

# THE Bicycle Paper

THE VOICE OF NORTHWEST CYCLING AUGUST 95 • FREE

## Northwest racers continue to ride with the big boys



Many of the Cascade Cycling Classic competitors stayed in Oregon an additional day to compete in the Portland Cascade Criterium on July 16.

The 16th annual Blue Cross & Blue Shield of Oregon Cascade Cycling Classic proved that Northwest riders can hold their own with the best pro and amateur racers in the country. Oregon and Washington riders

placed respectably throughout the five stage tour. In the final G.C., Ray's Boathouse's Gregg Randolph came in thirteenth, above such big names as Clark Sheehan (Montgomery Bell), Jeff Evanshine and Freddy Rodriguez

PLEASE SEE "CASCADE" ON PAGE 13.

## Driver convicted of killing a cyclist sentenced to six years

Seattle—The driver convicted of killing a Cascade Bicycle Club volunteer and injuring several others was sentenced to six years in prison in King County Superior Court.

David Juarez, of Bellevue, was killed and several others were injured. The driver, Barbara Jean Morris, continued driving for two miles before she was chased down and stopped by witnesses.

Prosecutors said Morris, of Tacoma, had a blood-alcohol level of 0.14 percent (the legal limit is 0.10) when tested after driving through a group of 14 cyclists in Renton last October.

In a plea bargain agreement, drunken-driving charges were dropped in exchange for a guilty plea to vehicular homicide, vehicular assault and felony hit-and-run. Prosecutors asked that Morris be sentenced to four years. Morris' attorney asked for the minimum sentence of three years, arguing that Morris was facing a variety of emotional problems that day, including learning that she had a possible life-threatening illness.

A group of bicyclists wearing red ribbons symbolizing support for Mothers Against Drunk Driving on their cycling jerseys watched as Maria Juarez, David's widow, tearfully pleaded with the judge to sentence Morris to the maximum, seven years. "My life has been filled with more

pain...than I thought I would ever know," she said. "I miss my husband, my best friend, my confidant. My daughter will never know her father and my son is already forgetting him."

Morris stood with tears running down her cheeks as Judge Robert Aldorf imposed the sentence. He stated that the stiffer sentence would hopefully deter others from drinking and driving.

Morris had no previous record of drinking and driving. She could be released for good behavior after serving two years in prison.

Participants in the 1995 Seattle-to-Portland Bicycle Classic donated \$4,000 in David Juarez' memory to Mothers Against Drunk Driving. The money raised will be used to address the problems of cyclists encountering drunk drivers.

David Juarez is survived by Maria and their two children: Alex, 5 and Katarina, 2.

## Amtrak makes it easier to travel by bike and train

BY DENISE ONO

Amtrak, the Washington State Department of Transportation and the Oregon Department of Transportation have joined forces to make carless traveling from Seattle, Washington to Eugene, Oregon along the Interstate 5 corridor a little easier.

Bicycle racks have been installed on Amtrak's state-sponsored Mount Adams and Mount Rainier trains. In the past, travelers were required to pack their bikes in boxes and ship them as checked baggage. Not only was this inconvenient, but they were only allowed to depart the train at baggage stops.

With the new racks, bicyclists can ride to the station and load their bikes directly on the train. They can depart at any stop along the route.

"We're pleased that Amtrak has listened to the requests of bicyclists. Now that traveling with your bike on Amtrak is more convenient, I fully expect bike-train travel to

traveling with fully-loaded panniers is easy. The bicycle compartments are marked on the outside of the train by a bicycle symbol. When the train arrives, cyclists simply wheel their bikes to the correct compartment.

Each train can currently carry 17 bikes per trip. But Washington State Department of Transportation's Stan Suchan said that capacity could be increased if the racks prove popular. "We're hoping that this will be so popular with cyclists that we are able to add additional routes in the future," he said.

Amtrak also hopes this venture will be popular with cyclists. "We have our own expectations that this will increase ridership," said Kurt Laird, Amtrak's Director of Pacific Northwest Corridor. "These racks should encourage more car free travel in the Northwest," he added.

Reservations are required for both train seats and bike space. There is a \$5 surcharge to bring the bike. A round trip ticket between Seattle and Portland with a bike is around \$42, which is about the same as (or even a little less than) traveling by car when you factor in gas, mechanical wear, and parking charges.

"We're hoping people will take their bikes on the train to do everything from outlet shopping in Centralia to exploring the Willamette Valley, to visiting Tacoma's Point Defiance Park and Zoo," Suchan explained. "It'll be great to be able to do these things without a car. We want to do our part to encourage carless travel in the Northwest."

"It's been a long time coming," said bicycle traveler Joan Smith. She said that she has traveled by train in the past, but Amtrak's bike packing requirements made it more trouble than it was worth. "Now it will be much easier to take the train to some of those beautiful bike trails in Oregon."

runs in operation by Spring of '97," he said.

The Mount Adams (#753) departs from Seattle daily at 11:30 am. It arrives in Portland at 3:25 pm. The Mount Rainier (#751) departs Seattle daily at 5:10 pm. It arrives in Portland at 9:05 pm, then in Eugene at 11:45 pm.

Traveling north, the Mount Adams departs Eugene at 6:10 am and arrives in Portland at 8:50 am, then Seattle at 12:45 pm. The Mount Rainier departs Portland at 6:00 pm and arrives in Seattle at 9:50 pm.

For reservations or more information, call Amtrak at 1-800-USA-RAIL.



Stan Suchan of the Washington State Department of Transportation loads his bike onto the Mt. Adams train.

PHOTO BY DENISE ONO



This sign will mark the bicycle baggage compartments on the two Amtrak trains.

increase. It's a win-win situation," said NowBike Executive Director Susie Stephens.

The racks consist of simple ceiling hooks attached to baggage cars. Loading a bike is as simple as storing it in a garage or basement. The bicycle compartments are accessible to passengers while the train is in motion, so

## INSIDE

Out Spokin' .....	3
Letters .....	3
Advice .....	4
Health .....	5
Regional Reports .....	6
Cycling Calendar .....	7-9
Innovators Northwest .....	10
Sports pages .....	12-13
Classifieds .....	14
Marketplace .....	14-15
Maynard .....	15

# There's Strength in Numbers



## RESPONSE ELITE

4.15 lb True Temper chromoly frame.  
25.28 lb. total weight for a 16" bike, even  
with a Manitou fork in the equation.  
Looks like they all add up in your favor.  
Come in and take a number.

### WASHINGTON:

**The Bike Rack**  
20615 Bothell-Everett Hwy.  
Bothell  
(206) 402-1972

**The Bike Rack**  
12057 - 124th Ave. NE  
Kirkland  
(206) 821-9744

**Kennewick Schwinn**  
3101 W. Clearwater Ave.  
Kennewick  
(509) 735-8525

**Olympic Sports**  
14404 NE 20th  
Bellevue  
(206) 747-7990

**Olympic Sports**  
Northgate  
10700 5th Ave NE  
Seattle  
(206) 363-3007

**Olympic Sports**  
1429 NE 4th  
Seattle  
(206) 455-4855

**Olympic Sports**  
32225 Pacific HWY  
Federal Way  
(206) 941-5600

**Olympic Sports**  
4918 196th SW  
Lynnwood  
(206) 775-3535

**Olympic Sports**  
10115 Gravelly Dr. SW  
Tacoma  
(206) 582-0202

**Olympic Sports**  
6015 Tacoma Mall Blvd.  
Tacoma  
(206) 471-1010

### OREGON:

**Ciclo Sport**  
925 SW 10th  
Portland  
(503) 227-3535

**Ciclo Sport**  
91 S. State Street  
Lake Oswego  
(503) 636-3521

RESPONSE ELITE



# TECHNIUM COMPOSITE



**Olympic Sports**  
14401 NE 20th  
Bellevue, WA  
(206) 747-7990

**Olympic Sports**  
32225 Pacific Hwy.  
Federal Way, WA  
(206) 941-5600

**Island Bicycles**  
380 Argyle Ave.  
Friday Harbor  
(360) 378-4941

**Olympic Sports**  
4918 196th SW  
Lynnwood, WA  
(206) 775-3535

**Redmond Cycle**  
16205 Redmond Way  
Redmond  
(206) 885-6363

**Velo Stores**  
1535 - 11th Ave.  
Seattle  
(206) 632-3292

**Velo Stores**  
4560 University Way NE  
Seattle  
(206) 632-3955



**RALEIGH USA**  
BICYCLE COMPANY  
RALEIGH • NISHIKI • CYCLEPRO.

**Velo Stores**  
530 Westlake Ave. N.  
Seattle  
(206) 233-9779

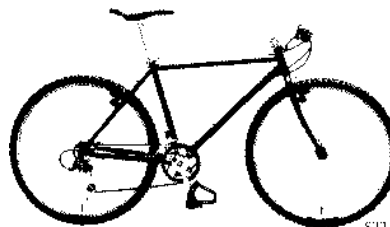
**Olympic Sports**  
1429 NE 4th  
Seattle, WA  
(206) 455-4855

**Olympic Sports**  
10700 5th Ave NE  
Seattle, WA  
(206) 363-3007

**Olympic Sports**  
10115 Gravelly Dr. SW  
Tacoma, WA  
(206) 582-0202

**Olympic Sports**  
6015 Tacoma Mall Blvd.  
Tacoma, WA  
(206) 471-1010

# ADRENALIZED



STUMPJUMPER®

Addicted to that rush? Get your fix with a Specialized mountain bike. Super responsive Stumpjumper®. Raging Rockhopper®. Hard driving Hardrock®. This leading family of mountain bikes features race-proven suspension and geometry. So, hurry in, take your pick, then take the mountain!

### OREGON:

**Northwest Bicycle**  
916 NW 21st Ave  
Portland  
(503) 248-9142

**The Bike Pedaler**  
174 Commercial NE  
Salem  
(503) 399-7741

**WASHINGTON:**  
**Gregg's Bellevue Cycle**  
145 106th Ave NE  
Bellevue  
(206) 462-1900

**Gregg's Greenlake Cycle**  
7007 Woodlawn Ave NE  
Seattle  
(206) 523-1822

**Aurora Cycle**  
7401 Aurora Ave N  
Seattle  
(206) 783-1000

**Island Bicycles**  
380 Argyle Ave.  
Friday Harbor  
(360) 378-4941

**Bicycle Centre**  
4718 Evergreen Way  
Everett  
(206) 252-1441

**Bridgeport Cyclery**  
8819 Bridgeport Wy. SW  
Tacoma  
(206) 588-2245

**Fairhaven Bike & Ski**  
1103 11th St.  
Bellingham  
(360) 733-4433

**Sammamish Valley Cycle**  
8451 - 164th NE  
Redmond  
(206) 881-8442



## Media needs help with cycling

BY DENISE ONO

In this electronic age, we are subjected to thousands of bits and pieces of information in the form of radio and TV transmissions and print.

As an avid cyclist, both a rider and a racing fan, I am often frustrated by the lack of cycling in the mainstream media. Since I don't have cable TV or an Internet account, it has been very difficult to get updates on events like the Tour de France. The TV news and sports pages are usually filled with reports on major league baseball and the NBA.

But lately there seems to have been a trend in the mainstream media that has made cycling more visible to the average couch potato. Cyclists have been appearing in an increasing number of TV commercials. These ads are selling everything from trucks to breakfast cereals. These ads feature the riders as gonzo thrill-seekers.

As the Olympics draw nearer, the popularity of competitive cycling will be on the upswing. The Olympic Games in Atlanta will mark the debut of mountain biking as a medal event. Curiosity may be the largest audience draw.

For cycling to really benefit this latest mainstream interest, we as promoters, competitors and enthusiasts must learn how to make the public want more.

I think the big advertising firms are on the right track. Portland-based Nike continues to do a great job of creating heroes in the NBA and NFL. Look at how they've changed the image of tennis.

Where could cycling go if there were TV commercials featuring Marty Nothstein telling us to "Just do it" playing every ten minutes? How about Steve Hegg saying "Just tell 'em Heggie sent you"? I think Travis Brown could out "cool" Andre Aggasi any day.

The problem is that cycling is faced with the old catch-22. In order for these cyclists to get the big endorsement contracts, the general public must show interest and support of the sport.

That's where the promoters come in. Cy-

cling must be promoted as the gonzo thrill-seeking sport that is shown on the commercials. I have a feeling that most people watch a bicycle race on TV and think, "I can do that. All they're doing is riding their bikes." They must be shown that cycling is an incredibly difficult sport that takes physical skill and mental training.

One of the things that struck me during the recent Fresca National Cycling Championships in Seattle was the local newspaper reporters' willingness to learn. Most of them never covered competitive cycling. But after watching the criterium and the Microsoft Grand Prix, they seemed to get an idea of the difficulty of the sport. The result was at least a half page of coverage, sometimes more, every day during the week of racing. I'm sure all that learning helped them to understand the newswire reports from the Tour de France.

As a six year veteran of the CBS radio Network, I can tell you that sports reporters don't have time to do that investigative reporting to dig up the up and coming athletes. Most sports departments are understaffed. Athletes and race organizers must promote themselves and their events. Michael Jordan does it. So does Pete Sampras and Jackie Joyner-Kersey.

The only other way for the sport to gain a lot of attention is for some kind of controversy to occur within it. We saw that happen in women's figure skating with the Nancy and Tonya fiasco. I personally don't want to see Laura Charameda whacking Jeanne Golay in the knee with a club.

Cycling does apparently have one mainstream champion. Last year, trials acrobat Labor Karas (Volvo/Cannondale) delivered the top ten list to David Letterman after riding through the audience then bunny-hopping onto Letterman's desk. On a recent Late Show, a group of professional road riders pedaled through the studio while the words "Tour de France" flashed on the screen. Letterman looked into the camera and said, "I'll bet you didn't know the Ed Sullivan theater was a leg of the Tour!"

## Bicycling over here, over there

BY GORDON BLACK

Almost thirty years after the event I still recall the July day the freezer broke down at the local grocery store. Children, charged with excitement and free ice cream cruised the neighborhood telling of their good fortune. By the time I got there the freezer was empty or fixed. That is kind of how it is with me and the Tour de France. I'm always where it has been or where it is about to come to. One year I got really close. I was in Paris on the final day, camping at a city park a few miles from the finish line. On the way there, I rode past gendarmes standing stoically in the rain, their black capes and caps offering minimum protection to a Parisian storm that lasted all day. It was a tough choice - ride in the heavy downpour to join the throngs jammed behind barriers or build canals around my tent to divert the water towards the Seine. This year, the closest I got to the thrill of the tour was briefly watching a TV report of an Indian stage win in the company of a dozen Spanish truck drivers resting before taking their produce-laden vehicles aboard the shuttle train that speeds below the English Channel.

As a frequent visitor to Europe, I continue to be fascinated by the trends in bicycling that cross the Atlantic. Professional road racing here has been revived with input from Europe; pro mountain biking moved

east after taking off here. Triathlons, too, although duathlons featuring running and cycling are more common over there. (Maybe because the US has a stronger tradition of schools' swimming programs.) But it is not just a matter of competitive cycling.

Five years after the mountain bike boom here, all-terrain bikes took off in Europe. And since such mounts are considered a decidedly American creation, there is kudos in having an American brand. In Britain, Marin, Specialized and Scott are more common than domestic models. This is less the case in France, where French companies try to capitalize on the American association by devising names like Rock Fighter and JumperTrek. But then, the French continue to eschew Japanese cars in favor of Renault, Citroen and Peugeot.

While Europeans are riding American-inspired mountain bikes, American urban planners and even bicycle advocates look fondly to Europe as a model of how elevating the status of the bicycle in transportation planning should be done. Well, I've got news for them. It is not the nirvana many would have us believe. In fact, the continent has regressed

### Out-Spokin'

PLEASE SEE "OUT-SPOKIN'" ON PAGE 4.

