, two days in a row; Committing to weekend mornings in the saddle for months; and Driving all over the valley to points where training rides begin. And these steps all assumed you already owned a road bike; helmet; shoes; water bottles; camelback; bike shorts; jerseys; bike socks; gloves etc. etc. etc.*

*How was I to know I would get utterly and completely addicted?*

**Why should a cyclist consider the Arizona Bike MS Round-Up Ride? At the risk of a poor association with Mr. Letterman, here is my top 10 List of why a cyclist should register.**

10. Because Florence, Arizona is not just for inmates anymore.
9. Because no charity staff has ever been more dedicated to the safety, experience and enjoyment of the cyclist than that of the Arizona Chapter and its volunteer committee.
8. Because other charity rides can't say Charlie Gerhardt leads its training rides—he is by far, the best teacher for beginner riders and the strongest cyclist I have ever met. No one loves the activity more than he does.
7. Because there are 8,000 Arizonans living with multiple sclerosis every day who are hoping for a cure.
6. Because Bike MS: Round-Up Ride is held in March in Arizona where in many parts of the country, there is still snow on the ground.
5. Because the ride combines good, safe riding with well-supported aid stations, ample meals, a great overnight party, terrific camaraderie and Sonoran desert and rural farm scenery.
4. New Belgium Brewing Company's Fat Tire Beer, enough said.
3. Cyclists from more than 16 states travel to Arizona to ride in our ride—they must know something!
2. You can ride your first or 101<sup>st</sup> century ride with great road support, a safe route and cheering volunteers at the end to make you feel like Lance or Alberto Contador...you pick.
1. The number one reason to choose Bike MS: Round-Up Ride on March 27-28, 2010 is:

A cure for this unpredictable, neurological disease is bright on the horizon—truly—and you can be a part of seeing this disease stopped in your lifetime.

PMBC members can register for a discounted rate of \$10 off by using the code: teamcard at check-out when registering.  
Bikemsarizona.org

--Sheryl Keeme  
[Sheryl@girlsgoneriding.org](mailto:Sheryl@girlsgoneriding.org)  
<http://girlsgoneriding.blogspot.com>

## Tour of California Moves to May in 2010

You have to be confident as a bicycle race promoter to compete with the Giro d' Italia, the second most historic bicycle race in the world. Well, that's what the Tour of California will do this year. In making the move from February to May, the ToC will be well positioned between major spring races and the key June races (Dauphine-Libere and Tour of Switzerland) that are the final tune-ups for Le Tour de France. Given the bad taste in many pro cyclists mouths from the twisty, narrow and dangerous finishes of last year's Giro, and the growing reputation of the California event, this may be the perfect time to vault the California race into the #4 spot in the mind of pro cyclists. Stay tuned!!!

## PMBC Cyclists Enjoy Nearly Perfect Weather for 27<sup>th</sup> El Tour de Tucson

Some of our club members put the pedal to the metal and cranked out really impressive times, while others of us enjoyed nearly ideal conditions for "touring" the route. Here are the riders and times we spotted in the preliminary results. If we missed you, or if your time is incorrect, please let us know before the next issue.

### 108 Mile Event

Neal Thomas - 4:51 (Leader of the PMBC pack), Bill Shea - 5:02, Gary Bernard – 5:12, German Piderahita – 5:17, Scott Pollat – 5:28, Chris Tilley – 5:35, Glen Fletcher – 5:49, David Dollar – 6:02, Court Phillips – 6:30, Kevin Peffley – 6:44, Jeff Mohr – 7:13, Charlie Davis – 7:47, Jack Graham – 8:24, Bob Beane – 8:34 (Winner of various awards this year: Lowest cost per hour on the course, Last "Thug" Home & "Le Lantern Rouge du PMBC du Le 108"...)

### 79 Mile Event

?

### 66 Mile Event

Armando Charvet – 4:45, Ray Almada – 5:08, Jane Larson – 6:31

### 36 Mile Event

Lance & Janet James (tandem) – 2:11

### 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@g.com](mailto:pnick44@g.com).**

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