You can reach Gordon Black via email at [gorbblack@U.Washington.edu](mailto:gorbblack@U.Washington.edu)

## LETTERS

Editor,

Once again, a glaring omission has been made by the otherwise sharp-eyed, go-gettem scoop-masters at The Bicycle Paper. Kudos to you folks for promoting cycling in this area, but I think you need to look just a bit harder. Craig Uden's letter in the July issue made a very good point, and I think you were too busy being defensive to really hear what he had to say.

Carol Pettenski as the top local rider at the Women's national criterium? Umm...not quite. Katie Blincoe has absolutely controlled every local criterium she as entered and has kept the Points jersey at the Marymoor Velodrome since the first week she started at the track this year. NOBODY in the north-west can outprint her and very few (apparently 12 to be exact) in the Nation can. She has not finished further back than 13th in any criterium she has raced against trade teams (EDS, Timex, Saturn, Bodywise, etc.) and has beat Laura Charameda, Dede Demet, Eve Stevenson and some other big names in a few field sprints. Field sprints. Pack sprints.

At the Washington State Criterium Championships she led the race for the last lap and a half and sprinted away FROM THE FRONT.

Why have we not heard about this? Because she is not a self-promoter. I have learned to forget what I thought I knew about sports-writers. If it doesn't come over the wire or appear in front of them from the FAX machine, they don't know about it. They don't dig for the story. Consider this a press release.

Thanks for your time and for hearing my fully (well, maybe not) unbiased opinion.

John Blincoe

Thanks for taking the time to bring our mistakes to our attention. Yes we did make some glaring errors in reporting the results of the Sports Pep Thunderbar National Criterium Championships. We apologize fully for leaving Katie and Bridgeport Ales Noreen Valente out of the story. Valente was the actual top Northwest finisher. Corrected results are listed on page 12.

-Denise Ono

**The Bicycle Paper** VOLUME 24 • NUMBER 7  
AUGUST 1995

The Bicycle Paper (USPS 972-640, ISSN 0742-8308) is published ten times a year, monthly February through November by Clark-McCall Communications, Inc., 1535 11th Ave. #302 Seattle, WA 98122. Phone 206-323-3301/Fax 206-323-2905 second class postage paid at Seattle, Washington and additional mailing offices. Subscription rates: \$12.00 per year; \$20.00 for two years.

POSTMASTER: Send address changes to: The Bicycle Paper, 1535 11th Ave. #302 Seattle, WA 98122-9998.

All articles, photos and artwork appearing in The Bicycle Paper are the sole property of The Bicycle Paper. No reprinting or any other use is allowed without obtaining the written permission of the publisher or editor.

Unsolicited editorial contributions about personalities, touring, racing, advocacy, equipment, health and events are welcome. All manuscripts should be accompanied by a stamped, self-addressed envelope. Write or call for editorial guidelines and deadlines. All advertising inquiries should be directed to Maria Welch.

*The Bicycle Paper is listed in The Consumer Magazine & Agri Media Source SRDS*


PUBLISHERS	Paul Clark Bob McCall
EDITOR	Denise Ono
ADVERTISING DIRECTOR	Maria Welch
ADVERTISING SALES	David Stolber
MARKETING	Arlene Carter
PHOTOGRAPHERS	Marianne McCoy John Pratt/Pursuit Photo
WRITERS	Noel Zanchelli Mike Lewis Gordon Black Estelle Gray Maynard Hershon Eric Zuelow
PRINTING	Consolidated Press

**Stay informed. Subscribe to**


**THE Bicycle Paper**

**Publishers of the Official Program for the STP 1995 National Cycling Championships.**

- Top-notch journalism by people who know the sport...
- Coverage of the people, places and products of Washington, Oregon, Idaho, British Columbia...
- This year our subscribers got first chance to order copies of special event programs such as the STP Official Program, Seattle Bike Expo Program, U.S.C.F. Cycling Championships Program and others!



SEATTLE TO PORTLAND  
BICYCLE CLASSIC 1995



MICROSOFT  
GRAND PRIX

SUBSCRIPTION ORDER FORM

Enclosed is my check or money order for a subscription to **The Bicycle Paper**

Please check the appropriate box

ONE YEAR for \$12

TWO YEARS for \$20

Canadian Subscribers:  
U.S. funds, please.

\* Call about discounted club subscriptions!

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

MAIL TO:  
**The Bicycle Paper**  
1535 - 11th Ave #302  
Seattle, WA 98122

*Let us hear from you...*  
**206 • 323-3301**

# Board works behind the scenes to help bicyclists

GUESS WHAT I do the first Wednesday of every month? I sit in a windowless, airless non-descript room in the Seattle Municipal Building for a couple of hours. Why do I do this?



PHOTO BY JOHN PRATTI  
PURSUIT PHOTO  
**ESTELLE GRAY**

Imagine Seattle without the Burke Gilman Trail!! What if you couldn't ride your bike over the bridge to West Seattle? Do you remember when there were no bike lanes on Dexter Avenue or Pine Street or 8th Ave NW? What if the Seattle Commons was to be built without any consideration of cyclists' needs? All of these projects have some things in common. One of them is the Seattle Bicycle Advisory Board, of which I am a member.

The SBAB is a group of 11 Seattle Citizens who have received a mayoral appointment to advise the Mayor and City Council on any city issue related to cycling. These issues include design and safety of trails, road striping, entrances and exits on the bridges, etc. The group also helps establish priorities for distributing federal funds. They look out for the best interest of cyclists to help make Seattle a city where cars and cyclists can co-exist harmoniously.

The board members are appointed for a 2 year term and eligible for only 2 consecutive terms. Currently the members include: a social worker, a scientist, a physician, a student, a celebrity (Bill Nye, the Science Guy), an architect, an attorney, a graphic designer, an urban planner and some small business owners. The Board is chaired by Karen Wolf, an amazing woman and cycling advocate who dedicates unfathomable amounts of her time to educating and advising citizens and politicians alike.

During the course of a 4 year period the board's members change as some people resign, some terms expire and others sign back on for an additional term. Some projects are short and finished quickly while other projects like the extension of the Burke Gilman Trail or the construction of the West Seattle Bridge may overlap some different boards. So far the "current" board has met its goals of linking the outlying neighborhoods with downtown Seattle via bike lanes and routes. The next phase is to establish north/ south routes through downtown. This will be no small task considering the volume of buses and cars that will be affected. This is a project that will probably be monitored by future board members as well as current members.

The first Wednesday of each month the board, along with some of the other interested parties gather together in the Seattle Municipal Building to better the fate of Seattle's cyclists. The meeting often includes a representative from the Seattle Pedestrian Board (a board much like the bicycle board), a member from the Parks department, a representative from Cascade Bicycle Club, someone from the Seattle Engineering Department and occasionally a few interested or curious citizens.

The agenda usually includes a guest who is working on a project and wants some input as to cyclists' needs. At this month's meeting we discussed new plans for a project happening along Alki in West Seattle. The project manager from the City of Seattle and the designer from the firm who has contracted the project brought elaborate drawings of the various ideas being considered. It was our chance to speak up regarding what surface material (asphalt or concrete) we preferred. We made recommendations regarding the separations or barriers that would be used between cyclists, pedestrians and cars. We brought up the pros and cons of various lighting possibilities, etc. This project is

in its infancy phase but it is very reassuring to know that right from the start there is dialogue happening between the users and the makers.

Occasionally we go on field trips. These are my favorite meetings! It is thrilling for me to get to ride around in one of those vehicles that says "For Official Use Only". We pile into a large van and tour sites where there is major conflict happening. It is a chance for us to see the problems in 3-D and brainstorm potential options. Most recently we toured the routes which have been proposed for the extension of the Burke Gilman Trail. This is a hot topic now. There are 3 existing proposals and none of them are without faults. I have been to many meetings where each of the options was discussed in depth but it added a whole new dimension when we actually saw them first hand.

Having lived in Seattle for so long I tend to take for granted the extraordinary facilities which this city has for cyclists. Now that I have been behind the scenes for 2 years I'll not take them for granted but realize they are the results of a lot of peoples' unnoticed and unrecognized time and efforts. I applaud all of them that have worked tirelessly in the years past whether they were on the board or contributed their energies as concerned citizens. Without these people Seattle would not be the cycling heaven that it is. I encourage you to join these people and help make Seattle be an even better place to cycle.

If you'd like to see what goes on behind the scenes you are welcome to attend a SBAB meeting. Please contact John Arneson of the Seattle Engineering Department at 684-7584 for additional information.

"OUT-SPOKIN'" FROM PAGE 3

some in catering to bicyclists. Take the case of European trains. Eurostar, the sleek new train service that links London with Paris and Brussels is only now looking at how the trains can accommodate bicycles, months after the service began. Want to take a bike on the ICE, TGV or IC220 of Germany, France or Britain? Forget it. None have been designed to carry bicycles. Of course, it is still possible to take a bicycle on trains throughout Europe but it is becoming increasingly complicated and less convenient to do so. To the point that car rack sales in Europe have bloomed in the face of intransigent or uninspired railway managements that have erected so many barriers that it is easier to drive.

By comparison, the policies of transit agencies throughout the Northwest which have fitted racks on their buses is positively enlightened. Even Amtrak is fitting Seattle-Eugene trains with racks to accommodate self-loaded bikes (see story on front page).

In travels through Scotland, England and France few cities are visibly cycling friendly. As here, the motor vehicle rules supreme and such concessions as have been made toward cycling are uninspired. But there are bright spots too. Britain's network of abandoned railways are intended to form a national network of bicycle routes which is slowly taking shape. And in France, the port city of Nantes (tinned with Seattle) has on-road bike lanes marked in conspicuous green paint, and a downtown area where traffic has been effectively calmed. But my favorite observation from my July trip is a bus poster campaign in Glasgow urging drivers to give cyclists "less vroom, more room." Now that's a message motorists could use the world over.

*Do you have any cycling-related questions? Send them to Estelle Gray c/o The Bicycle Paper, 1535 - 11th Ave., Ste. #302, Seattle, WA 98122*



## PROOF THAT LIGHTNING CAN STRIKE TWICE IN THE SAME PLACE.



How does Team Rollerblade® get all charged up? In Lightning® TRS™ skates. With styles designed for men and women, these popular street skates have a hinged upper-cuff for flex and great support, buckle/lace closure, and a memory foam innerboot for maximum comfort. So, put yourself in the pros' shoes. And feel the electricity.

You'll strike a great deal on Lightning TRS skates at:



### WASHINGTON:

#### Fairhaven Bike & Ski

1103 - 11th St.  
Bellingham  
(360) 733-4433

#### Olympic Sports

14404 NE 20th  
Bellevue  
(206) 747-7990

#### Sturtevant's Sports

622 Bellevue Way NE  
Bellevue  
(206) 454-6465

#### Olympic Sports

32225 Pacific Hwy. S  
Federal Way  
(206) 941-5600

#### Olympic Sports

4918 196th SW  
Lynnwood  
(206) 775-3535

#### Fiorini Sports

4720 University Village Pl. NE  
Seattle  
(206) 523-9610

#### Gregg's Greenlake Cycle

7007 Woodlawn Ave NE  
Seattle  
(206) 523-1822

#### Olympic Sports

1429 NE 4th  
Seattle  
(206) 455-4855

#### Olympic Sports

10700 5th Ave NE  
Seattle  
(206) 363-3007

#### Olympic Sports

10115 Gravelly Dr. SW  
Tacoma  
(206) 582-0202

#### Olympic Sports

6015 Tacoma Mall Blvd.  
Tacoma  
(206) 471-1010

#### Pete's Ski Shop

124 E. Main St.  
Walla Walla  
(509) 529-9804

©1993 Rollerblade, Inc. ® and ® designate U.S. trademarks of Rollerblade, Inc.

## HEALTH

### Sore Seats and Energy Cheats Answers to our readers' health questions

1) *What is the best way to avoid saddle sores and what can I do when I get them?*



MICHAEL LEWIS, D.C.

IT IS NO SURPRISE that saddle sores are common among amateur cyclists, since most of the cyclist's weight is supported by such a small area of the body. Chafing of the skin around the inner thigh or groin occurs in more than 20 percent of amateur long-distance cyclists. This is, of course, caused by the inner thigh rubbing against the saddle during the up-and-down motion of the legs. It usually appears as mild inflammatory changes in the skin, including redness, dryness, and mild pain. If the cyclist continues to ride once chafing appears, he or she may develop a more severe inflammatory reaction progressing to open sores or secondary infection.

Prevention and treatment of uncomplicated cases of chafing involves keeping the skin clean and dry. Cycling pants should be rinsed or washed daily when riding in multi-day events. Pants with an absorbent lining are recommended for the absorption of sweat and to help maintain dryness. Cycling pants should not contain any inner seams or stitching that could irritate the thigh or groin areas.

**Ischial tuberosity** pain also plagues amateur distance cyclists. The ischial tuberosities are the two bones that lie deep in the bottom half of the buttocks and are the part of the pelvis bone we sit on. Irritation to the overlying skin can cause inflammation and soreness. Some bicycle saddles predispose the rider to ischial tuberosity pain due to a lack of padding in the area of these pressure points or because the saddle is too narrow, which forces all the rider's weight to one small area of the seat.

Often, this irritation can be alleviated by switching to a wider saddle or by using well-padded cycling pants. A common mistake, however, is to add more padding to the saddle itself. A softer saddle may increase pelvic movement and thigh rubbing, actually leading to increased chafing rather than reducing it.

Prevention of saddle sores begins with proper bike fit. Proper seat adjustment ensures correct seat height and tilt. Women may prefer the front of the seat angled slightly downward where men should maintain their saddle in the level position. Some men opt to have the front of the seat slightly upward. Be aware that too much tilt in the upward direction may predispose the male rider to prostate, neurologic and/or urinary problems. (A new patient recently went through surgery for chronic prostatitis as a result of his love for aero-bars and riding "forward" on the saddle. This position forced his body weight away from the ischial tuberosities and onto the perineal area—the space between the anus and scrotum.)

Many cyclists look for and/or relief from chafing through one or more of the many available medicinal creams. It is worth noting a recent study performed on 260 amateur cyclists participating in a 500-mile recreational bicycle tour. The physicians in charge randomly assigned cyclists to receive either 0.5% hydrocortisone cream, 10% trolamine salicyte cream (Aspercreme) or a placebo cream. All the cyclist were instructed to apply the cream twice daily to the areas of skin that were at risk for saddle sores. At the end of the ride, there was no difference in the frequency of saddle sores in any of the three groups.

The only proven formula for the prevention and alleviation of saddle sores is to take the above information and "multiply" it by saddle-time. Your skin will soon toughen in the appropriate areas. Not only will you enjoy your long distance rides but, come Monday morning, you won't embarrass yourself by having sit on an inflatable donut at the office.

2) *I have recently become aware of the many available natural energy boosters being on the market. Are they safe and, if so, which are the better ones?*

THERE HAS BEEN CONSIDERABLE recent attention given to many of these so-called "natural energy boosters" which are available on the market today.

Several of these energy boosters get their fuel from caffeine. No stranger to Seattle, caffeine is a known central nervous system stimulant which can cause jitters, gastro-intestinal distress and heart palpitations if the user is not accustomed to ingesting caffeine from coffee or other sources. One of these caffeine-packed products is guarana, which contains 30 mg of caffeine per tablet, about one third the amount found in a cup of coffee. Another product, kola nut, also so utilizes hidden caffeine (up to 3 percent), and when combined with its second ingredient, ma huang, it can deliver a kick.

Ma huang was one of the first Chinese herbs introduced to western medicine. It has been used in China for over 5,000 years. Ma huang is the main ingredient in many of the available "energy-boosters," again because it a central nervous stimulant. The active ingredient of ma huang is ephedrine, from the ephedra plant. Serious side effects have been reported with its overuse. Hypertension and tachycardia are concerns, and ingestion should be avoided by anyone with heart disease, high blood pressure, diabetes, or thyroid disease. Ma huang will often give you the burst of energy that you are looking for, but for a price. The jolt of energy can be very taxing on the adrenal system which will often rebound after the initial "high". You may be left with lower energy than what you started with, thus craving another jolt. (Caffeine can have the same rollercoaster effect.)

Ginseng is another favorite tonic of the Orient and has gained popularity in Western society in recent years. It has been used by athletes to increase energy, by people looking for a caffeine

alternative and by older men hoping to enhance virility. Ginseng is also being used to enhance athletic performance by sparing valuable glycogen use in muscle and increasing the use of fatty acids as an energy source. Ginseng does not offer the immediate kick that the others do, but it can offer a more balanced effect on your energy system. However, according to Chinese medicine, not everybody needs ginseng and anyone interested in using it should be properly diagnosed first for its necessity.

These are a few of the most common ingredients which make up most of the "kick-in-the-pants" energy booster. Ask yourself why you need this artificial boosters. Are you eating a proper diet? Are you eating enough? Are you overtraining? Are you sleeping enough? What other reasons may account for your low energy levels? With the proper care and tools, your body can produce more than enough energy. Invest in yourself, go see a licensed nutritionist or an appropriate doctor and get some answers. When something sounds too good to be true, it usually is.

*Michael Lewis is a doctor of chiropractic and certified strength and conditioning specialist. His practice, Wedgwood Chiropractic, is in Lake City, Washington. He can be reached at (206) 365-3189.*

If you have any health-related cycling questions, send them to Michael Lewis c/o The Bicycle Paper 1535 - 11th Ave., Ste. 302 Seattle, WA 98122.

## RALEIGH SUMMER SALE Hot Deals

### Raleigh M40 SALE \$284.99



\*Chromoly Main Tube with Forged Dropouts\*

\*Chromoly Fork\*

\*Shimano Altus C-90 21-Speed Components\*

Designed and spec'd for the recreational rider who's looking for performance, ease of shifting (Shimano Rapid Fire), and a sale price that's too hot to pass up. Reg. \$315

### RALEIGH M50 SALE \$339.99



Regular \$370  
SAVE \$40!

Designed to give you rugged performance, yet this beauty of a mountain bike is easy to control even in the most challenging terrain. Super oversized chromoly main tubes with forged dropouts. Triple top tube cable mounting. Shimano Acera X Components and Rapid Fire shifters. And best of all, it's on sale!

### RALEIGH EXTRA VALUE COUPON

Buy a Raleigh bike during the  
*Raleigh Summer Sale*  
then add a pump, a lock or a  
rear rack FREE

Redeemable only at Seattle Cycles  
Choose from a special selection of Cycle Pro accessories  
Expires 8/15/95

Limit one coupon per customer



**RALEIGH USA**

BICYCLE COMPANY  
RALEIGH • NISHIKI • CYCLEPRO

ROAD BIKES MOUNTAIN BIKES KIDS BIKES  
ACCESSORIES EXPERT REPAIRS

## SEATTLE CYCLES

946 ELLIOTT AVENUE WEST

206 / 285 - 2800





## Portland gets new bike lanes

Portland—After nearly three years efforts by the Bicycle Transportation Alliance and other bicycle advocates in the city of Portland have succeeded in convincing the City to add bike lanes to some previously inaccessible locations.

The following is a list of projects which will be completed in the near future:

- Lovejoy ramp of Broadway bridge - add bike lanes and improve existing bike crossing/signal area by widening sidewalks or adding a bike ramp. Completion date: Now.
- SE 7th/Sandy/NE 12th - SE 7th from Division to Morrison, as well as Sandy from Morrison to Burnside will be resurfaced and restriped with bike lanes. Completion date: Now.
- Hawthorne Bridge and Hawthorne Street - add a bike lane on east-bound ramp. On SE Hawthorne, add a bike lane to 12th. Completion date: Late September.
- N. Broadway from bridge to N. Williams - add bike lanes as part of Arena project improvements. Completion date: October.
- NE Multnomah from MLK to 16th Ave. - add bike lanes in conjunction with sidewalk improvements and street resur-

facing. Completion date: Late September.

- NE Multnomah from Interstate to just under I-5 - add bike lanes as part of the Arena project. Completion date: October.

- NE Lloyd from MLK to 16th - add bike lanes. Completion date: Fall.

For more information on ongoing bicycle lane projects within the city of Portland, contact the Portland Bicycle Program at (503) 823-7082.

## Washington State legislator encourages violence against bicyclists

Olympia—At a recent State Transportation Conference Committee meeting, chairperson Karen Schmidt (R-Bainbridge Island) stated that bicyclists are "a pain in the butt all over the state." She then suggested that "a heavy lumber works well" in getting them out of the way.

Schmidt's staff denies she made the comment, saying that she only meant that bicyclists don't pay for their share of the roadways.

Led by Schmidt, the state legislature attempted to divert \$5 million away from bicycle and pedestrian projects and use it for the renovation of Seattle's King Street Station and the preservation of abandoned rail corridors. Governor Mike Lowry vetoed these plans.

Working on the side of bicyclists is State Representative Bill Brumsicle (R-Centralia), who is sponsoring a bill that would provide funding from existing revenue sources for bicycle safety education. If passed, these funds would be available to Washington State bike clubs and organizations to set up educational programs in their communities.

You can write to Representative Karen Schmidt at: John O'Brien Bldg. #328, Olympia, WA 98504-0660.

The Northwest Bicycle Foundation (NowBike) is a watchdog organization that tracks the government's movements in bicycle-related issues. They also are lobbyists for bicyclists. NowBike is encouraging bicyclists in Washington to tell Schmidt how they feel about what they call the current anti-bicycle sentiment in the State legislature.

For more information on the latest developments in the state legislature, contact NowBike at (206) 654-0276.

## Volunteers needed for Danskin Triathlon

Seattle—Organizers of the Women's Health and Fitness Expo and the Danskin Women's Triathlon are looking for volunteers to help staff the event. The Fitness Expo takes place at the Red Lion Hotel in Bellevue on August 19. The Triathlon will take place on August 20 beginning at Seward Park in Seattle.

This national caliber women only event benefits the Susan G. Komen Breast Cancer Foundation.

Volunteers are needed to monitor the cycling course and other stations along the race. Volunteers of this third annual event will receive a commemorative t-shirt.

For more information contact Prestige Events at (206) 562-7048.

## Bicycle helmet law approved in Pierce County

Tacoma—All persons reiding in unincorporated areas of Pierce County are now required to wear ANSI or SNELL approved helmets. The bill was introduced by County Council member Bill Stoner in 1993. For more information on the new law, contact the Pierce County Public Works and Utilities Department at (206) 591-7172.

Do you have news about the people, places and events in the Northwest?  
Call The Bicycle Paper today and ask for  
Denise Ono, Editor, at (206) 323-3301.  
Or you can fax us at (206) 323-2905

**NORTHWEST SHOWERS BRING MUD**

**OREGON:**  
**Ashland Cycle Sports**  
 191 Oak St.  
 Ashland  
 (503) 488-0581

**Medford Cycle Sports**  
 1345 Center Dr.  
 Medford  
 (503) 857-0819

**Becky's Bikes**  
 887 Commercial St. SE  
 Salem  
 (503) 399-0304

**WASHINGTON:**  
**Valley Cyclery**  
 798 Auburn Way N.  
 Auburn  
 (206) 833-4910

**Reliable Cycle**  
 10255 NE Valley Rd.  
 Bainbridge Island  
 (206) 842-0654

**WASHINGTON:**  
**Gregg's Bellevue Cycle**  
 145 106th Ave NE  
 Bellevue  
 (206) 462-1900

**Kulshan Cycles**  
 100 E. Chestnut St.  
 Bellingham  
 (360) 733-6440

**Valley Cyclery**  
 23651 - 104th SE  
 Kent  
 (206) 852-5551

**Aurora Cycle**  
 7401 Aurora Ave  
 Seattle  
 (206) 783-1000

**Gregg's Greenlake Cycle**  
 7007 Woodlawn Ave NE  
 Seattle  
 (206) 523-1822

**Bridgeport Cyclery**  
 8819 Bridgeport Way SW  
 Tacoma  
 (206) 588-2245

**Alternate Routes.**

Out of the traffic. Out of your car. With a Burley trailer you can safely and easily carry two children and gear or groceries. Choose from the Burley dLite™, the nation's #1 selling trailer, the economical and fun Burley-Roo™ or the NEW Burley-Solo™ for one child. Call or write us today for the dealer nearest you.

**BURLEY**

**Aurora Cycle**  
 7401 Aurora Ave NE  
 Seattle, WA  
 (206) 783-1000

**Gregg's Greenlake Cycles**  
 7007 Woodlawn Ave NE  
 Seattle, WA  
 (206) 523-1822

**Bridgeport Cyclery**  
 8819 Bridgeport Way SW  
 Tacoma  
 (206) 588-2245

**Harvy's Bikes**  
 21917 Highway 99  
 Edmonds, WA  
 (206) 774-8951

**Gregg's Bellevue Cycles**  
 145 106th Ave NE  
 Bellevue, WA  
 (206) 462-1900

**Spoke & Ski**  
 13303 NE 175th  
 Woodinville, WA  
 (206) 483-6626

**BURLEY TRAILERS FOR 1993**

This calendar is produced as a public service by *The Bicycle Paper*. Nearly every weekend of the year has something for every type of bicycle enthusiast. Please note that listings are subject to change as we update them three months ahead of the events.

Event organizers and promoters should send calendar listings and changes to *The Bicycle Paper* at 1535 - 11th Ave, Ste. 302, Seattle, WA 98122. Our fax machine & bulletin board is on 24 hours a day at 206-323-2905.

*This calendar may not be duplicated in any form without the written permission of the publisher.*

**Events**

- Aug 15-20: Western Canada Games.** Matsqui, BC. Central Fraser Valley Cycling Club, 604-737-3034.
- Aug 20: TROIKA Triathlon.** Spokane, WA. Course begins at Medical lake with a 1.2 mile swim, followed by a 58 mile bicycle course and finishes downtown with a 13.1 mile running course. Bill Close, 509-624-2980.
- Aug 20: Danskin Women's Triathlon.** Seattle WA. National caliber women-only triathlon. Proceeds benefit Susan G. Komer Breast Cancer Foundation. Prestige Events. 206-562-7048.

**Off Road**

- Jun 7-Aug 30: Wednesday night Mt. Bike Racing Series.** Black Diamond, WA. Weekly mountain bike points series. Categories: Beginner/Sport or Sport/Expert. Entry Fee: \$10 per race. Stiff Wick Productions, 206-824-7666.
- Aug 5: Pysht River Ocean View.** Clallum Bay, WA. BBTC, 3246 32nd Ave W., Seattle, WA, 98199. 206-283-2995.
- Aug 5: Hell of the NW.** Bellingham, WA. All categories. Off road Mt. Bike race. Pat White & Donn Kellogg, 360-332-5384.
- Aug 12: Mackay White Knob Challenge.** Mackay, ID. 11th year! Same 18 mile loop as last year. Part of the Utah Cannondale series. 208-342-3910.

- Aug 12: Kelley Creek Mountain Bike Festival.** Bonney Lake, WA. Mt. Bike Racing for all levels and ages. Fast rolling 1 mile circuit with 70% single track. No major climbs. Cash & merchandise prizes. Beer garden, barbecue. Live Music. David Douglas, 206-822-5952.
- Aug 12-13: Pend Oreille Pounder.** Sandpoint, ID. Part of the WIM Series. Events include downhill and fat tire criterium on Saturday, cross country on Sunday. Gino Lisiecki, 509-838-3707.
- Aug 12: Jimmy Huega Mountain Bike Express.** Mt Bachelor Ski Area, Bend, OR. Novice and Advanced races. Registration 8:00-9:00 am. \$25.00 donation to The Jimmy Huega Center. Colleen or Sally, 503-389-3295.
- Aug 13: The "Pass-Out" Cross-Country Series #3.** Snoqualmie Pass, WA. George Taggart, Rut Wrestlers Cycling, Wenatchee, WA, 509-662-9375.
- Aug 18-20: Cindy Whitehead Women Only Mountain Bike Camp.** Mt. Hood, OR. Lynn Nicholson, Bike Treks International, 13106 NW Germantown Rd., Portland, OR, 97231. 800-300-1565.
- Aug 19: Shredotopia.** Corvallis, OR. 12 & 28 mile courses with lots of sweet single track and jeep road. Bill Thomas, Peak Sports, 503-758-8260 or 503-754-6444.
- Aug 19: Pacific Crest Cup.** Ski Acres Mt. Bike Center, Snoqualmie Pass, WA. Family ride and race to benefit the Backcountry Bicycle Trails Club's Trail Building Fund. Prizes TBA Patrick, P.O. Box 9536, Seattle, WA, 98109. 206-527-0955 or 206-437-7022.
- Aug 26-27: Crystal Mountain Fat Tire Weekend.** Poker ride, Dual Slalom, Downhill, Cross Country, Spaghetti feed, T-shirts. Crystal Mtn. Resort, One Crystal Mountain Blvd., Crystal Mountain WA 98022 360-663-2265
- Sep 2-4: The "Pass-Out" Cross-Country Series #4.** Snoqualmie Pass, WA. George Taggart, Rut Wrestlers Cycling, Wenatchee, WA, 509-662-9375.
- Sep 10: Lava Rama.** Lava Hot Springs, ID. Family fun loop starts and finishes in town next to the hot springs. Part of the Cannondale Cups. 208-342-3910.

- Sep 23: Westside Road.** Mt. Rainier, WA. Backcountry Bicycle Trails Club, 3246 32nd Avenue W., Seattle, WA, 98199. 206-283-2995.
- Sep 23: Celebrate Trails '95 Jamboree.** Ski Acres Mt. Bike Center, Snoqualmie Pass, WA. Regional festival brings trail users together! Learn about new trails all over the state. See demonstrations by various trail user groups 206-625-1367.
- Sep 30-Oct 1: Banzai.** Boise, ID. Two days of fun. 208-342-3910.
- Oct 15: Bend's Big Fat Tour.** Bend, OR. Recreational mountain bike ride in the Cascades: 25, 50 and 75 mile routes Sally Russell, 503-389-3295.
- Oct 21: BC Cyclo-Cross Series #1.** Langley, BC. Mark Johnson, Newton Rocky Cycle, 604-737-3034.



*A future cyclocross rider tests his skills at the Shimano Youth Race during the 1995 Evian Ride for the Wild.*

- Oct 22-Dec 3: First Mud Cyclocross Series.** Western OR. Four race series: Oct. 22, Nov. 5, Nov. 19 and Dec. 3. Richard Potestio, Club Vivo, 2832 NE 12th Ave, Portland, OR, 97212. 503-281-6148.
- Oct 28: BC Cyclo-Cross Series #2.** Langley, BC. Mark Johnson, Newton Rocky Cycle, 604-737-3034.

calendar sponsored by

23906 S.E. Kent Kangley Rd.  
Maple Valley, WA • 206 432-2820

**TANDEMS**

**Oct 29-Nov 26: Southern Oregon Cyclocross Series.** Ashland, OR. Traditional cyclocross races on three different courses. 10-29, 11-12 and 11-26. USCF sanctioned. Mountain bikes welcome. Dana Bandy, Mountain Velo, P.O. Box 903, Ashland, OR, 97520. 503-488-2453.

**Rides and Tours**

- Aug 5-6: 14th Annual Tour of Scenic River Valleys (TOSRV) -NW.** Marysville, WA. Two day 150-mile ride through Skagit and Snohomish Counties. 2 meals provided + 4 snack stops. Camping at Burlington KOA. We haul your camping gear. Pre-registration required. Fee: TBD. To request an application, call and leave a message. Patty Garrett, BIKES of Everett, P.O. Box 5242, Everett, WA, 98206. 206-339-ROLL.
- Aug 5-13: Seattle, Victoria & San Juan Islands Tour.** San Juan Islands, WA. Nine-day loop includes 300 miles plus optional mileage in Victoria and the San Juan Islands. Fee includes five camping and three motel lodgings, one dinner, one breakfast, eight ferry trips, SAG wagon and tour guide. Dan or Karen Healy, Northwest Bicycle Touring Society, 4612 S. 291st, Auburn, WA, 98001. 206-941-5870.
- Aug 6: Snoqualmie Tour de Peaks.** Railroad Park, Snoqualmie, WA. 8 mi, 50 km, 100km tours, all featuring great scenery, town festival events, and local restaurant food sampling. Fee includes marked route, map, route guide, number, sag, souvenir and extraordinary food. Celebrate Snoqualmie Days with a bicycle tour of the valley that

**Adventure Cycling Association  
(to be stripped in)**

made Twin Peaks famous. Fees: TBD  
Connie Littlejohn, Snoqualmie  
Wheelpersons, P.O. Box 356, Snoqualmie,  
WA, 98045. 206-888-4440.

**Aug 11-12: Ride from Seattle to Vancouver, B.C. and Party (RSVP).** University of Washington start. 183-mile ride through scenic and rolling hills. Advance registration required. Band and no-host cash bar in downtown Vancouver, B.C. Map and luggage support included. 1 food stop each day. Registration deadline: July 14. David Swendt, Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.

**Aug 12-13: Jackson Prairie Ramble.** Capitol Information Center, Olympia, WA. Two day ride with overnight accommodations, meals and entertainment. 70-100 miles of travel each day through scenic parts of 3 counties. Map, 3 meals, lodging, sag and t-shirt. Fee: \$80 Jim Lazar, Capitol Bicycling Club, P.O. Box 642, Olympia, WA, 98507. 206-956-3321.

**Aug 19-20: Hood Canal Bike Whirl.** Union, WA. 2 day/100 mile ride on waterways and rural roads. Day 1 ends at Wellness Festival at Harmony Hill Wellness Retreat Center. \$35 registration fee includes full support, sag, rest stops and meals. Joanne Marcoe, 401 SW Langston Rd., Renton, WA, 98055. 206-271-2150 or 800-270-3231.

**Aug 20: The Ride.** Bremerton WA. One day 13, 21, 28 or 36 mile loops. Fee: \$15. Includes souvenir. T-shirt optional. West Sound Cycling Club, P.O. Box 1579, Silverdale, WA, 98383. 206-377-3041 or 206-479-1265 (Ted Dupee).

**Aug 20-23: Tour de Lane.** Lane County, OR. A 4-day, fully supported tour of Lane County, Oregon. Daily mileage 60-75 miles. Points of interest to include old-growth trees, covered bridges, a winery, a paddlewheel riverboat and a recreated Western town. Limit: 400 riders. For early registration and more information, call Paul Kemp, Pathfinders, P.O. Box 210, Oakridge, OR, 97463. 800-778-4838 or 503-782-4838.

**Aug 20: Bear Creek 100.** Medford, OR. 50-100 mile, 100 K riders. Lots of food and fun. Leaves from Bear Creek Park Richard Jones, Siskiyou Wheelmen, 503-779-3821.

**Aug 26: Crater Lake Tour.** Broken Arrow Campground, Diamond Lake, OR. 34 mile ride around the Lake on the Rim Road. Caution for high altitude (8000 ft). Fees: TBD Richard Burgess, Mid Valley Wheelmen, P.O. Box 1283, Corvallis, OR, 97339. 503-758-5006.

**Aug 26-28: Courage Classic.** Snoqualmie, WA. 3 day, 172 mile, 3-pass adventure through Cle Elum, Leavenworth and Skykomish. Fundraising event of Mary Bridge Children's Hospital. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd., Suite 101, Seattle, WA, 98122-6540. 206-329-6090 or 800-392-9253.

**Aug 26: Sawed-off Century.** Hoquiam, WA. 30, 55 or 80 mile loop through timber country. Flat to rolling terrain. Fee includes prizes, rest stops and food. \$12 by 8-15, \$15 after. Lee Stage, Harbors Bicycle Club, 6912 Fremont Drive, Aberdeen, WA, 98520. 360-533-2927.

**Sep 2-4: Yakima Valley Winery Tour.** Yakima, WA. Three-day bicycle tour of Yakima Valley covering about 130 miles and over a dozen well-known wineries. \$98 fee includes two nights in motels, two breakfasts, two dinners, SAG wagon and tour guide Lori or Terry King, Northwest Bicycle Touring

Society, 7231 S. Adler, Tacoma, WA, 98409. 206-474-7698.

**Sep 9-11: Trek Tri-Island.** Seattle Ferry Terminal, Seattle, WA. Three-day, 135-mile bicycle ride from Seattle, through the San Juan Islands, to Victoria, British Columbia. 5 Islands, 4 ferry rides, 3 days, 2 countries: 1 incredible adventure! Full support. \$50 registration fee, \$350 in pledges. Lori Brown, American Lung Association of Washington., 2625 Third Ave, Seattle, WA, 98121. 206-441-5100 or 800-732-9339 (in WA).

**Sep 10-16: Cycle Oregon VIII.** Starts in Eugene, OR. Adrienne Van Bommel, Cycle Oregon and Cycle Oregon Double Century, 8700 SW Nimbus, Suite B, Beaverton, OR, 97005. 503-643-8064 or 800-292-5367.

**Sep 10: Sunnyside Century.** Sunriver, OR. 100 mile road ride with support. \$5.00 registration fee goes towards ice cream cone or soda at Goody's afterwards. Sunnyside Sports, 503-382-8018.

**Sep 15-Oct 31: Southern Cross Bicycle Classic™.** Anaheim, CA. Disneyland to

of ID. 1111 S. Orchard, #245, Boise, ID 83705. 208-345-LUNG

**Sep 17: 16th Annual Autumn Century Rides.** Wandermere Mall, N.Division, Spokane. 15, 25, 50 & 100 mile rides around Spokane. Challenging scenic century. Fee \$20+ \$25 after 9/10. Send SASE for flyer. Reginald Lee, Spokane Bicycle Club, P.O. Box 62, Spokane, WA, 99210-0062. 509-928-2996.

**Sep 17: Wolf Haven Century.** Millersylvania State Park, South of Olympia, WA. 25, 35, 62, 100 miles routes over rolling, traffic-free roads. Low traffic roads, map, sag, food. Includes tour of wolf sanctuary. \$10 pre-reg, \$15 day of ride. Terry Maurer, Capitol Bicycling Club, P.O. Box 642, Olympia, WA, 98507. 206-956-3321.

**Sep 17: Covered Bridge Century.** Benton Co. Fairgrounds, Corvallis, OR. 100 mile tour of scenic Willamette Valley crossing six historic covered bridges, or 45 miles, 4 bridges. 3 sag stops Richard Burgess, Mid Valley Wheelmen, P.O. Box 1283, Corvallis, OR, 97339. 503-758-5006.



*Kraig Willett (Ray's Boathouse) leads the breakaway at the 1995 Hamerfest regional road championships in Rosalia, Washington.*

Disney World, 8 states, 3000 miles, 47 days. Fully supported bicycle tour. Riders arrive for a victory celebration in Orlando, FL. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd #101, Seattle, WA, 98122-6540. 206-322-4102 or 800-433-0528.

**Sep 16: Jan Selvig Century.** Marblemount, WA. A 100-114 mile single day ride along the scenic North Cascade Highway from Marblemount to Washington Pass and back. 500 riders. Fee is \$40.00 and includes full support and t-shirt Tim Holloran, Skagit Council on Aging, 315 S. 3rd. St., Mt. Vernon, WA, 98273. 206-336-9315.

**Sep 16-18: Trek Tri-Island.** Seattle Ferry Terminal, Seattle, WA. Three-day, 135-mile bicycle ride from Seattle, through the San Juan Islands, to Victoria, British Columbia. 5 Islands, 4 ferry rides, 3 days, 2 countries: 1 incredible adventure! Full support. \$50 registration fee, \$350 in pledges. Lori Brown, American Lung Association of Washington., 2625 Third Ave, Seattle, WA, 98121. 206-441-5100 or 800-732-9339 (in WA).

**Sep 16-18: Sawtooth Pride.** 3-day, 168-mile trek through the Sawtooth Mtns. Fully supported from Fairfield, ID to Banner Summit. Registration fee & fundraising minimum. Sarah Baker, American Lung Assn.

**Sep 17-24: Wheeling Washington II.** Maryhill, WA. A border-to-border exploration of the Evergreen State up the backbone of Central Washington from the shores of the Columbia River through the Cascades to the Canadian Border. Tim Kneeland, Tim Kneeland & Associates, 200 Lake Washington Blvd. Suite 101, Seattle, WA, 98122. 206-322-4102/fax 206-322-4509 or 1-800-433-0528.

**Sep 23-24: Tour des Lacs.** Spokane, WA — Coeur D'Alene, ID. Two-day ride with 4 course options around seven lakes. Starts in Spokane and winds through hilly terrain. Fully supported in a style like STP. Several options for housing including Coeur D'Alene Hotel. \$50 pre-registration, \$65 day of. Terry O'Leary, Holy Family Foundation, N 5633 Lidgerwood, Spokane, WA, 99207. 800-835-8841 or 509-482-2588.

**Sep 23-25: The 13th Annual Oregon Trails Bicycle Trek.** Oregon Coast. 2 or 3 days exploring the beauty of Central Oregon. Full support. \$35 and \$150 in pledges Brian Harney, American Lung Association of Oregon, 9320 SE Barbur Blvd. #140, Portland, OR, 97219. 800-LUNG-USA or 503-224-5145.

**Sep 23-25: Trek Tri-Island.** Seattle Ferry Terminal, Seattle, WA. Three-day, 135-mile bicycle ride from Seattle, through the San

calendar sponsored by

YOUR TANDEM CONNECTION

23906 S.E. Kent Kanagley Fld.  
Maple Valley, WA • 206-432-2820

**TANDEMS**

Juan Islands, to Victoria, British Columbia. 5 Islands, 4 ferry rides, 3 days, 2 countries: 1 incredible adventure! Full support. \$50 registration fee, \$350 in pledges. Lori Brown, American Lung Association of Washington., 2625 Third Ave, Seattle, WA, 98121. 206-441-5100 or 800-732-9339 (in WA).

**Sep 23-Oct 2: Trail of the Ancients.** Grand Junction, CO. Ten-day bike tour through Telluride, Canyonlands and Arches National Parks, and Moab. Travel the country of the ancient Anasazi Indians. Full support. \$50 registration, \$900 in pledges. Laurel King, American Lung Association of California, 21 Locust St., Woodland, CA, 95695. 800-827-2453.

**Sep 23: Fall Apple Classic.** Lake Wenatchee, WA. Fat tire off-road and/or Half Century road ride. \$25 pre-registration, \$30 day of event registration. Ron Rodrigues, Wenatchee Sunrise Rotary, P.O. Box 1433, Wenatchee, WA, 98807. 509-664-5061.

**Sep 24: Chuckanut Century and Metric Century.** Alaska Ferry Terminal, Bellingham, WA. 100 km, 50 km 100mi, 50 mi options. Start at Fairhaven ferry docks in Bellingham and tour through famed Chuckanut Drive with waterfront views of the San Juan Islands. Fees \$12.00 pre-reg, \$16.00 day of. Mark Steinberg, Mount Baker Bicycle Club, 3212 Northwest Avenue #C-444, Bellingham, WA, 98225. 206-671-0385.

**Sep 24: Peach of a Century Ride.** Salem, OR. 100 mile full or metric century. ride from Salem to Stayton, Oregon and back. Supported with snacks and drink at check points. Registration: \$15. Salem Bicycle Club of Oregon, P.O. Box 2224, Salem, OR, 97308. 503-585-3079 or 503-370-8490.

**Sep 29-Oct 1: Mount Rainier Tour.** Enumclaw WA. A classic 3-day 160 mile loop around Mt Rainier. Includes Enumclaw, Eatonville, Elbe, Paradise, Ohanapumouch, Cayuse Pass, Greenwater and back to Enumclaw. Pete and Hannelore Maas, Northwest Bicycle Touring Society, 18249 SE 147th Pl, Renton, WA, 98059. 206-255-4192.

**Oct 1: Kitsap Color Classic.** Edmonds Ferry Terminal, Edmonds, WA. 11, 28, 39, and 69 mile loops, all on back country roads on the Kitsap peninsula. Rare opportunity to view the picture-perfect, spectacular fall colors from the seat of your bicycle. \$15 and \$13 registration, CBC Members \$2.00 off. Cascade Bicycle Club, P.O. Box 31299, Seattle, WA, 98103. 206-522-BIKE.

**Oct 2-28: West Coast International Bicycle Classic™.** Victoria, B.C. Ride from Victoria, B.C. to Tijuana, Mexico. Experience rugged coasts, quiet beaches, lighthouses, giant forests, famous wineries and world class cities. 1660 miles. Tim Kneeland, Tim Kneeland & Associates, Inc., 200 Lake Washington Blvd., Suite 101, Seattle, WA, 98122-6540. 206-322-4102 or 800-433-0528.

Fully Supported Event  
**2 Day/100 Mile BIKE WHIRL** August 19-20

Feel Fresh Breezes blowing across the waterways and country roads as you pass the serene views

**SPONSORS**  
R & E Cycle  
The Bicycle Paper  
American Massage Therapy Assoc.

Funds raised from this event will provide scholarships for Harmony Hill Cancer Retreats Non Profit Organization

Family/friends welcome to meet you at Wellness Festival and Campout

**WANTED: RIDERS OF ALL AGES, TEAMS OF RIDERS, AND VOLUNTEERS**

Whirling Hotline 206-271-2150 or FAX 360-697-3843

**BICYCLE TOUR DIRECTORY**  
NUMEROUS RESOURCES  
Coming over 6,000 bicycle tours in U.S. and Canada

**NATIONAL BICYCLE TOUR EXPOS**

1-800-245-3263



calendar sponsored by



23906 S.E. Kent Kangley Rd.  
Maple Valley, WA • 206-432-2820

**TANDEM**

**Oct 7: Manastash Metric Fall Colors Tour.** Public Safety Bldg, 2nd and Pearl, Ellensburg, WA. Beautiful ride on low-traffic roads in Eastern WA. Challenging century, easy half-century. Registration: \$8 single, \$10 tandem. Day of race registration 7-9am. Sag wagons on each route. 2 snack stops along the way. Belinda McMillen, City of Ellensburg, 310 W 12th, Ellensburg, WA, 98926. 509-925-2435.

**Oct 21: Capitol Forest Love-Hate Loop.** Olympia, WA. Backcountry Bicycle Trails Club, 3246 - 3rd Ave., Seattle, WA, 98199. 206-283-2995.

**Series Races**

**Apr 4-Sep 19: Baddlands Twilight Race Series.** Spokane, WA. Held every Tuesday evening at 6pm in Spokane. Venues vary. Bob Fisher, Baddlands Bicycle Club, 509-235-3880 or (Alex Renner) 509-456-7470.

**May 2-Aug 29: SIR Circuit Road Race Series.** Seattle International Raceway, Kent, WA. Every Tuesday night. Closed circuit road race, 2-1/4 mile lap. Change direction every week. Race until dark—races get longer as the summer continues. Categories: Women, Masters, Cat 1-2-3, Cat 4-5 Sam Lee, WA, 206-630-9999.

**May 2-Sep 5: PIR Circuit Series.** Portland International Raceway, Portland, OR. Track racing Tuesday Nights From May through September, except 6/20, 7/4, 7/18. Jeff Mitchem, Raintance Velo Club, P.O. Box 10574, Portland, OR, 97210. 503-228-7352.

**May 4-Aug 31: Seward Park Series.** Seattle, WA. David Douglas, Cycles, Etc., 1110 - 3rd Ave #610, Seattle, WA, 98101. 206-932-5921 or 206-343-5633.

**May 8-Sep 11: Portland International Raceway Series.** Portland, OR. Every second and fourth Monday. May 5 to September 11. Flat course-1.9 mile circuit. 3-series - 3wks Masters age graded, 3wks Masters category graded, 3wks handicap series (all riders), women's series TBA. Shelly Pederson, Rose City Wheelmen, 1274 NE Village Square Ct. Gresham, OR, 97030. 503-667-1739 or 503-721-6236.

**May 8-Sep 11: RCW's Masters/Women PIR Series.** Portland International Raceway,

Portland, OR. Track Races Every other Tuesday Night From May through September. Jim Pederson, Team RCW, 1274 NE Village Sq. Ct., Gresham, OR, 97030. 503-661-1739.

**Sep 2: Rawhide Road Race Series #1.** Snohomish, WA. Points Road Race series. All categories. Stacy Han, 206-355-8817.

**Sep 3: Snohomish Road Race Series #1.** Granite Falls, WA. Points Road Race series. All categories. Stacy Han, 206-355-8817.

**Sep 16: Rawhide Road Race Series #2.** Snohomish, WA. Points Road Race series. All categories. Stacy Han, 206-355-8817.

**Sep 17: Snohomish Road Race Series #2.** Granite Falls, WA. Points Road Race series. All categories. Stacy Han, 206-355-8817.

**Sep 30: Rawhide Road Race Series #3.** Snohomish, WA. Points Road Race series. All categories. Stacy Han, 206-355-8817.

**Oct 1: Snohomish Road Race Series #3.** Granite Falls, WA. Points Road Race series. All categories. Stacy Han, 206-355-8817.

**Single Races**

**Aug 5: BC Criterium Championships.** Vancouver, BC. Mike Mascarenhas, Italian Cultural Sport Federation, 604-739-0241.

**Aug 6: Beartooth Pass RR.** Red Lodge, MT. USCF Categories. Spencer Stone, 406-652-5523.

**Aug 12: Crawfish Festival Criterium.** Tualatin, OR. David Oliphant, Lake Oswego Velo Club, 6250 SW Bonita Road #F206, Lake Oswego, OR, 97035. 503-620-8853.

**Aug 13: Governor's Cup.** Salem, OR. Tom Hayden, Capitol Velo Racing Club, 390 Front St. NE, Salem, OR, 97301. 503-378-7097 or 503-754-0073.

**Aug 13: Oregon State Criterium Championships.** Gresham, OR. USCF Criterium championships for the state of Oregon. Six corner downtown Gresham course. Tom James, Team Oregon, 13560 SW Village Glen Dr., Tigard, OR, 97223. 503-598-3974.

**Aug 13: Armondo's Renton River Days Criterium.** Flat, 8-corner, downtown criterium. \$2000 cash prizes, \$1500 merchandise prizes and primes. Men Cat 1/2, Cat 3, Cat 4/5; Women; Citizens; Kids 10

& under. Puget Sound Cycling Club, Barry Roitblat, 868-8451.

**Aug 19-20: Point to Point Stage Race.** Mukilteo, Wa. Two-day stage race. Time trial, road race circuit, criterium. All categories. Stacy Han, 206-355-8817.

**Aug 19-20: Old Fairhaven 2-day race.** Bellingham, WA. USCF Categories. Road race (August 19) and criterium (August 20). Contact: John Spaude, Upper Chuckanut Cycling Club, P.O. Box 1853, Bellingham, WA, 98227-1853. 360-733-6440.

**Aug 20: Oregon State Road Race Championships.** TBD. Larry Smith, Emerald Velo, 7780 SW 4th, Portland, OR, 97219. 503-293-6505.

**Aug 26-27: Wenatchee Stage Race.** Wenatchee, WA. Road race, time trial, criterium. All categories. Larry Michael, 509-884-0479 or 509-884-0821.

**Sep 10: Oregon State Time Trial Championships.** Peoria, OR. USCF Time Trial championships for the state of Oregon. Pre-registration only. Open to out of state riders. Flat out and back course. 20k for Juniors, 40k for Seniors, Masters and Women. Candi Murray, U.S.C.F., 4318 S.E. 8th Ct., Gresham, OR, 97080. 503-667-6220 or 503-661-5874.

**Sep 24: Jean Chinn Memorial Mount Ashland Hill Climb.** Ashland, OR. Classic challenge between road riders and mountain bikers to the top of Mt. Ashland (25 mile road course, 17 1/2 mile off road course). Both USCF and NORBA sanctioned. Dana Bandy, SOCA, P.O. Box 903, Ashland, OR, 97520. 503-488-BIKE.

**Sep 24: Eugene Celebration.** Eugene, OR. Road Race, Hillclimb and Criterium. Part of Weekend event which includes free music, food and many other attractions in the beautiful Willamette Valley. Steve Scarich, The Paramount, 176 North Polk, Eugene, OR, 97402. 503-342-3199.

**Oct 1: Christopher Columbus Criterium.** Seattle, WA. USCF sanctioned Criterium Race in Seward Park. Dave Shaw, Northwest Classics, 1535 11th #302, Seattle, WA, 98122. 206-322-8393.

**Oct 22: Emerald Velo Criterium.** TBD. Larry Smith, Emerald Velo, 7781 SW 4th, Portland, OR, 97219. 503-293-6505.

**Track Races**

**May 4-Sep 1: Alpenrose Velo Series.** Alpenrose Velodrome, Oregon. Weekly races for all categories, every Thursday. Sprints last Thursday of the month. Mike Murray, Team Oregon, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874 or 503-661-0886 OBRA hotline.

**May 17-Sep 6: Marymoor Velodrome Wednesday Night Series.** Redmond, WA. Category 4, 5, Masters and Women and Juniors. Racing starts at 7:00pm. Spectators free. Marymoor Velodrome Association, 1535 11th #302, Seattle, WA, 98122. 206-389-5825.

**May 19-Sep 8: Marymoor Velodrome Friday Night Series.** Redmond, WA. Categories 1, 2 and 3 Men and Women. Racing starts at 7:30pm. Spectators \$3. Matt Haldeaman, Marymoor Velodrome Association, 1535 11th #302, Seattle, WA, 98122. 206-389-5825.

**Aug 3: Oregon State Team Pursuit Championships.** Alpenrose Velodrome, Portland, OR. 4K TTT. Candi Murray, Team Oregon, 4318 SE 8th Ct., Gresham, OR, 97080. 503-667-6220.

**Aug 11-13: BC Track Championships.** Victoria, BC. Jim Jenkins, Greater Victoria Velodrome Association, 604-727-9426.

**Aug 21-26: Alpenrose Six day race.** Alpenrose Velodrome. Only American 6-day. Team racing each evening at 6:30. Mike Murray, Team Oregon, 4318 SE 8th Court, Gresham, OR, 97080. 503-661-5874.

**Sep 2: Oregon State Madison Championships.** Alpenrose Velodrome, Portland, OR. Mike Murray, Team Oregon, 4318 SE 8th Ct., Gresham, OR, 97080. 503-667-6220.

**ALPENROSE VELODROME SIX DAY**

**AUGUST 21 - 26**

**Team Racing: August 21 - 25 at 6:30PM**  
**August 26 at 10:00 AM**

For more information call the Oregon Bicycle Racing Association Hotline (503) 661-0686 or contact Mike Murray (503) 661-5874

**AMERICA'S ONLY SIX DAY**

**Use your bike to explore... the world...**

**Odyssey 2000®**  
Around The World  
January 1-December 31, 2000

Join the bicycle trek of the century and circle the globe as the new millennium dawns. Cycle 20,000 miles around the world in 366 days in the year 2000. Riding 15-20 hours 6 continents, exploring 54 nations, including a stop at the Summer Olympics in Sydney. A fully supported ride with meals, lodging and air travel arranged. Register early and take advantage of substantially reduced fees.

**a state of ecstasy...**

**WWII™ - Wheeling Washington II™**  
Maryhill, WA to Canada  
September 17-23, 1995

A very popular annual 168A event - a border-to-border exploration of the Evergreen State, honoring some of Washington's most scenic and best-traveled roadways. WWII's route winds up the breathtaking backbone of Central Washington as we pull out from the shores of the Columbia River and tour (through) the Cascades to the Canadian border. This fully supported bicycle adventure is ideal for teenage and adult cyclists who want to make a reward yet exciting voyage of discovery through one of our nation's most beautiful states.

**from sea to shining sea.**

**West Coast International Bicycle Classic™**  
October 2-28, 1995 • Victoria BC to Tijuana Mexico

**Southern Cross Bicycle Classic™**  
September 15-October 31, 1996 • Disneyland to Walt Disney World

**Forbidden City Bicycle Tour™ of Seattle**  
May 19, 1998 • One-day tour on roads normally forbidden to cyclists

© 1995 Tom Beaudin & Associates, Inc.

\*USA, the most experienced bicycle event management company in North America, fully supports each of its rides. You just get on your bike and ride!

**tk@a** 206.322.4102 / 1.800.433.0528  
Tom Beaudin & Associates, Inc. 206.322.4102 • Seattle WA 98122 8590 • 206.322.4102 • 206.322.4229 FAX

## Ultimate Direction creates products to enhance performance

BY NOEL ZANCHELLI

Just as technological innovations in recent years have vastly improved the bicycles themselves, the elements that surround them have improved, as well. The retail bicycle industry has come to offer safer helmets, several suspension options, aerodynamic wheels, and yes, even technologically advanced hydration systems.

Located in Rexburg, Idaho, Ultimate Direction, Inc. pioneered the water bottle pack almost ten years ago. Every TorsoPac is hand-crafted and built entirely by a team of associates. All Ultimate Direction products carry a lifetime warranty against defects in materials and workmanship.

Attention to detail is evident in the "FlashTank," a water system designed for activities that do not require a hipbelt, such as road cycling. Holding 82 fluid ounces when filled to capacity, (more than four water bottles) the FlashTank is loaded with thoughtful, practical features. The FlashTank has a strong, durable bladder and weighs a mere 8 ounces. It has a silver, reflective exterior which keeps fluids cool in sunny conditions. The

as I did. This was only a considerable factor during times of strenuous effort, such as when I was on long climbs and did not want to remove my hands from the handlebars. It was much easier, however, than reaching to the down tube or seat tube for a water bottle and then replacing it. My preference is to grab for the hydration tube and then let it drop. The Velcro fasteners do a fine job of keeping the tube well out of the way while riding.

The FlashTank felt peculiar on my back initially, but it did not take long to get used to. I wore it above and beneath my jersey with comfort and did not even notice it after time.

The bladder gave fluids a plastic taste for the first dozen loads. The undesirable taste dissipated, however, in a short time and after a few washes with dish soap.

TorsoPacs were created to comfortably carry the essential fluids athletes require, and some gear. My test model was a new product and is yet unnamed. It featured the same back panel as the FlashTank, but with an insulated foam pad and Coolmax shoulder yoke. Its



PHOTO BY NOEL ZANCHELLI

Ultimate Direction offers two ways to stay hydrated during long rides. The TorsoPac (L) offers the convenience of a extra carrying space, while the FlashTank (R) keeps water cool in sunny conditions. Both packs carry the equivalent of four water bottles.

back panel and shoulder straps of the FlashTank are made of Thinsulate® and Coolmax® materials which insulate the contents from body heat and whisk away perspiration. Each shoulder strap has a sewn in Velcro fastener, allowing the hydration tube to come over either shoulder. At the end of the hydration tube is the Ultimate SportValve. This lets the fluid flow plentifully and with its push-pull-bite mechanism, is very easy on the teeth to open and close. The FlashTank also has an optional AeroKit upgrade which allows the hydration tube to be mounted on the handlebars, or virtually anywhere. Other thoughtful features of the hydration system include a vertical baffle in the center of the bladder to keep fluids from sloshing, and to maintain a flat shape against the back. Also, a volume scale on the bladder assists in energy drink mixing and the monitoring of fluid intake. There is also a grab loop and a flap valve with a large diameter to accommodate easy filling.

Seattle's recent increase in temperature provided me with an excellent opportunity to truly test the reflective exterior of the FlashTank, as well as the Coolmax and Thinsulate materials. This is an excellent feature that delivers what it promises. The SportValve is very effective, as well. The Velcro fasteners, however, are positioned slightly too low for maximum comfort. Those with longer torsos might be forced to stretch the tube somewhat to bring it to their mouths,

two large storage compartments, a chest harness and hip belt, and two outer straps which are perfect for a rain jacket, make this TorsoPac an excellent pack for an all day mountain bike venture. It even has a small, vertical, sheath-like compartment which is ideal for sunglasses or the handle of a small shovel or ice ax used by climbers. This pack will hold some essential tools, lunch, and up to 82 fluid ounces. The bladder, however, is not sewn into this TorsoPac as it is in the FlashTank. Rather, a SportTank is included with it, which is removable. The SportTank is identical to the bladder in the FlashTank, with the exception of its removability. This TorsoPac is also designed with much attention to detail. The straps are adjusted easily, the nickel-plated zipper sliders have convenient nylon pulleys, the large pocket has smaller compartments inside, and the hip belt has fasteners for the excess straps.

This is a comfortable, effective pack. It secures easily, and soundly, yet allows a full range of motion in and out of the saddle. It will hold up to the rigors of rough mountain single tracks very well.

Ultimate Direction, Inc.  
1488 N. Salem Road  
Rexburg, ID 83440  
208/356-0385  
FAX 208/356-0114

# MOUNTAIN BIKE MADNESS SALE

### Screaming Deals

Onza HO pedals (CrMo)	\$79.99
Onza Rip and Rail Tires (folding black wall)	\$24.99
Onza HO brakes (pr)	\$69.99
Ritchey pedals (CrMo)	\$99.99
Ritchey Vector saddle (Ti rail)	\$39.99
Shimano LX wheelset with Mavic 231 rims	\$129.99

Manitou 4 Forks (installed)  
**\$329.99**

### Roadie Special

Shimano Ultegra 8 spd wheelset (FIR rims/DT stainless spokes)	\$159.99
--	----------

### Bicycles

Gary Fisher Paragon	Reg \$1149.99	Sale \$999.99
Diamond Back Vertex	Reg \$999.99	Sale \$899.99
Diamond Back Apex	Reg \$799.99	Sale \$599.99
Diamond Back Ascent EX w/Quadra 21R	Reg \$879.99	Sale \$749.99
Diamond Back Ascent EX	Reg \$599.99	Sale \$549.99

Limited to stock on hand. Sales prices good through August 31, 1995.

All tandems priced to sell!

# Wedgwood

OCYCLE

Wedgwood - Ballard

8507 35th Ave. NE  
523-5572

5601 24th Ave. NW  
784-7273

# LAWYER ~ CYCLIST BICYCLE INJURIES

- INSURANCE NEGOTIATIONS, MEDIATION & TRIAL OF CLAIMS
- 24 YEARS AS TRIAL LAWYER
- BIKE COMMUTER & CHINA TOUR LEADER
- CASCADE BIKE CLUB MEMBER
- NOWBIKE BOARD & L.A.B. LIFE MEMBER
- MEMBER OF SUPREME COURT COMMITTEE ON JURY INSTRUCTIONS
- BOARD OF WASHINGTON STATE HEAD INJURY FOUNDATION
- "EAGLE" MEMBER TRIAL LAWYERS ASSOC.

**DAVID M. "MAC" SHELTON**  
**SEATTLE 622-1604**

*Free Telephone Interviews*

CALL for a  
**FREE PRICE LIST**

National & International Mail Order Co. **Price Point**™  
"Where Price is the Point"

## We're Redefining the Term "Low Prices!"

Rock Shox Judy XC - \$329.98 -	Giro Supercamo - CALL -	Koolha Men. Cranks - \$184.98 -	Magura (pnlr) hydraulic brake - \$199.98 -	Auswet Manitou J - CALL -
Continental Mtn. tires - CALL -	Vetta HR-1000 HRM+cyclocompr - \$49.98 -	Koolha Rarha Levers pr. 8kg - \$104.98 -	Shimano M-747 SPD - CALL -	Vetta C-500 Wireless - \$42.98 -
Shimano M-535 SPD - \$94.98 -	Sidi Shoes Mtn. or Road - CALL -	PowerBars Box of 24 - \$22.98 -	Selle Italia saddle, TT rails - \$59.98 -	Ritchey Logic clippers, crumoly - \$89.98 -
Grip Shift 800, X-Ray - \$59.98 -	Ride-On Gortex cable - \$34.98 -	Cytomax 4.5lb cna - \$28.98 -	Bontrager TT saddle, 190g - \$49.98 -	Girodana 8 panel short - CALL -
Onza Rip or Rail tires - \$24.98 -	Onza H.O. cantilever - \$59.98 -	Onza H.O. cromoly pedal - \$79.98 -	Vetta (vandim) TT-1 shock - \$49.98 -	Continental Grand Prix fold - CALL -
Camelbak 70oz waterpak - CALL -	Giro Ventoux Helmet - CALL -	Ultimate work station - \$229.98 -	Ringle Trislers TT skewer, K92 - \$59.98 -	Air-B Mtn. Latex tube - \$12.98 -
Rock Shox Judy SL - \$479.98 -	Shimano PD-6500 pedal - \$119.98 -	Ritchey CPH-14 Tool - \$21.98 -	Scott RCU bar - CALL -	Ringle Moby Post - \$69.98 -
Cris King Aheadset - CALL -	Pannacer XU-Magic fold - \$26.98 -	Blackburn RX-6 Mag Tract - \$184.98 -	Spingy Rev-X wheel - CALL -	<b>WE CARRY 1000'S of other ITEMS!</b>

FAX Orders: 1-800-889-3294, Local & Int'l Orders: 1-310-328-4266, Local & Int'l FAX: 1-310-769-8189

**We Carry**  
accessories  
clothing  
tools  
our racks, parts  
shoes, parts

**1-800-PRICE-PNT**  
**(1-800-774-2376)**

**All Types**  
Mountain  
Road  
Triathlon  
Track  
BMX

**SOME OF THE BRAND NAMES WE CARRY:**  
Rock Shox, Auswet, Cateye, Vetta, Auswet, Look, Shimano, Mavic, Ritchey, Chris King, WHI Industry, Selle Italia, San Marco, Bontrager, Baby Jogger, Continental, Vittoria, Conti Tech, Cytomax, Zefal, Exceed, Pearl Izumi, Sidi, Polar, Grip Shift, Profile, Tynn, Ringle, Nite rider, Giordana, Park, Pedrux, Slider, Onza, Syntac, Anit, Bell, Targa, & lots more

- WE WILL NOT BE UNDERSOLD -

Price Point is not responsible for typographical errors. Prices subject to change without notice.



**Takin' it to the  
TOP**

Juli Furtado doesn't let anything beat her over the finish line except the leading edge of her GT's front tire

- OREGON:**  
Fat Tire Farm  
2714 NW Thurman  
Portland  
(503) 222-3276
- WASHINGTON:**  
Kulshan Cycles  
100 E. Chestnut St.  
Bellingham  
(360) 733-6440
- Center Cycle  
20 SW 7th St. #G  
Renton  
(206) 228-3661
- Putt 'N' Pedal  
6812 - 196th SW  
Lynnwood  
(206) 775-4551
- Redmond Cycle  
16205 Redmond Way  
Redmond  
(206) 885-8363
- Spoke & Ski  
13303 NE 175th St.  
Woodinville  
(206) 483-6626
- Bicycle Centre of Everett  
4718 Evergreen Way  
Everett  
(206) 232-1441
- Valley Cyclery  
23651 104th SE  
Kent  
(206) 852-5551
- Kitsap Key and Bike  
310 N. Callow  
Bremerton  
(206) 373-6133
- Valley Cylery  
798 Auburn Way N  
Auburn  
(206) 833-4910
- A-1 Cycles  
513 E. Main  
Puyallup  
(206) 848-4142
- Kennewick Schwinn  
3101 W. Clearwater Ave.  
Kennewick  
(509) 735-8525

Get your own GT advantage today.

## We Goofed!

Last month we reported the results from the Sports Pep Thunderbar Women's Criterium Championships incorrectly. Here are the correct results. We apologize to Norrene Valente of Bridgeport Ales and Katie Blincoe of Gregg's/Specialized for the mistake.

### Sports Pep Thunderbar National Women's Criterium Championships West Seattle, WA, June 9, 1995

1. Laura Charameda (Timex/Cannondale), Cupertino, CA
2. Jeanne Golay (Saturn), Glenwood Springs, CO
3. Linda Brenneman (Warner Velo Cycling), Laguna Beach, CA
4. Carmen Richardson (Timex/Cannondale), Colorado Springs, CO
5. Karen Dunne (Lackawanna Bicycle), Saint Charles, IL
6. Annette Madigan (Team Tecate/Una Mas), San Francisco, CA
7. Elizabeth Emery (Chevrolet/L.A. Sheriff), New York, NY
8. Keri Sharp (Team Tecate/Una Mas), Mountain View, CA
9. Jill Gianettoni (Alto Velo), Cupertino, CA
10. Laura Vangilder (Wachung Wheelmen)/Pocono Pines, PA
11. Norrene Valente (Bridgeport Ales), Battle Ground, WA
12. Katie Blincoe (Gregg's/Specialized), Mercer Island, WA
13. Carol Pettenski (Club Jack), Bothell, WA
14. Laura Suditu (Team Beannie), Beaverton, OR
15. Katherin Gunter (Upperchuckanut), Bellingham, WA
16. Laura Mullen-Metz (Finlandia), Portland, OR
17. Ward Griffiths (Finlandia), Seattle, WA
18. Mary Peryn (Husky Racing), Seattle, WA
19. Laura Reed (Gregg's/Specialized), Bellevue, WA
20. Patti Kaufmann (West Seattle Physical Therapy), Seattle, WA

## Ten wheels defeat two at Redmond Derby Crit

The Thomas Kemper Soda Co. crew controlled the 1/2/Pro race - right up to the last 200 meters. Kemper started the action, sent riders up the road, marked the counter-attacks, and did everything right according to the book. With 10 minutes to go out of the 50 minute race, there were four riders up the road; Paul Read, Bill Howard, and Ta Herrera of Thomas Kemper, and Kenny Williams. The break rounded the last corner together and Williams rode away with the race to the cheers of a crowd who knew what it took to best a well-organized team with a solo effort.

Greg Gandee of Daddy/O's skated to a win in the skater/cyclist drag race, outdis-

tancing Terry Buchanan of GS Flash by three bike lengths. Buchanan pulled a foot out of a pedal and rode two thirds of the race hitting on one cylinder. "I'll get him next year," Buchanan said after the race. Gandee skated the 100 meter race in 10.13 seconds.

### The 55th Redmond Derby Days Criterium Redmond, WA, July 16, 1995

**Cat. 1/2/Pro - 50 minutes** 1. Kenny Williams (Pazzo Velo); 2. Paul Read (Thomas Kemper); 3. Bill Howard (Thomas Kemper); 4. Ta Herrera (Thomas Kemper); 5. Steve Chapin (Ellsworth)

**Cat. 3** 1. Randy Blaylock; 2. Brian Peterson (Gregg's/Specialized); 3. Tubal Harper (Husky Cycling); 4. Chris White (Solten); 5. Michael Milton (Stevenson)

**Category 4/5** 1. Mirro Mayes (Spin City); 2. John Kettman — 3. John Baxter; 4. John Grothe (Chino); 5. Henry Rabas

**Masters, Category 3/4/5** 1. Brian Griffith (West Seattle Physical Therapy); 2. Mark Farsdahl (Gregg's/Specialized); 3. Elliott Gossard (Gregg's/Specialized); 4. Mark Barnett (Gregg's/Specialized); 5. Tim Slotta (Gregg's/Specialized)

**Women** 1. Jody Allen; 2. Carol Pettenski (Club Jack); 3. Candice Sindler; 4. Katherin Gunter (Upperchuckanut); 5. Kirsten Kotual

**Citizens** 1. Jason Vidgoff; 2. Bert LeClerc; 3. Jason Gordon; 4. Scott Glover; 5. Cory Pizzuto

## North Americans come out on top in Idaho

Despite early dominance by Lithuanian Edita Pucinskaite, North American riders captured the top spots in the PowerBar International Women's Challenge stage race in Idaho. In fact, it was not until the 11th stage that Saturn's Dede Demet overtook Pucinskaite as the overall points leader. Team Saturn, fresh off the Fresca National Cycling Championships in Seattle, showed a brilliant performance. But while much of the early attention was focused on Jeanne Golay (she had just won a gold and two silvers in Seattle), it would be Demet who continued to creep up on Pucinskaite and have control by the final stage of the former Ore-Ida Challenge.

### PowerBar International Women's Challenge, Idaho June 15-25, 1995

**Final G.C.** 1. Dede Demet (Saturn), USA; 2. Jeanne Golay (Saturn), USA; 3. Mari Paulsen (Shaklee), USA; 4. Clara Hughes (Saturn), CAN; 5. Eve Stephenson (Timex/Cannondale), USA

## Northwest riders have a strong showing at Junior Track Nationals

Kirkland, Washinton's Ryan Miller (Seattle Express) took home the gold in the 2000 meter time trial (15-16). In the 25KM points race, several Washington and Oregon riders placed well, including a bronze for Aaron Olson (Bridgeport Ales), of Eugene, Oregon.

### 1995 Fresca Junior Cycling Championships July 4-9, 1995, Alkek Velodrome, Houston, Texas

**Men 15-16 2000 Meter Time Trial:** 1. Ryan Miller (Seattle Express), Kirkland, WA

**Men 17-18 25KM points race:** 3. Aaron Olson (Bridgeport Ales), Eugene, OR; 4. Brad Ryno (Seattle Express), Seattle, WA; 14. Paul BROWN (Seattle Express), Bellevue, WA; 19. Gene Wiscon (On Track Cycling), Portland, OR

## Dahlke and Blincoe take Gold in Washington State Criterium Championship

BY NOEL ZANCHELLI

The five-cornered course of the Washington State Criterium Championships had a slight hill near the finish and a new, smooth road surface, which accommodated fast, aggressive racing.

The women racing in the category 1/2/3 event kept the pace at a championship level from the beginning. The pace rarely slowed due to the flyers that all racers seemed to be taking. The group reeled in every attempt by riders hoping to have a solo ride to victory. The bunch strung out on the bell lap and Kathryn Blincoe (Gregg's/Specialized) crossed the line first.

The men's feature event proved to be a showcase of local talent and a proving ground for the strongest local teams to test each other's strengths. The Thomas Kemper Sodas team turned out in full force, having all eight members on the start line. Ray's Boathouse placed seven racers in the field. The West Seattle Physical Therapy squad also had a strong presence.

The teams began testing each other immediately. From the start, attack after attack was launched by the Thomas Kemper squad, whose offensives were often covered by the West Seattle Physical Therapy team. Ten minutes into the race Thomas Kemper's Paul Dahlke initiated a breakaway. He was quickly joined by three others; one from Thomas Kemper and two riders from West Seattle Physical Therapy. This effort was short lived as the strong teams began to assert themselves, reeling in all breaks and relentlessly taking flyers.

After fifteen minutes had transpired in the 50 minute race, a group of three, including Paul Reed (Thomas Kemper) and Ray's Boathouse's Mike Burdo took their chance off the front of the pack. Shortly after, Bill Howard of Thomas Kemper bridged up the

trio, giving Kemper dual representation. Steve Poulter (Ray's Boathouse) shut down the chase of the peleton as the leaders nursed a slight, five advantage. Dahlke sensed the severity of this break and tried to bridge up to it. The main bunch reacted to Dahlke's move and soon they were all back together.

Several riders tried to get away in the final minutes of this high paced race, but the finish was destined to be a bunch sprint. Dahlke crossed the finish line with a comfortable lead. Joel Brazil was second, several bike lengths back, giving the Ray's Boathouse squad a commendable gold-silver finish.

"We were just doing a lead out from about half a lap to go," explained Dahlke of the bell lap strategy, "and I was just going as hard as I can." The gold medalist said it was a very aggressive race. "It was really good to see so many people show up for the State Championships. It made for a good field and a fast race," said the newly crowned champion.

### Washington State Senior Criterium Championships Federal Way, WA June 18, 1995

**Cat. 1/2 Men** 1. Paul Dahlke; 2. Joel Brazil; 3. Martin Weeks; 4. Andy Scott; 5. Kerry Farrell

**Cat. 3 Men** 1. Scott Chegwidden; 2. Ryan Miller; 3. Brian Peterson; 4. Mike Wright; 5. Robert Silver

**Cat. 1/2/3 Women** 1. Kathryn Blincoe; 2. Carol Pettenski; 3. Jennifer Becker; 4. Katherin Gunter; 5. Norrene Valente

**Masters Women** 1. Robin Reardon; 2. Jody Allen; 3. Cheryl Gleason; 4. Gina Kaves; 5. Sharon Carter

**Junior 17-18** 1. Brad Ryno; 2. Randy Boettcher; 3. Paul Brown; 4. Nick Crysler

**Junior 13-16** 1. Ryan Miller

**Cat. 4 Women** 1. Michelle Pfiffer; 2. Michelle Sarve; 3. Katie Yankula; 4. Kate Teague; 5. Christina Green

**Master Men 35-39** 1. Tim Rutledge; 2. Kenny Farrell; 3. Jerry Markee; 4. Glenn Bunselmeyer; 5. Steve Holland

**Cat. 4 Men** 1. Carl Morrell; 2. Joe Haley; 3. Anthony DeVita; 4. Erik Olson; 5. Ryan Thurman

**Cat. 5 Men** 1. Bradley Mott; 2. Jeff Nachtigal; 3. David May; 4. John Bayler; 5. Dakin Bell

**Master Men 30-35** 1. Brian Cole; 2. David Levy; 3. Darren Pollard; 4. Robert Picardo; 5. Dave Stanton

**Master Men 40-44** 1. Steve Poulter; 2. Paul Langolis; 3. John Barnard; 4. John Chaffey; 5. Don Kellogg

**Master Men 45-49** 1. Louis Barhardt; 2. Mark Barnett; 3. Bob Strzelock; 4. Bill Rowland; 5. Wayne Laabs

**Master Men 50+** 1. Joe Haley; 2. Gary Rough; 3. Ted Dupee; 4. Dick Finch; 5. Hugh Bates

## Marymoor Velodrome enjoys strong season

BY ANGUS MACDUFF

Early in Marymoor Velodrome's season, new State Kilo Champion Bryan Smith took over the season points lead, only to lose it to an inspired Paul Henderson of the Canadian National Team. Henderson has maintained his lead since, but Terry Buchanan has, over the past three weeks, moved to within striking distance of the season points "Green Jersey."

Still, nobody has been able to defeat Henderson in the Davidson "Don't Miss Out" Miss & Out Series and he now seems a sure winner.

Meanwhile, on the women's side, Katie Blincoe early moved into the Green Jersey and has refused to relinquish her substantial points lead, maintaining an Indurain-like grip on the jersey.

Yet, over the past three weeks, even Blincoe's Iron Grip has seemed in danger as new State Road Race Champion Laura Reed

has been coming on strong, rapidly gaining much needed points and getting closer to Blincoe every week. Nobody has been able to match Reed's consistency and speed in the sprints.

"The last two years have seen Terry Buchanan and Shellie Mathews dominate the Friday Night Series, but all that seems a thing of the past now," said Race Director Eric Zuelow. "There hasn't been a battle like this in at least five years."

"We're very excited about the way the program is looking and we've started to think about what we can do to improve on this."

### Marymoor Velodrome Points/Results (through July 14, 1995)

**10 Lap Points** 1. Paul Henderson (58); 2. Terry Buchanan (42); 3. Rod Henderson (33); 4. Martin Weeks (32); 5. Ken Hillier (32)

**M & O** 1. Paul Henderson (28); 2. Martin Weeks (8); 3. Woody Cox (6); 4. Scott Chegwidden (5); 5. Ryan Miller (5)

**Women 10 Lap Points** 1. Katie Blincoe (67); 2. Laura Reed (52); 3. Chris Smith (50); 4. Robin Reardon (28); 4. Mandy Poiras (21)

**Cat 3 10 Lap Points** 1. John Moran (63); 2. Ta Herrera (57); 3. Hans Haupt (28); 4. Stan Gregg (28); 5. Joe Hailey (27)



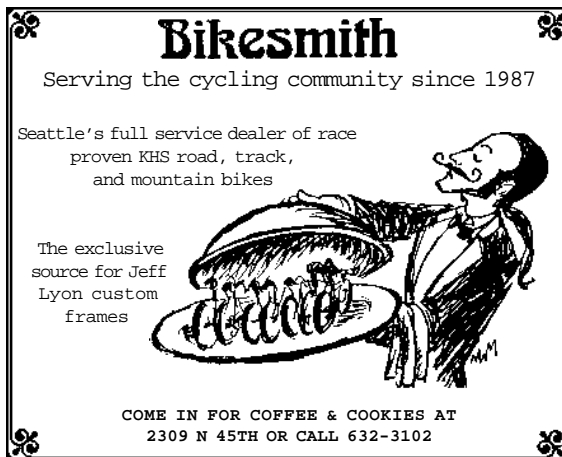
# SUPERSALE

**July 28, 29, 30th**  
Also Thursday the 27th,  
from Noon to 8:00 p.m.

Everything on Sale

## BECKY'S BIKES

887 Commercial St., SE, Salem, Oregon  
(503) 339-0304



# Bikesmith

Serving the cycling community since 1987

Seattle's full service dealer of race  
proven KHS road, track,  
and mountain bikes

The exclusive  
source for Jeff  
Lyon custom  
frames

COME IN FOR COFFEE & COOKIES AT  
2309 N 45TH OR CALL 632-3102

## Hammerfest Regional Road Cycling Championships

Rosalia, WA, Saturday, July 8, 1995

### Senior Men 1/2/3

1. Paul Danhke, Rays Boathouse; 2. Kirk Willett, Rays Boathouse; 3. Kenny Williams, Pazzo Velo; 4. Kraig Willett, Rays Boathouse; 5. Kendall Wood, BCC

### Senior Men 4-5

1. Rory Muller, SRC; 2. Bill O'Reilly, Unattached; 3. Chris Haag, BCC; 4. Pat Klassen, Gerick; 5. Robert Miller, Avanti

### Masters Men 30-34

1. Robert Lauer, C'dAlene Velo; 2. David Douglas, Pazzo Velo; 3. Royce Hogue, Arrivee; 4. John Spaude, Upper Chuck; 5. Michael Walsh, Thomas Kemper

### Masters Men 35-39

1. Jerry Markee, CT Racing; 2. Mike Cooley, Boise CC; 3. Lawrence Shannon, CT Racing; 4. John Weyhrick, Avanti; 5. Tim Rutledge, CT Racing

### Masters Men 40-44

1. Janus Moothhead, Vent Noir; 2. Larry Bovard, Ct Racing; 3. Paul Langlois, Forward Motion; 4. Kenneth Toth, Flathead; 5. Chuck Layton, Avanti

### Masters Men 45-49

1. Luis Bernhardt, Team Washington; 2. Don Arthur, Flathead; 3. Jim Newhall, Avanti; 4. Philip Holman, Unattached; 5. Robert Wong, Peninsula Velo

### Senior Women 1-2-3

1. Gunter, Katherine, Upper Chuck; 2. Sarruf, Michelle, Puget Sound; 3. Beatefeld, Sophie, West Seattle; 4. Kate Teague, Club Jack; 5. Heather Rutledge, West Seattle

### Senior Women 4

1. Lisa Thompson, Chinook; 2. Andrea Glassberg, Rain City; 3. Laura Landrum, West Seattle

### Masters Women 30-39

1. Ward Griffiths, Team Finlandia; 2. Candice Sinclair, Times/Cannondale; 3. Wanda Howlett, West Seattle; 4. Andrea Greenfield, Rain City; 5. Leigh Fulwood, West Seattle

### Master Men 50+

1. Bill Misner, Baddlands CC; 2. William Falls, Pen Velo; 3. Dick Finch, Unattached; 4. Harden Davis, Unattached; 5. Lu Haas, North Rockies

### Junior Men 16 and Under

1. Nicholas Harris, Upper Chuckanut; 2. Jeremy Waura, Baddlands CC

## Notes from Oregon Bicycle Racing Assn.

The Road Department of Linn County has contacted the District Rep and stated that they might not grant approval for the State Time Trial tentatively scheduled for September 10. Candi is hopeful that she can work out whatever conflict they feel we have however, it is very important that we scout around for another time trial course. Anyone knowing of a flat 20 K course, please contact Candi immediately at (503) 661-5874.

OBRA has begun planning for annual banquet. Last year Jeff Haese and Rick Potestio made all the arrangements and entertainment. Unfortunately Jeff has moved to the Atlantic border and is unavailable this year. Anyone will to volunteer to make all the arrangements should contact Candi Murray at (503) 661-5874.

## W-I-M MTB series continues

BY DAVID MOFFITT

June 24th and 25th. It was the 5th Mt. Spokane/Selkirk Challenge on Mt. Spokane in Washington State and part of the Washington-Idaho-Montana Tri-State Mountain Bike Series. And little did the 200 riders for the cross country event know that they were in for the gnarliest and most mountain bike series course many of them had or would ever compete in. Mark Cesal (Midway Cyclery/Schwinn) set a blistering pace for the forward's events finishing with a six minute lead on the rest of the expert field. Sue Sipple Lauer (Two Wheeler Dealer) and Anne Grabowski (Vertical Earth) would swap the lead female expert position more than once.

Grabowski's technical descending prowess put her ahead of Sipple Lauer but was not enough to keep her under wraps when it came time for the road climb. Sipple Lauer motored on by for the Senior Expert Victory.

### Mt. Spokane/Selkirk Challenge

June 24-25, 1995, Spokane, WA

Junior Expert: 1. Kyle Anstalter (Bikeworks); 2. Eric Conner (Bazed & Confused); 3. Ben Bernal (Bar); 4. Nate Ginzton (Sports Plus)

Senior Expert Women: 1. Sue Sipple-Lauer (Two Wheeler Dealer); 2. Anne Grabowski (Vertical Earth); 3. Jenna Uibel (Ride the Edge)

Senior Expert Men: 1. Mark Cesal (Midway Cyclery/Schwinn); 2. Greg Smith (Sports Plus); 3. Justin Maimes (Trak USA/TRC); 4. Michael Guertner (Vertical Earth); 5. Jeff Adkins (Two Wheeler Dealer)

Vel. Expert: 1. Randy Hendricks (Bicycle Barn); 2. Joe Jewett (Echelon Bike Club); 3. Rich Hastings; 4. Bruce Trejos (Sports Plus); 5. Paul Foucault (Bikeworks)

## Hammerfest Masters Criterium Championships

Rosalia, WA, Sunday, July 9, 1995

### Junior Men 15-16

1. Nicholas Harris, Upper Chuckanut

### Junior Men 13-14

1. Jeremy Waura, Baddlands; 2. Brad Barnett, Unattached

### Senior Men 4-5

1. Bill O'Reilly, Unattached; 2. Joel Cochran, Avanti; 3. Rory Muller, SRC; 4. David May, West Seattle PT; 5. Barry Rotblatt, Puget Sound CC

### Junior Men 17-18

1. Nathaniel Holt, Gerick; 2. Jeff Werner Gerick

### Master Men 45-49

1. Dan Norton, Greggs/Specialized; 2. Luis Bernhardt, Team Washington; 3. Labbo Wayne, Puget Sound; 4. Robert Wong, Peninsula Velo; 5. Jim Newhall, Avanti

### Senior Men 1-2

1. Eric Messenger, Boise CC; 2. Kraig Willett, Rays Boathouse; 3. Scott McSpadden, Rays Boathouse; 4. Matt Thoresen, Thomas Kemper; 5. Paul Dahike, Rays Boathouse

### Senior Men 3

1. Rob Silver, Avanti; 2. Russell Stevenson, Unattached; 3. Alex Aaron, West Seattle; 4. Paul Johnson, Husky Cycling; 5. Robert Campbell, Capital Cycling

### Master Men 30-34

1. John Spaude, Upper Chuckanut; 2. Paul Ogilvie, West Sound Cycling; 3. Royce Hogue, Arrivee; 4. Dan Brown, Baddlands CC; 5. David Levy, Avanti

### Master Men 35-39

1. Jerry Markee, CT Racing; 2. Lawrence Shannon, CT Racing; 3. Tim Rutledge, CT Racing; 4. Mike Cooley, Boise CC; 5. Glenn Bunselmeyer, CT Racing

### Master Men 40-44

1. Janus Moothhead, Vent Noir; 2. Larry Bovard, Ct Racing; 3. Paul Langlois, Forward Motion; 4. James Hattori, Avanti; 5. William Turina, Rays Boathouse

### Master Men 50-54

1. Harden Davis, Unattached; 2. William Falls, Peninsula Velo; 3. Hugh Bates, Baddlands; 4. Freeman Keller, Wenatchee Valley; 5. Roger Fouts, Chinook

### Master Men 55-59

1. Bill Misner, BCC; 2. Gary Baugh, Aric; 3. John Walker, Upper Chuckanut

### Master Men 60+

1. Dick Finch, Unattached; 2. Ted Dupee, Washington; 3. Victor Gilliland, Unattached; 4. Bob Clark, Unattached

### Senior Women 1-2-3

1. Laura Reed, Puget Sound; 2. Candice Sinclair, Times/Cannondale; 3. Katherine Gunter, Upper Chuckanut; 4. Ward Griffiths, Finlandia; 5. Cynthia Carroll, Greggs/Specialized

### Senior Women 4

1. Tina Willett, Olympic; 2. Karin Edney, Gerick; 3. Lisa Thompson, Chinook; 4. Andrea Glassberg, Rain City; 5. Robin Slagle, Chinook

### Master Women 30-39

1. Sherry Malotte, Greggs/Specialized; 2. Wanda Howlett, West Seattle; 3. Andrea Greenfield, Rain City; 4. Robin Reardon, Greggs/Specialized; 5. Gina Kavesh, Greggs/Specialized

### "CASCADE" FROM PAGE 1

(US National Team), Steve Hegg and Jeff Pierce (Chevrolet/LA Sheriff).

In the team G.C., Northwest teams squared off against one of the toughest fields on the west coast. Ray's Boathouse, Finlandia and Thomas Kemper placed tenth, 11th and 12th respectively.

Blue Cross & Blue Shield Cascade Cycling Classic, Central Oregon, July 11-15, 1995

Final G.C. Results: 1. Mike Engleman (Shaklee); 2. Scott Mercer (US National); 3. Norm Alvis (Saturn); 4. Bart Bowen (Saturn); 5. Jonathan Vaughters (Team Plymouth); 13. Greg Randolph (Ray's Boathouse); 23. Kirk Willett (Ray's Boathouse); 24. Ronnie Schmeer (Thomas Kemper); 33. Eric Messenger (Boise CC); 38. Vaidia Kungys (Finlandia); 39. Joe Arnone (Armed Forces Cycling); 40. Chris Hamilton (Finlandia)

Final Team G.C.: 1. Saturn; 2. US National; 3. Team Plymouth; 4. Shaklee; 5. Montgomery Bell; 10. Ray's Boathouse; 11. Finlandia; 12. Thomas Kemper

## No BAR/BAT this month

The Washington State Bicycle Association and the Oregon Bicycle Racing Association apologize for the lack of Best All Around Rider and Best All Around Team points this month. Both organizations experienced difficulty in calculating this month's results. Results will be posted in the next issue.



UP UNTIL NOW,  
THE BIG PROBLEM WITH ALUMINIUM  
BICYCLES WAS THE ALUMINIUM.

Introducing CU92, an innovative new aluminum alloy so strong, it defies the traditional trade-off of strength for weight reduction. The result is an unprecedented new bike frame that's incredibly strong, fatigue and fracture resistant, and lighter because it's made with less aluminum. And, thus, an unprecedented new mountain bike. We call it ATX 980.™

**Oregon**  
The Bike Pedaler  
174 Commercial Ave. NE  
Salem  
(503) 399-7741

**Washington**  
Jack's Bicycle Center  
1907 Iowa Street  
Bellingham  
(360) 733-1955

**Mountain Bike Outfitters**  
11320 NE 124th St.  
Kirkland  
(206) 820-0104

**Golden Egg Ski & Sport**  
7530 NE 132nd St.  
Woodinville  
(206) 485-7547

**Harvy's Bike Shop**  
21917 Highway 99  
Edmonds  
(206) 774-8951

**Bicycle Centre of Everett**  
4718 Evergreen Way  
Everett  
(206) 252-1441

**Velo Stores**  
1535 - 11th Ave  
Seattle  
(206) 325-3292

**Velo Stores**  
4560 University Way NE  
Seattle  
(206) 632-3955

**Velo Stores**  
530 Westlake Ave N  
Seattle  
(206) 233-9779

**GIANT**  
The Precisely Right Choice!



They're Animals eats other mountain bikes for breakfast. But the single most important factor in Barracuda's voracious appetite for dirt is proportional sizing. That means the bike fits you and the way you ride, not vice versa. To see all the other features that make Barracudas such efficient predators, visit your nearest dealer today.



Visit your  
Local Barracuda  
Dealer Today

### WASHINGTON:

Clark's Cycle Marine  
1001 C St., Building W  
Bellingham  
(360) 733-3441

Kennewick Schwinn  
3101 W. Clearwater Ave.  
Kennewick  
(509) 735-8525

Bike Stand  
407 E. 4th  
Olympia  
(360) 943-1997

Bikes & Skis  
E. 219 Main  
Pullman  
(509) 332-1703

Alki Bicycles  
2611 California SW  
Seattle  
(206) 938-3322

Spokane Mountain Bikes  
1406 E. Trent  
Spokane  
(509) 533-9036

Svend's Mountain Sports  
1212 W. Lincoln  
Yakima  
(509) 575-7876

### OREGON:

Pedal Sports  
8604 SW Terwilliger Blvd.  
Portland  
(503) 245-6578

Becky's Bikes  
887 Commercial St SE  
Salem  
(503) 399-0304

Ashland Cycle Sports  
191 Oak St.  
Ashland  
(503) 488-0581

Medford Cycle Sports  
1345 Center Dr.  
Medford  
(503) 857-0819

Al's Bikes & Toy  
808 Klamath Ave.  
Klamath Falls  
(503) 884-4512

# CLASSIFIEDS

## BIKES FOR SALE

1994 GT RTS Team with complete XTR, King Headset, T/S Control Tech seat post, handlebar. \$2000 OBO. 206-783-410622\*

Klein Pinnacle, XT, Manitou-3, Scott AT2LF bars, new rear derailleur and freewheel. Super Ride! Excellent condition. \$975 OBO. 208-359-2907 eves.

22" Schwinn Voyager touring bicycle. Columbus tubing, Deore XT, Ultegra, Dura Ace component mix. \$350. Aaron 509-837-8629

53 cm Shogun Alpine GT touring, chromo fork/frame, 18spd SIS Bar cons, short reach stem fits women body proportions, extras. \$200 firm. (206) 742-4873. No calls after 8:00 pm.

Mondia Race 50 cm. Reynolds frame, custom built, hand paint, full Campy. Must sell immediately. \$500. 206-542-0701

Norco Nitro. XT 8 Spd., Gripshift, Marzocchi Airoil XC-51, True Temper OX-2, Suspension correct frame. Ritchey rimes. Like new, ten rides. Call (206) 821-4508

Trek 9150 full suspension MTN bike. 20" STX, purple, like new. Ridden gently. Must sell. \$799. Call Dick at 206-639-9010

## COMPONENTS

New, never used Giant 18" Mountain bike frame. CU92 Alcoa aluminum. New \$500, sell for \$425. 206-486-8492, 509-884-0194

## SERVICES

Helpful travel notes: bicycle touring in Costa Rica. Route and equipment information. \$5. Vagabonds, 1074 Monroe Street, Eugene, OR 97402

# COMMERCIAL CLASSIFIEDS

## ALKI BICYCLE COMPANY

(206) 938-3322

- 2611 California Avenue SW.
- 3,500 square foot shop and plenty of free parking
- Location of Seattle's newest Pro shop - Wynn Custom Bicycles
- Mongoose, Barracuda, Fisher and Softride
- Open seven days a week

## BIKESMITH

(206) 632-3102

- 2309 N. 45th Seattle, WA
- Wallingford's only bike shop
- Seattle's most affordable tune-ups
- Seattle's most experienced service team
- We treat vintage cycles with the dignity they deserve!
- Seattle's full-service dealer for Jeff Lyon custom frames and race-proven KHS road, track and mountain bikes.

## CYCLE-LOGICAL MOUNTAIN BIKE ADVENTURES, B.C.

- 3-5 day hot spring tours - Historic Mines Tours - Family Friendly Nature Rides
- Rail/Trail rides - Gruelling 2-3 hr single track descents
- Camping or Bed & Breakfast - Full or 1/2 day rides available
- Full support. Take advantage of the favorable exchange rates now!
- For more information call (604) 355-2269 evenings or fax (604) 226-7866

## CYCLES, ETC.

(206) 432-2820

23906 SE Kent Kangley Road  
In Maple Valley

- Your tandem connection
- Choose from Erickson, Burley, Ibis, Co-Motion
- Bushnell, Cannondale, Sterling, TTC
- Rent tandems by the day, weekend or week!

## LAKEDALE CAMPGROUND

1-800-617-CAMP

2627 Roche Harbor Road, Friday Harbor, San Juan Island, WA. 98250  
"Voted BEST campground by The Bicycle Paper readers"

- 100 plus campsites, 82 acres, 3 lakes
- separate camping area for cyclists available
- hot showers, mini-store, boating, fishing & only 4 1/2 mi. from ferry
- we offer 10% discount with mention of this ad.

## MILL CREEK SKI & BIKE

(206) 338-4777

- 15704 Mill Creek Blvd., Mill Creek, WA
- '95 Demo Burley Tandems, 5 models now on sale
- Rockshox Judy's \$299
- '95 Diamond Backs on close-out
- Open 7 days a week

## RECYCLED CYCLES

(206) 547-4491

- 1011 N.E. Boat St., Seattle
- Used/Restored bicycles, parts, etc....
- Excellent service
- 7 days a week, you'll find us under the wooden boat shop
- Buy, Sell, Trade and Consignment

## SAMMAMISH VALLEY CYCLE

(206) 881-8442

- 8451 - 164th Ave. NE, Redmond, WA
- Specialized, Cannondale, Fischer, LiteSpeed and Proflex
- Quintana Roo framesets & Wetsuits, Triathlon goodies
- Pearl Izumi clothing
- Custom wheel building

## TI CYCLES

(206) 624-9697

- 824 Post Ave. Seattle, WA 98104. At the corner of Post-Marion under the Ferry walkway
- Custom Titanium and Steel Bicycle Specialists.
- Complete Mechanical, Frame Repair and Repaint Services.
- Downtown Location.
- Open 9am to 6pm Weekdays, 10am to 5pm Saturday.

## TIM KNEELAND AND ASSOCIATES

(206) 322-4102

- 200 Lake Washington Blvd. Ste. 101, Seattle
- ParaAmerica Bicycle Challenge™, April 10 - May 21
- Coast to Coast Bicycle Classic™, June 19 - August 5
- Courage Classic, August 26-28
- WWII™ - Wheeling Washington II™, September 17-24
- West Coast International Bicycle Classic™, October 2-28
- Odyssey 2000®, January 1 to December 31, 2,000

## WEDGWOOD CYCLE

(206) 523-5572

- 8507-35th Avenue NE, Seattle-Just north of the "U"
- Tandems by Santana, Ibis, Burley.
- Road bikes by Litespeed and Marinoni.
- Dirt bikes by Marin, Gary Fisher, Kona, Breezer, Ibis, McMahon.
- Terry women's bicycles and clothing.
- Open 7 days, till 8 pm Tues, Thurs, and Friday

**BEAUTIFUL BRITISH COLUMBIA**  
Bicycling, Sea Kayaking and Skiing vacations throughout BC and Washington's San Juan Islands  
**Sea to Sky Cycling Vacations**  
P.O. Box 1173, Anacortes, BC, Canada V9H 1B9  
1-800-336-0748

**CYCLING INJURY CLAIMS**  
Christopher Pence  
Attorney at Law  
Member of the Bar of the State of Washington  
624-5000  
Free Consultation \* Free Case Evaluation for Accident Injuries

**SPORTS MASSAGE** For Bodies In Motion  
Has worked with SATURN CYCLING TEAM, FISONS-RITCHIE CYCLING TEAM, and at US OLYMPIC TRAINING CENTER  
• Improve Athletic Performance thru:  
• Increased Blood & Oxygen Supply to Muscles  
• Injury Prevention  
• Faster Recovery  
Wendy Reiman B.A., L.M.P. (206) 328-7176

**SMART FORK**  
THULE INNOVATION  
#529XT  
THE FORK MOUNT CARRIER

The Official Car Rack of the USCF and the U.S. Cycling Team

Smart design features:  
Patented "smart lock" totally locks bike to carrier and carrier to rack. Skewer adjusts and tightens from the same side.

42 Silvermine Road  
Seymour, CT 06492  
1-800-783-4160



.35	.70	1.05	1.40	1.75	2.10
2.45	2.80	3.15	3.50	3.85	4.20
4.55	4.90	5.25	5.60	5.95	6.30
6.65	7.00 (min)	7.35	7.70	8.05	8.40

Please publish the above classified ad in the \_\_\_\_\_ issue of The Bicycle Paper. I enclose check or money order for the total amount due.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_  
DAY PHONE \_\_\_\_\_ EVENING PHONE \_\_\_\_\_

**Bicycle Paper** 1535 - 11th Ave., Suite 302  
Seattle, WA 98122

Bicycle-related messages only. 35 cents per word. \$7.00 minimum. Ads must be received in written form (no ads will be taken by phone) and pre-paid in full. Phone number counts as one word, street number as one. Ads must be signed and include a return address (need not be published in ad.) Please use the order form above, one word per space. If more space is needed, use a blank sheet of paper, but continue to count words as 35 cents per word. Please type or print legibly. DEADLINE: the 10th of the month preceding the next issue date.



# Near Wichita Falls, TX; August 25; 80 miles into the Hotter'N Hell Hundred

BY MAYNARD HERSHON

Sure it's hot. What'd you expect from north Texas in summer, up here near the Oklahoma line? Why else would they call this the Hotter'N Hell?

Heat's a headliner here; wind's the backup band. Texoma winds don't gust and knock you around. Oh no. Texoma headwinds lean into you, push on your chest, hold your cyclometer numbers down in the low teens.

A hundred miles in 104 degree Wichita Falls heat takes a long time at 13 point 5 mph. Long time.

Texoma terrain's not so bad; wind and heat're enough. After 50 or 60 miles you thought was easy rolling, that small chainring starts looking mighty good.

Something out here in the Texas countryside saps you. Says to you: hey, that last little hill felt harder than it should've. Better pull into the next rest stop, get something cold to drink, maybe pour over your head.

A rest stop can't be much farther; HTH sets them up every 10 miles, and it's a good thing they do. Heat problems slip up on you. You start to feel lightheaded, a little wobbly on your bike.

Like now.

Oh good. There's a series of little verse signs leading to the rest stop: "You've tried the rest, now stop at the best," like old Burma Shave ads. Volunteers dressed as Superman and Mighty Mouse are out in the road direct-

ing traffic. Even lightheaded and wobbly, you can get in and out without problems.

You coast over to one of the poles supporting the huge canvas canopy, intending to lean your bike on the pole. Before you get your second foot unclipped, an HTH volunteer runs over with a tray of large glasses of Sparklets ice water, straight or with Exceed.

You down a frosty paper cup of Exceed in seconds. A wave of OK rushes over you. You lean your precious bike against something, anything, glad to have it out of your sight. You step under the canopy, out of the relentless Texoma sun.

You stall there, trying to decide whether to stand still in the shade, sit on a lawn chair or chase lounge or go for some fruit or cookies. A nurse, smiling, wearing a stethoscope, walks up. How're you doing, she asks. She looks at your eyes, listens to your answers.

Confident you're OK, she smiles, walks away looking for another refugee from the heat.

A smiling guy with a military-short haircut reaches into a 55-gallon drum of ice cubes, pulls out a rented white towel, hands it to you. You wipe salt off your face and out of your hair. You chill the back of your neck with the wonderful icy white towel. What an invention, the towel, you think.

After a minute, the guy takes back your wonderful towel, hands you a freshie. An even better towel. You love the guy and grin at him. He grins back. Where do they find these people, you wonder. Like this towel guy. And the nurse. So nice.

Later you'll read that there are 3,000 Wichita Falls people, 700 of 'em medical workers, helping 12 or 13,000 cyclists on this ride. All those volunteers smiling, friendly, genuinely concerned with how you're doing. Amazing. Texas: amazing.

A moment of weakness hits you, unused as

you are to the heat, spoiled by cool Northern California. You decide to opt for the chase lounge, and right now would be fine, thank you. You half sit, half fall, down onto the chair.

The nurse and the towel guy hover over you. A third support worker, a woman, shows up with slices of melon. A fourth offers a tray of iced drinks.

Someone hands you a glass of Exceed. The towel guy puts fresh white terri cloth, ice cubes rolled in it, on your forehead. The nurse looks at your eyes and skin for signs of what happens to riders who do too much in this much heat. She smiles; you must look OK.

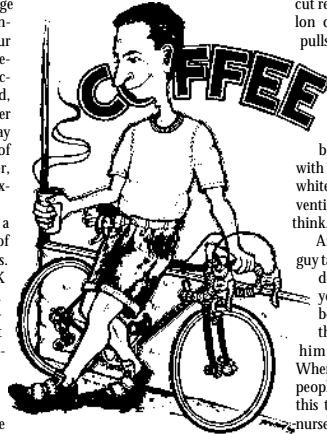
The towel guy suddenly, in quick swipes, drapes three iced towels across your dusty, sweaty, aching legs. A cold delicious rush breaks over you, indescribable in a family cycling publication.

The iced-towels-across-the-legs thrill causes you to moan in a way you seldom do in public places. The towel guy grins. You think: I love the towel guy. I'll never forget you, you tell him. And you don't.

The nurse grins too, says, "Better than sex, isn't it?"

Oh yes, you answer. And lasts so much longer, too.

*Look for Maynard Hershon's column in every issue of VeloNews and right here in The Bicycle Paper.*



## MARKET PLACE

**CYCLING ACCIDENT & INJURY CLAIMS**

**HARVEY GRAD**

Attorney at Law  
1335 PugetSound Plaza  
Seattle, WA 98101

**(206) 343-4760**

No charge for an initial consultation

Member Cascade Bicycle Club  
Frmr. Memb STP Executive Committee  
8 consecutive STPs  
Legal advisor to CBC

**AFFORDABLE BICYCLE TOURS**

Oregon • Arizona • California  
Utah • Washington • New Mexico

- 2-7 Days - Lodging
- Kitchen and Luggage Trailer
- Experienced Leaders
- Full Support - Route Maps

\$149 - \$699

**FREE CATALOG** Scenic Cycling Adventures  
1324 N.W. Vickburg, Bend, OR 97701  
Tel. 1-800-413-8432

**Mountain Bikers!**

This Way to the Top!

**Mammoth Mountain Bike Park**

Ask about our special Reno Air lodging packages!

**800 228-4947 619 934-0606**  
CALL FOR FREE BROCHURE!

**REELECT Susan Bookspan**

USCF Board of Directors

NORBA International Official  
NCAA Board of Directors  
USCF Board of Directors  
UCI National Commissaire  
USCF Secretary  
And the list goes on...

**TEST RIDES**

**SPINERGY, COSMIC & FIBER**

FLIGHT AVAILABLE FOR TEST RIDES!

Special Feature!

Cosmic... \$300.00 Pair  
Spinergy... 900.00 Pair

Reasonable Rates  
Hand Built to Order  
Fully Guaranteed

**MT. TABOR BICYCLE REPAIR**  
**(503) 257-7389**

Hours: M-F 11am - 7pm  
Sat. 11am - 6pm  
Sun. Closed  
425 NE 68TH, Portland OR

**chiropractic**

Don't let injuries ruin your cycling fun...

"Maximize your potential, minimize your injuries."

**RELIEF FROM**  
Back Pain  
Headaches  
Arm & Leg Pain  
Neck Pain

Bicycle Paper Health Columnist

Dr. Michael Lewis  
3327 NE 125th  
Suite 103  
Seattle WA 98125  
206.365.3189

**works**

**UPPER END MTN BIKE RENTALS**

Did you know you can rent a really nice bike, at a reasonable rate!

We have a huge selection of Mountain, Hybrid, Road, and Kids bikes you can rent by the day, weekend, week, or month.

And, if you like the bike, we will apply 1/2 of the rental towards a new bike, or all of the rental on a used bike, (or a slightly used rental bike).

**VELO STORES**  
**Bike Warehouse**

**Westlake & Mercer**  
530 Westlake N.  
233-9779

**Mon-Fri 11-7**  
**Saturday 10-5**  
**Closed Sundays**

**ADVENTURE CYCLING**

Yellowstone, Glacier, Snake  
Cuts, Conception, Rockies, Alaska  
Spiral Hill, 21cs, Snake Falls, West  
SW, Canada, Nova Scotia, PEI

**FREE BROCHURE**

**TIMBERLINE BICYCLE TOURS**  
7975 E. Harvard Rd, Denver, CO 80231  
1003.759.3814

**BICYCLE ADVENTURES**

Bicycling & Walking Vacations in Oregon, Washington, British Columbia, Northern California, & Hawaii

Pacific Northwest Specialists.  
14th Years in Business.

Personalized service for all abilities

**FREE BROCHURE**  
**Bicycle Adventures**  
Dept. BP • P.O. Box 2825 • Olympia WA 98512  
1-800-663-6862

# Crystal Mountain Resort

11th Annual  
Prime Sports Northwest

## FatTire Weekend

State Championship

August 26 & 27, 1995

Poker Ride • Dual Slalom • Downhill • Cross  
Country Circuit Race • Spaghetti Feed • T-shirts

Over **\$5,000**  
Cash & Prizes  
including **\$1,000**  
Cash-Added Pro-Expert Purse!!  
Call (360)663-2265  
For registration packet write:  
One Crystal Mountain Blvd.  
Crystal Mountain, WA 98022



Crystal Mountain Resort's FatTire Weekend  
is made possible by major contributions from the following organizations:



20<sup>TH</sup>  
ANNIVERSARY  
SALE  
JULY 28 - AUGUST 6



Gregg's and  
*SPECIALIZED* have

Teamed Up to Offer the  
Lowest Prices Ever !!

### Hot Bike Deals

Model	Regular Price	Sale Price
'95 Rockhopper	\$430.00	<b>\$379.99</b>
'95 Rockhopper A1	\$680.00	<b>\$599.99</b>
'95 Rockhopper A1 FS	\$800.00	<b>\$699.99</b>
'94 S-Works M2X w/LX	\$1800.00	<b>\$999.99</b>
'93 Deja Two Tandem Frame	\$2000.00	<b>\$1199.99</b>

- Many other Models on sale
- Over 3000 bikes in stock

### Helmets - Clothing - Accessories

	Was	Sale
Air Wave Helmet	\$50.00	<b>\$39.99</b>
Air Piranha Helmet	\$130.00	<b>\$99.99</b>
Preview XE Light	\$18.00	<b>\$12.99</b>

**SAVE**  
up to **40%**

VOTED TOP 100 BIKE SHOPS IN USA FOR 8 CONSECUTIVE YEARS

BICYCLE DEALER SHOWCASE MAGAZINE

